# Live better

## Stop) Lexical resource

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| On that note = Speaking of which,  Speaking of sth, xx |
|  get into shape  Listen to the audio  He exercises regularly with his **personal trainer.**    start an exercise routine    do a workout    doing yoga    get more flexible    cardiovascular activity    weightlifting   go jogging   |  |  |  | | --- | --- | --- | |  | ***do*** *exercise* | do exercise | |  |  |  |  |  |  |  | | --- | --- | --- | |  | ***do*** *an exercise routine* | do an exercise routine | |  |  |  |  |  |  |  | | --- | --- | --- | |  | ***do*** *cardiovascular activity* | do cardiovascular activity | |  |  |  |  |  |  |  | | --- | --- | --- | |  | ***do*** *aerobics* | do aerobics | |  |  |  |  |  |  |  | | --- | --- | --- | |  | ***do*** *yoga* | do yoga | |  |  |  |  |  |  |  | | --- | --- | --- | |  | ***do*** *weightlifting* | do weightlifting | |  |  |  |  |  |  |  | | --- | --- | --- | |  | ***do*** *everything possible* | do everything possible |  aerobics **/ɛəˈrəʊbɪks/** |TEM8   * + [N-UNCOUNT](javascript:;)Aerobics is a form of exercise which increases the amount of oxygen in your blood, and strengthens your heart and lungs. The verb that follows aerobics may be either singular or plural. 有氧运动 (可接单数或复数形式的谓语动词)   •  I'd like to join an aerobics class to improve my fitness.   我想进一个有氧运动班来增强我的体质。 |
| cardiovascular **/ˌkɑːdɪəʊˈvæskjʊlə/**  * + [ADJ](javascript:;)Cardiovascular means relating to the heart and blood vessels. 心血管的 [cardiovascular disease 心血管疾病]   •  Smoking places you at serious risk of cardiovascular and respiratory disease.   吸烟会严重增加罹患心血管和呼吸道疾病的风险。 |
| MEANINGS 义项1. overweight **/ˌəʊvəˈweɪt/** |TEM4   * [ADJ](javascript:;)Someone who is overweight weighs more than is considered healthy or attractive. 超重的   •  Being even moderately overweight increases your risk of developing high blood pressure.   即便只是稍微超重也会增加你患上高血压的风险  someone who is overweight is too heavy and fat  〔人〕体重超常的，过重的，肥胖的 **RELTD**[**UNDERWEIGHT**](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.2.0\resultui\dict\result.html?keyword=underweight)[**THESAURUS**](javascript:;) [FAT](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.2.0\resultui\dict\?keyword=fat)  •He is slightly overweight. 他略微超重。  10 kilos/20 pounds etc overweight  •Sally was 50 pounds overweight. 萨莉超重50磅。   * 2.   something such as a package that is overweight weighs more than it is supposed to weigh  〔包裹等〕超重的 **RELTD**[**UNDERWEIGHT**](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.2.0\resultui\dict\result.html?keyword=underweight) •My luggage was overweight by five kilos. 我的行李超重五公斤。 |
| * 1.   [C] a situation that seems strange because it involves two ideas or qualities that are very different  自相矛盾（的情况）  •It’s a paradox that in such a rich country there can be so much poverty. 在如此富有的国家却有这么多的贫穷现象，真是矛盾。   * 2.   [C] a statement that seems impossible because it contains two opposing ideas that are both true  悖论，似非而是的说法  •The paradox is that fishermen would catch more fish if they fished less. 悖论就是: 如果渔夫减少捕鱼，反而会打到更多的鱼。   * 3.   [U] the use of statements that are a paradox in writing or speech  悖论修辞   * 1.   [C] a situation that seems strange because it involves two ideas or qualities that are very different  自相矛盾（的情况）  •It’s a paradox that in such a rich country there can be so much poverty. 在如此富有的国家却有这么多的贫穷现象，真是矛盾。   * 2.   [C] a statement that seems impossible because it contains two opposing ideas that are both true  悖论，似非而是的说法  •The paradox is that fishermen would catch more fish if they fished less. 悖论就是: 如果渔夫减少捕鱼，反而会打到更多的鱼。   * 3.   [U] the use of statements that are a paradox in writing or speech  悖论修辞 |
| cholesterol **/kəˈlɛstəˌrɒl/** |CET6 TEM8   * + [N-UNCOUNT 不可数名词](javascript:;)Cholesterol is a substance that exists in the fat, tissues, and blood of all animals. Too much cholesterol in a person's blood can cause heart disease. 胆固醇   •  ...a dangerously high cholesterol level.   …一个危险的高胆固醇水平。 |

# Part 1) Keep fit

 get into shape

  start an exercise routine

  do a workout

  doing yoga

  get more flexible

  cardiovascular activity

  weightlifting

 go jogging

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|  | ***do*** *exercise* | do exercise |
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|  | ***do*** *an exercise routine* | do an exercise routine |
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|  | ***do*** *cardiovascular activity* | do cardiovascular activity |
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|  | ***do*** *aerobics* | do aerobics |
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|  | ***do*** *yoga* | do yoga |
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|  | ***do*** *weightlifting* | do weightlifting |
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|  | ***do*** *everything possible* | do everything possible |

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| Use **get +** adjective for talking about ways to stay fit. | | |
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|  | ***get*** *fit 变的fit = get more flexible;*  *stay fit=keep fit 保持fit,* |  |
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| Here are two more phrases with **get**. Notice that **get exercise** means the same as **do exercise**. | | |
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|  | *I need to* ***get into shape****.* | I need to get into shape. |
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|  | *You should* ***get*** *more* ***exercise****.* | You should get more exercise. |
| The adjective **in good shape** means to be fit. The opposite is **out of shape**. Notice that because the adjectives describe a state, not a process, they are used with the verb **be**. | | |
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|  | *I need to* ***get into shape 塑性，使体型好些 by doing yoga and weightlifting***  *He****'s in*** *really* ***good shape 身体体型很好****.* |  |
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|  | *I****'m*** *a little* ***out of shape 身体走形了。*** |  |

I've got to do something to get into shape . I'm overweight , and I feel tired all the time. And my muscles hurt when I wake up in the morning. I need to get more flexible . So I'm going to do an exercise routine . I'm going to do some yoga and some cardiovascular activity. I'm going to do everything possible to get fit.

## Modals of possibility

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| Use the modals **may**, **might** and **could** to express possibility. Notice they are followed by the simple form of a verb. **May** and **might** have roughly the same meaning, though **may** is slightly more formal. | | |
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|  | *You* ***may lose*** *some weight from doing yoga.* | You may lose some weight from doing yoga. |
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|  | *You* ***might sleep*** *better if you get more exercise.* | You might sleep better if you get more exercise. |
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|  | *He* ***could strengthen*** *his heart with cardiovascular activity.* | He could strengthen his heart with cardiovascular activity. |
| Use **not** after the modal to form the negative. **May** and **might** are not usually contracted. | | |
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|  | *She* ***may not have*** *the strength to lift that much weight.* | She may not have the strength to lift that much weight. |
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|  | *Jogging* ***might not be*** *the best exercise for you.* | Jogging might not be the best exercise for you. |
| The negative form of **could** is usually contracted. Notice that **couldn't** has a different meaning from **may not** and **might not** because it signals the complete absence of possibility. | | |
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|  | *He* ***couldn't do*** *the new yoga exercise. He isn't flexible enough.* | He couldn't do the new yoga exercise. He isn't flexible enough. |

## **The French Paradox**

Many French people love eating cheese and French fries. French cooking often involves meat, rich sauces and buttery desserts. Usually when people eat a lot of fatty foods, there is a danger of heart and other health problems. This is true in a country like the United States. The paradox – or thing that doesn't make sense – is that the French suffer far less from these kinds of problems, compared with some other countries. This is the French paradox. No one is sure, but some believe it's due to red wine. Many doctors think a glass or two of red wine each day is good for the heart.

## Scheduling

**I can't make it** tomorrow. How about Thursday?

Are you available tomorrow morning? Ok, I’ve **got you scheduled** for this Fri. afternoon.

# Part 2)

# Part 3)

# Part 4 )