The science is in: Exercise isn’t the best way to lose weight

紅色單字；綠色發音；藍色例句、片語跟翻譯；紫色超連結

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Hi guys, you're listening to the [Pronunciation Challenge](https://tw.voicetube.com/everyday/20161006), and my name is Kristi.

So today we have a video and it's called ["The science is in: Exercise isn’t the best way to lose weight."](https://tw.voicetube.com/videos/40653?ref=everyday) To a lot people like me, they love to exercise, but people who exercise, they have different motives in mind. Some thought that exercising might lose weight; Some exercise to be a nice, a better shape. Well today, this video told us, you know, if you want to lose weight, you shouldn't exactly be exercising a lot, so let's take a look at today's sentence.

The other part of energy expenditure is the thermic effect of food, and that’s just how much energy is required to break food down in your body. The third part of energy expenditure is physical activity.

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Energy (n.)  活力[**en**-er-jee]

第一個E是發微笑的嘴型"ɛ"

Energized (adj.) 使精力充沛；精力充沛的[**en**-er-jahyz]

[As a kindergarten teacher, we have to face energized children every single day.]=

[身為幼兒園老師，我們每天都要面對這些精力充沛的小朋友。]

Energetic (adj.) 很活潑的 [en-er-**jet**-ik]

[She has always been so lively and energetic.]=

[她一直以來都這麼活潑有活力。]

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Expenditure (v.) 消費、支出[ik-**spen**-di-cher]

重音在"spen"的地方

[Keeping a dog requires the expenditure time and effort.]=

[養一隻狗需要huahua上許多的時間與精力。]

Expense (n.  費用[ik-**spens**]

[The living expense in London is incredibly high.]=

[在倫敦的日常開銷高得嚇人。]

最近聽說英鎊跌破40，要變得跟歐元一樣了，所以大家現在想去英國的話算很划算。

Expensive (adj.) 昂貴的[ik-**spen**-siv]

(X) This price is expensive

(0) This thing is very expensive

(0) The price is high

Expand (v.) 擴展[ik-**spand**]

[This restaurant is looking for to expand their branch in Japan.]=

[這間餐廳想拓展海外事業到日本。]

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Thermic (adj.) 熱的[**thur**-mik]

Thermostat (n.) 自動恆溫器[**thur**-muh-stat]

那大家不知道有沒有聽說過[膳魔師](http://www.thermos.com.tw/)保溫瓶，它的英文就是取這個字。

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Require (v.) 需要[ri-**kwahyuh** r]

"quire"是發"waɪr"的音

[This position requires a fluent English level.]=

[這個職缺需要有會流暢說英語的能力。]

Requirement (n.) 必需品；需求；最低標準[ri-**kwahyuh** r-muh nt]

[Being patient is one of the requirements as a teacher.]=

[做一個老師，耐心是最基本的要求。]

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Physical (adj.) 身體的[**fiz**-i-kuh l]

它的"si"是發"z"的音，"cal"是發"k!"的音

[As People advocate equality between men and women, we should recognize that there are actually physical differences between them.]=

[在大家都提倡性別平等之虞，男女之間的生理差異也是需要被注意到的。]

Mental (adj.) 心智的[**men**-tl]

[Physical Health]=[身體健康]

[Mental Health]=[心智、心理上的健康]

[Mental Hospital]=[療養院(你要說是你的學校或公司也可以啦)]

Emotional (adj.) 感情上的；多愁善感的[ih-**moh**-shuh-nl]

[I'm a very emotional person, I just watched a movie yesterday about a golden retriever and I cried, SO BAD.]=

[我是一個非常多愁善感的人，我昨天只是看了一部關於黃金獵犬的電影就哭得唏哩嘩啦。]

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Alright so let's take a look at today's sentence one more time:

The other part of energy expenditure is the thermic effect of food, and that’s just how much energy is required to break food down in your body. The third part of energy expenditure is physical activity.

Alright so that's it for today's Pronunciation Challenge. Even though exercise isn't the best way to lose weight, but still, you know, exercise is never bad for your health. So leave your recordings below and I will challenge you guys tomorrow, Bye.

Energy (n.)  活力[**en**-er-jee]

Energized (adj.) 使精力充沛；精力充沛的[**en**-er-jahyz]

Energetic (adj.) 很活潑的 [en-er-**jet**-ik]

Expenditure (v.) 消費、支出[ik-**spen**-di-cher]

Expense (n.  費用[ik-**spens**]

Expensive (adj.) 昂貴的[ik-**spen**-siv]

Expand (v.) 擴展[ik-**spand**]

Thermic (adj.) 熱的[**thur**-mik]

Thermostat (n.) 自動恆溫器[**thur**-muh-stat]

Require (v.) 需要[ri-**kwahyuh** r]

Requirement (n.) 必需品；需求；最低標準[ri-**kwahyuh** r-muh nt]

Physical (adj.) 身體的[**fiz**-i-kuh l]

Mental (adj.) 心智的[**men**-tl]

Emotional (adj.) 感情上的；多愁善感的[ih-**moh**-shuh-nl]