I can formulate the Chebyshev inequality in the following sentence

The measure of the set where the positive function F is greater than the positive number a is less or equal to the integral of F over the whole set divided on a

$$\int_{x:\, F(x)\geq a} dx \leq \int_{x:\, F(x)\geq a} \frac{F(x)}{a} dx \leq \frac{1}{a}\int_{-\infty}^{\infty} F(x)dx\,.$$