# Live better

# Not mp3) Lexical resource

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| Physical examination = body check |
| fatigue /fəˈtiːɡ/  1.[N-UNCOUNT](javascript:;)Fatigue is a feeling of extreme physical or mental tiredness. 疲惫  •  She continued to have severe **stomach cramps胃痉挛**, aches, fatigue疲惫, and depression  2. [N-UNCOUNT](javascript:;)You can say that people are suffering from a particular kind of fatigue when they have been doing something for a long time and feel they can no longer continue to do it. 疲乏  •  ...compassion fatigue caused by endless TV and celebrity appeals.  …电视和名人无休止的呼吁所引起的怜悯疲劳。  e.g. Very often, **overwork and fatigue** **result in/lead to** anxiety.  🡺 **fatigued: He's fatigued**. Really tired. He may be suffering from exhaustion.  3.[N-UNCOUNT](javascript:;)**Fatigue in metal or wood is a weakness in it that is caused by repeated stress. Metal fatigue or wood fatigue can cause the metal or wood to break. (金属、木材的) 疲劳  [ metal fatigue; wood fatigue]**  e.g. The problem boils down to the **metal fatigue** in the fuselage.  机身的金属疲劳。  4.[**N-PLURAL复数**](javascript:;)Fatigues are clothes that soldiers wear when they are fighting or when they are doing routine jobs. 军服 **[作战服, 军服combat fatigues]**  •  He never expected to return home wearing **combat fatigues.** 他从未想到会穿着作战服回家。 |
| scale: 称: A scale is a piece of equipment used for weighing things, for example, for weighing amounts of food that you need in order to make a particular meal. 秤 |
| * Make some changes in your lifestyle. * **It’s time for a change of lifestyle.** I’ve thought about it. * **You mustn't wait. The time is now.** * Make a change **for the better .** * Why wait? It's time for **a change of lifestyle**. * **A change of lifestyle** is what you need. * Do it for yourself – nobody else. |
| * **我压力山大: I’m beyond stressed out** * **筋疲力尽的，非常疲劳的: I’m feeling really tired/weary ['wɪərɪ] = so exhausted/I’m totally frazzled/I’m totally burnt out** |
| insomnia /ɪnˈsɒmnɪə/ [N-UNCOUNT](javascript:;)Someone who suffers from insomnia finds it difficult to sleep. 失眠 |
| The negative forms **mustn't** and **don't have to** have slightly different meanings.   * **Mustn't** 必须不能做xxx: means it's a very bad idea or it isn't allowed. * **Don't have to do:** means you don't need to do something. |
| /fjuː/ phew唷; 书面语中用来表示吃惊、松口气或酷热难耐等  [INTERJ](javascript:;)Phew is used in writing to represent the soft whistling sound that you make **when you breathe out quickly,** for example, when you are relieved or shocked about something; or when you are very hot and when you **swelter热的发晕/热的难受**in **scorching weather**.  e.g. Phew, what a relief!  唷，真是大松一口气！  e.g. Phew, OMG, I’m **sweltering 热的发晕/热的难受**, and I feel a little/wee bit faint/dizzy 头晕眼花. /**/a little bit = a wee bit //If you swelter,** you are very uncomfortable because the weather is extremely hot. 热得难受 |
| verb) /kreɪv/ crave sth; noun) a craving for sth  1.[V-T](javascript:;)If you \*\*crave something\*\*, you want to have it very much with strong desire; if you crave sth, you’re keen to get it. **[渴望得到crave sth = be keen to obtain sth]** e.g.  There may be certain times of day when smokers **crave their cigarette.** 特别想叼上烟。 e.g. Don't eat everything you **crave**. Additionally, **abstain from** fatty, oily, and salty foods. Instead, eat more healthily and drink lots of water. //If you abstain from something, usually something you want to do, you deliberately do not do it. 对…节制  2.[N-COUNT](javascript:;)渴求 a craving for sth = a strong desire for sth  **e.g. a craving for smoking.  …对烟的渴求 E.g. a craving for coffee**  V.S. [be keen to do sth]: wanting to do something or wanting something to happen very much 热衷的，渴望的，热切的 |
| **凡事要有度, 适可而止Everything in moderation.**   * [**Do everything in moderation**](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.2.0\resultui\dict\result.html?keyword=Do%20everything%20in%20moderation&lang=en)**做每件事情,都要适度** * [**Remember “Everything In Moderation**](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.2.0\resultui\dict\result.html?keyword=Remember%20Everything%20In%20Moderation&lang=en)**” 记得凡事适可而止** |
| 别什么事情都太较真 Don't take everything so seriously. |
| **[珍贵时光，优质时间〔尤指全心照顾子女的/或陪伴家人的时间〕: quality time; spend quality time with my family; spend quality time with my children]**  [N-UNCOUNT](javascript:;) the time that you spend giving someone your full attention, especially time that you spend with your children or family when you are not busy; If people spend quality time together, they spend a period of time relaxing or doing things that they both enjoy, and not worrying about work or other responsibilities  •  Today I can **[spend quality time with my family]** for a change.  今天我可以调剂一下，与我的家人一起享受天伦之乐了  •Do you **[spend enough quality time with your children]**? 你与孩子相处的时间够多吗？ |
| Technical, linguistics) ['kɒləkeɪt] collocate with (词语〕组合搭配 ; N) collocation [‚kɒlə'keɪʃ ə n]  1.[N-COUNT](javascript:;)In linguistics, **a collocate of a particular word** is another word which often occurs with that word. 一个词语的组合搭配  2.[V-RECIP](javascript:;)In linguistics, if one word collocates with another, they often occur together; when words collocate, they are often used together and sound natural together 〔词语〕组合，连用，搭配 **[ collocate with]**  •  "Fast" **collocates with** "food" , which forms a typical word ‘fast food`.  “快”与“餐”搭配  Noun) collocation [‚kɒlə'keɪʃ ə n]  Technical: the way in which some words are often used together, or a particular combination of words used in this way 〔词语的〕组合，搭配  •‘Commit a crime’ is a typical **collocation** in English. 一个典型的搭配。  •‘do **an exercise routine**` is a typical **collocation** in English.  e.g. The effect of the **exercise routine** was weight loss and lower cholesterol. |
| 自相矛盾（的情况/ˈpærəˌdɒks/ paradox  1.[C] a paradox is situation that seems strange because it involves two ideas or qualities that are very different 自相矛盾（的情况）  e.g. **It’s a paradox that** in such a highly developed district, JiangNan in Seoul, there’s a **rundown area**  **破败的地区/slum贫民窟 inside** 在如此富有的国家却有这么多的贫穷现象，真是矛盾  2. [C] 悖论，似非而是的说法a paradox is a statement that seems impossible because it contains two opposing ideas that are both true  •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  V.S. /ˈpærəˌdaɪs/ paradise; shopping paradise; food paradise/gourmet paradise  1. [N-PROPER](javascript:;)According to some religions, paradise is a wonderful place where people go after they die, if they have led good lives. 天堂  2. [N-VAR](javascript:;)You can refer to a place or situation that seems beautiful or perfect as paradise or a paradise. 乐园; 至福境地 **[shopping paradise; food paradise/gourmet paradise** /ˈɡʊəmeɪ/**]**  •  Bali is one of the world's great natural paradises.  巴厘岛是世界最大的自然乐园之一。 |
| [fleks] flex, flexible  1.[V-T](javascript:;)屈伸 (肌肉或身体某部分), 身体柔韧些If you **[flex your muscles or flex parts of your body],** you bend, move, or stretch them for a short time in order to exercise them, esp before you’re **doing an exercise routine (尤其在做日常锻炼之前) .**  e.g.  He slowly **flexed his muscles** and tried to stand.  他缓慢地 屈伸/活动了一下肌肉  e.g. On Mondays and Weds **(用复数表示‘每周一`)**, I’m doing yoga. I wanna **get into shape** 给身体塑性, additionally I’m also trying to **get more flexible**身体柔韧些; you know, **flex my old muscles**屈伸/活动了一下肌肉. What is more, on Tues and Fris, I join **an aerobics class** with his **personal trainer私教** to **improve my fitness增强我的体质**.  2.[N-VAR](javascript:;)A flex is an electric cable containing two or more wires that is connected to an electrical appliance, a flex is an electrical wire covered with plastic, used to connect electrical equipment to an electricity supply 〔电器用〕花线，皮线  3 **[flex your acting/singing/drawing muscles]: to show your ability to do something, especially your skill or power 展示自己的才能/才艺; 施展展示自己的才能/才艺〔尤指技艺或力量〕**  e.g. The role will allow her to **flex her acting muscles.** 这个角色使她能够施展自己的表演才能  e.g. **Hitting high notes飚高音** in this song allows her to **flex her singing muscles**. 施展自己的唱歌才能  V.S. **reflex, reflex action, reflexive pronoun (like myself, itself)** |
| [**增强sb’s的体质 improve sb’s fitness**]  e.g. I'd like to join **an aerobics class** to **improve my fitness 增强我的体质**.  e.g. On Mondays and Weds, I’m doing yoga bz I wanna **get into shape** 给身体塑性. Additionally, I’m also trying to **get more flexible**; you know, **flex my old muscles**屈伸/活动了一下肌肉. What is more, on Tues and Fris, I join **an aerobics class** with my **personal trainer私教** to **improve my fitness增强我的体质**. |
| 说到这儿了 On that note = Speaking of which,  Speaking of sth, xx |
| [gym的**私教: personal trainer**]  e.g. He exercises regularly with his **personal trainer.**  e.g. On Mondays and Weds, I’m doing yoga bz I wanna **get into shape** 给身体塑性. Additionally, I’m also trying to **get more flexible**; you know, **flex my old muscles**屈伸/活动了一下肌肉. What is more, on Tues and Fris, I join **an aerobics class** with my **personal trainer私教** to **improve my fitness增强我的体质**. |
| 胆固醇: choleste**rol**/kəˈlɛstəˌrɒl/  [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。  V.S.  protein /ˈprəʊtiːn/  [N-MASS](javascript:;)Protein is a substance found in food and drink such as meat, eggs, and milk. You need protein in order to grow and be healthy. 蛋白质  •  Fish was a major source of protein for the working man.  鱼曾是劳动者获取蛋白质的主要来源 |
| causative /ˈkɔː**zə**tɪv/ **[ (疾病的) 诱发性因素: causative factors]**  [ADJ](javascript:;)Causative factors are ones which are responsible for causing something. 诱发性的  •  Both nicotine and carbon monoxide inhaled with cigarette smoking have **been incriminated as** “**causative factors”.**  与香烟一起吸入的尼古丁和一氧化碳已经被指控为诱发性因素 |
| 有氧运动 (可接单数或复数形式的谓语动词) 英 [eə'**rəʊ**bɪks] 美 [ɛ'r**o**bɪks] aerobics  [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)  e.g  I'd like to join **an aerobics class** to **improve my fitness 增强我的体质**.  e.g. On Mondays and Weds, I’m doing yoga bz I wanna **get into shape** 给身体塑性. Additionally, I’m also trying to **get more flexible 屈伸**; you know, **flex my old muscles**屈伸/活动了一下肌肉. What is more, on Tues and Fris, I join **an aerobics class** with my **personal trainer私教** to **improve my fitness增强我的体质**. |
| /ˌkɑːdɪəʊˈvæskjʊlə/ cardiovascular; cardiac attack=heart attack; cardiac arrest  [ADJ](javascript:;)Cardiovascular means relating to the heart and blood vessels. 心血管的 **[ cardiovascular disease 心血管疾病; cardiovascular activities ]**  e.g. Smoking places you at serious risk of cardiovascular and respiratory disease /ˈrɛspərətərɪ/. In other words, smoking is the main **causative factors** in most diseases （疾病的）诱因.  **//respire; respiratory /ˈrɛspərətərɪ/,** [**ADJ**](javascript:;)**Respiratory means relating to breathing. 呼吸的** |
| **超重的 overweight /ˌəʊvəˈweɪt/ V.S. underweight**   1. [ADJ](javascript:;)Someone who is overweight weighs more than what is considered healthy or attractive. someone who is overweight is too heavy and fat〔人〕体重超常的，过重的，肥胖的e.g  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   e.g.He is slightly overweight. 他略微超重。   1. something such as a package that is overweight weighs more than it is supposed to weigh 〔包裹等〕超重的  e.g. My luggage was overweight by five kilos. 我的行李超重五公斤。   V.S.  underweight /ˌʌndəˈweɪt/  [ADJ](javascript:;)If someone is underweight, they are too thin, and therefore not healthy. 体重过轻的  •  Nearly a third of the children were severely underweight.  约有三分之一的孩子曾严重体重过轻 |
| * **get** fit/become fit 变的fit = get more flexible, you know, flex my old muscles * stay fit=keep fit 保持fit |
| * I need to **get into shape 塑性，使体型好些;** additionally, I’m also trying to **get more flexible,** you know, **flex my old muscles** by doing yoga and joining an aerobics class. What is more, I wanna **improve my fitness 增强体质.** * He**'s in** really **good shape 身体体型很好** * I**'m** a little **out of shape 身体走形了** |
| **[ I can't make it on <date> = I’m not available on <date>]**  e.g. SADIE: Monday**s**, Wednesday**s** and Friday**s** in the morning are good for me . **Are you available** ?  BRETT: No, sorry. **I can't make it on Wednesdays and Fridays**. Tuesdays and Thursdays are better for me.  SADIE: OK. How about Tuesdays, Thursdays and Saturdays, around 7 in the morning? |
| **[ decide on a schedule]**  e.g.  SADIE: So, we're going to start exercising **regularly** , right?  BRETT: Yes, we are. We just have to **decide on a** schedule **.** SADIE: Monday**s**, Wednesday**s** and Friday**s** in the morning are good for me . **Are you available** ?  BRETT: No, sorry. **I can't make it on <Wednesdays and Fridays>.** Tuesdays and Thursdays are better for me.  SADIE: OK. How about Tuesdays, Thursdays and Saturdays, around 7 in the morning?  BRETT: **That works for me .**  SADIE: Perfect! I'm excited. |

# Not mp3)Part 1) Collocation for getting fit

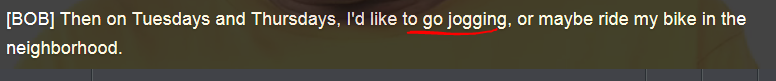
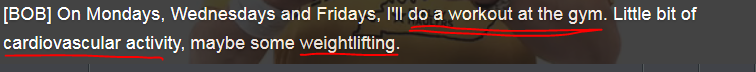
 给身体塑性

 做日常训练/锻炼





 收紧肌肉flex verb => flexible 



## Do an exercise routing做日常训练/锻炼

* do a workout in gym
* do exercise
* 做日常训练/锻炼do **an exercise routing;** start an exercise routine

e.g. But what about an exercise routine? 那日常锻炼呢？

e.g. The effect of the **exercise routine** was weight loss and lower **cholesterol**.

e.g. What do you do for an exercise routine? 你有没有做什么日常训练/锻炼

Well, I do cardiovascular activity, do aerobics, do yoga, do weightlifting, do everything possible.

\* go jogging

\* do a workout ( in gym)

\* do cardiovascular activity

\* do aerobics

\* do yoga

\* do weightlifting

\* do everything possible

## **Get** fit V.S. stay fit, keep fit

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| Use **get +** adjective for talking about ways to stay fit. | | |
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|  | * **get** fit/become fit 变的fit = get more flexible, you know, flex my old muscles * stay fit=keep fit 保持fit |  |
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## Get into shape V.S. in good shape V.S. out of shape

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| get into shape, get more flexible, you know, flex my old muscles  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;** additionally, I’m also trying to **get more flexible,** you know, **flex my old muscles** by doing yoga and joining an aerobics class. What is more, I wanna **improve my fitness 增强体质.** * 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，** you know, **flex my old muscles** . So I'm going to **do an exercise routine 做些日常锻炼**. 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. |  |
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|  | You **might sleep** better if you get more exercise. |  |
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|  | 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. |  |
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|  | 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. So if you really wanna do yoga, you must **flex your old muscles . //If you flex your muscles or parts of your body, you bend, move, or stretch them for a short time in order to exercise them. 屈伸 (肌肉或身体某部分)** |  |

## **French Paradox**

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| 自相矛盾（的情况）/ˈpærəˌdɒks/ paradox  1.[C] a paradox is situation that seems strange because it involves two ideas or qualities that are very different 自相矛盾（的情况）  e.g. **It’s a paradox that** in such a highly developed district, JangNan in Seoul, there’s a **rundown area**  **破败的地区/slum贫民窟 insid** 在如此富有的国家却有这么多的贫穷现象，真是矛盾  2. [C] 悖论，似非而是的说法a paradox is a statement that seems impossible because it contains two opposing ideas that are both true  •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  V.S.  /ˈpærəˌdaɪs/ paradise; shopping paradise; food paradise/gourmet paradise  1. [N-PROPER](javascript:;)According to some religions, paradise is a wonderful place where people go after they die, if they have led good lives. 天堂  2. [N-VAR](javascript:;)You can refer to a place or situation that seems beautiful or perfect as paradise or a paradise. 乐园; 至福境地 **[shopping paradise; food paradise/gourmet paradise** /ˈɡʊəmeɪ/**]**  •  Bali is one of the world's great natural paradises.  巴厘岛是世界最大的自然乐园之一。 |

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.

## Exercise schedule

Work out an exercise schedule and set your fitness goals.

e.g. 1

**Are you available** tomorrow morning?

Yes, I’m available all that day /Sorry, **I can't make it** tomorrow. How about Thursday?

Ok, I’ve **got you scheduled for** this Fri. afternoon.

e.g.2.

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| SADIE: So, we're going to start exercising **regularly /** do an exercise routine日常锻炼 , right?  BRETT: Yes, we are. We just have to **decide on a schedule .** SADIE: Monday**s**, Wednesday**s** and Friday**s** in the morning are good for me . **Are you available** ?  BRETT: No, sorry. **I can't make it on <Wednesdays and Fridays>.** Tuesdays and Thursdays are better for me.  SADIE: OK. How about Tuesdays, Thursdays and Saturdays, around 7 in the morning?  BRETT: **That works for me .**  SADIE: Perfect! I'm excited. |

e.g. On Mondays and Weds, I’m doing yoga. I wanna **get into shape** 给身体塑性, additionally I’m also trying to **get more flexible**; you know, **flex my old muscles**屈伸/活动了一下肌肉. What is more, on Tues and Fris, I join **an aerobics class** with his **personal trainer私教** to **improve my fitness增强我的体质**.

## Fitness goals

Work out an exercise schedule and set your **fitness goals**.

Talk about your **fitness goals** with your `personal trainer` in gym:

* lose weight bz I’m **overweight** **//be overweight V.S. be underweight**
* 给身体塑性 get into shape
* 把身体搞的柔韧些 get more flexible ; you know, **flex my old muscles**屈伸/活动了一下肌
* 增强我的体质: improve sb’s fitness  
  e.g. I'd like to join **an aerobics class** to **improve my fitness** 增强我的体质

e.g. On Mondays and Weds**(用复数表示‘每周一`)s**, I’m doing yoga. I wanna **get into shape** 给身体塑性, additionally I’m also trying to **get more flexible**; you know, **flex my old muscles**屈伸/活动了一下肌肉. What is more, on Tues and Fris, I join **an aerobics class** with his **personal trainer私教** to **improve my fitness增强我的体质**.

## Talk with a personal trainer (gym私教)

You are talking with **a personal trainer** about **getting fit** and **getting into shape身体塑性**. Talk about your **fitness goals,** and schedule time to meet with him.

# Part 2) Heathy living habits





But, you know, sometimes.



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| /fjuː/ phew唷; 书面语中用来表示吃惊、松口气或酷热难耐等  [INTERJ](javascript:;)Phew is used in writing to represent the soft whistling sound that you make **when you breathe out quickly,** for example, when you are relieved or shocked about something; or when you are very hot and when you **swelter热的发晕/热的难受**in **scorching weather**.  e.g. Phew, what a relief!  唷，真是大松一口气！  e.g. Phew, OMG, I’m **sweltering 热的发晕/热的难受**, and I feel a little/wee bit faint/dizzy 头晕眼花. /**/a little bit = a wee bit //If you swelter,** you are very uncomfortable because the weather is extremely hot. 热得难受 |
| verb) /kreɪv/ crave sth; noun) a craving for sth  1.[V-T](javascript:;)If you \*\*crave something\*\*, you want to have it very much with strong desire; if you crave sth, you’re keen to get it. **[渴望得到crave sth = be keen to obtain sth]** e.g.  There may be certain times of day when smokers **crave their cigarette.** 特别想叼上烟。 e.g. Don't eat everything you **crave**. Additionally, **abstain from** fatty, oily, and salty foods. Instead, eat more healthily and drink lots of water. //If you abstain from something, usually something you want to do, you deliberately do not do it. 对…节制  2.[N-COUNT](javascript:;)渴求 a craving for sth = a strong desire for sth  **e.g. a craving for smoking.  …对烟的渴求 E.g. a craving for coffee**  V.S. [be keen to do sth]: wanting to do something or wanting something to happen very much 热衷的，渴望的，热切的 |

## Collocations 〔词语的〕组合搭配for healthy habits

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| Technical, linguistics) ['kɒləkeɪt] collocate with (词语〕组合搭配 ; N) collocation [‚kɒlə'keɪʃ ə n]  1.[N-COUNT](javascript:;)In linguistics, **a collocate of a particular word** is another word which often occurs with that word. 一个词语的组合搭配  2.[V-RECIP](javascript:;)In linguistics, if one word collocates with another, they often occur together; when words collocate, they are often used together and sound natural together 〔词语〕组合，连用，搭配 **[ collocate with]**  •  "Fast" **collocates with** "food" , which forms a typical word ‘fast food`.  “快”与“餐”搭配  Noun) collocation [‚kɒlə'keɪʃ ə n]  Technical: the way in which some words are often used together, or a particular combination of words used in this way 〔词语的〕组合，搭配  •‘Commit a crime’ is a typical **collocation** in English. 一个典型的搭配。  •‘do an exercise routine` is a typical **collocation** in English. |

 Use collocations like these to talk about a healthy way of life.

* **Don't take everything so seriously. 别什么事情都太较真**
* **Everything in moderation. 凡事要有度**

**\***[**Do everything in moderation**](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.2.0\resultui\dict\result.html?keyword=Do%20everything%20in%20moderation&lang=en)**做每件事情都要适度  
\***[**Remember Everything In Moderation**](file:///C:\Users\IBM_ADMIN\AppData\Local\Youdao\Dict\Application\7.5.2.0\resultui\dict\result.html?keyword=Remember%20Everything%20In%20Moderation&lang=en)**记得凡事适可而止**

* Maintain a healthy work-life balance.
* Make a lifestyle change.
* Stay motivated.
* Spend **quality time** with family.
* Exercise every day/ **do an exercise routing 做日常锻炼**
* Get enough sleep.
* Don't eat everything you **crave (be keen to obtain)**. Additionally, avoid, or even **abstain from** fatty, oily, buttery, and salty foods. Instead, eat more healthily and drink lots of water. If you abstain from something, usually something you want to do, you deliberately do not do it. 对…节制

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## Modals of obligation-Must/Have got to do

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| **'Must' and 'have to'** | | |
| Use the modals **have to** and **must** to express obligation. Notice that both are followed by the base form of the verb. | | |
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|  | The doctor says I **have to stop** smoking. My health isn't good. |  |
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|  | I **must change** my lifestyle. I need to get fit. |  |
| **have got to do sth = have to do sth; There is no negative form of have got to; instead, use don't have to.** | | |
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|  | I**'ve got to exercise** more and **get into shape塑性**. I'm gaining a lot of weight and **I’m overweight** now //**be overweight V.S. be underweight** | . |
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| **'Mustn't' and 'don't have to'** | | |
| The negative forms **mustn't** and **don't have to** have slightly different meanings.   * **Mustn't** 必须不能做xxx: means it's a very bad idea or it isn't allowed. * **Don't have to do:** means you don't need to do something. | | |
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|  | The doctor told her she **mustn't eat** so much fatty food. |  |
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|  | He's so fit that he **doesn't have to watch** what he eats. |  |
| There is no past tense form of **must**; instead, use **had to**. | | |
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|  | Last year I **had to** go on a diet. I **was overweight**. //**be overweight V.S. be underweight** |  |

 e.g. I saw the doctor yesterday. She said **I have to** change my lifestyle. I don't h**ave to** lose weight, but I **have to do** some cardiovascular exercise for my heart. I agree with the doctor. **I've got to do** this for myself. Which means I really **must** stop smoking, and I **mustn't** drink so much alcohol.

## Talk about changes

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| * Make some changes in your lifestyle. * **It’s time for a change of lifestyle.** I’ve thought about it. * **You mustn't wait. The time is now.** * Make a change **for the better .** * Why wait? It's time for **a change of lifestyle**. * **A change of lifestyle** is what you need. * Do it for yourself – nobody else. |

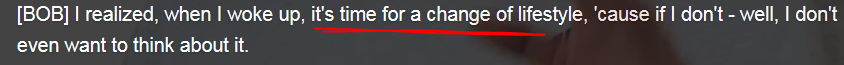
50 kg, I don’t believe it.

 //scale: 称: A scale is a piece of equipment used for weighing things, for example, for weighing amounts of food that you need in order to make a particular meal. 秤

**It’s time for a change of lifestyle.** I’ve thought about it.







## Give advice

There are many ways to give advice. It can be weak, moderate or strong.

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| **Weak advice** | | |
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|  | What I do is **go jogging** in the morning and **do an exercise routing 做日常锻炼** |  |
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|  | It's a good idea to make changes slowly. |  |
| **Moderate advice** | | |
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|  | Why don't you exercise more? |  |
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|  | You should eat healthier food. |  |
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|  | You might want to go to the gym after work. |  |
| **Strong advice** | | |
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|  | You had better make some changes in your life. |  |
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|  | He has to stop smoking. |  |
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|  | You must get some sleep! = You have got to get some sleep.  You**’ve got to** really do sth.  **//have got to do = have to do = must** |  |

## Give lifestyle advice

Your colleague Jane looks **stressed out**. Ask her if she is okay, listen to her problems, and give her sensible and sympathetic advice

* **I’m beyond stressed out 我亚历山大**
* **筋疲力尽的，非常疲劳的: I’m feeling really tired/weary ['wɪərɪ] = so exhausted/I’m totally frazzled/I’m totally burnt out**

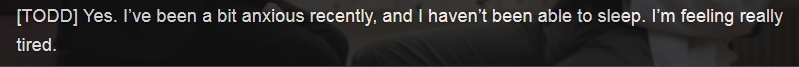
# ??EF stop review

# Part 3) Health problems

Ref:

* Industry\_Medical.docx
* C:\Tracy\TW related\English\EF\2 EF oral topics - Script based on Level\EF L10-Upper Intermediate\WorkAndLife



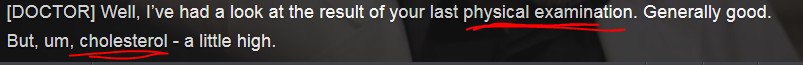
**//筋疲力尽的，非常疲劳的: I’m feeling really tired/weary ['wɪərɪ] = so exhausted/I’m totally frazzled/I’m totally burnt out**





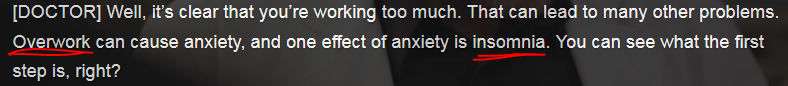










// insomnia /ɪnˈsɒmnɪə/ [N-UNCOUNT](javascript:;)Someone who suffers from insomnia finds it difficult to sleep. 失眠







## Different ways to say the same thing - paraphrase

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| Sometimes you can say the same thing in more than one way. Your choice of words may depend on the point you are trying to make or the seriousness of a situation. | | |
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|  | I **can't sleep at night**. I have **insomnia**. |  |
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|  | Why does she **worry** so much? She always seems so **anxious**. |  |
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|  | He's **fatigued**. **Really tired**. He may be **suffering from exhaustion**. | . |
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|  | She **feels extremely sad** all the time. I think she's **depressed**. |  |
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|  | My doctor told me I need to change my **diet**. He said **the kind of food I'm eating** is bad for me. |  |

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| Sometimes you can change the form of a word without changing its meaning. Here are some adjectives and nouns to describe physical or mental conditions. | | |
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|  | She often feels **anxious**. / She **suffers from** **anxiety**. |  |
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|  | * He's **exhausted**. / He's **suffering from** **exhaustion**  [ɪg'zɔstʃən] |  |
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|  | I have a lot of **stress** in my life. / I'm beyond **stressed out.** |  |
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|  | She's **depressed** all the time. / She's **suffering from depression**. |  |

## Talk about causes and effects

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| Use expressions like these to talk about causes and effects: | | |
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|  | Stress **leads to/results in** many other physical problems. |  |
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|  | Poor diet and lack of exercise can **cause** high cholesterol. | . |
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|  | Very often, **overwork and fatigue** **result in/lead to** anxiety. | . |
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|  | Insomnia **can be caused by** many different things. |  |
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|  | The **effect** of his insomnia was poor performance at work. |  |
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|  | His insomnia **affected** his performance at work. |  |

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| 英 [ɪn'flɪkt] MEANINGS 义项  * 1.   [T] to make someone suffer something unpleasant  使〔某人〕遭受〔不愉快的事〕，使承受  •Detectives warned that the men could inflict serious injury. 警探提醒说这些人可能会造成严重伤害。  inflict sth on/upon sb  •The strikes inflicted serious damage on the economy. 罢工给经济造成了巨大损失。   * 2.   **inflict yourself/sb on sb**  to visit or be with someone when they do not want you – used humorously  不请自来/把某人硬塞给某人〔幽默用法〕  •Was it really fair to her friends to inflict her nephew on them? 把她外甥硬塞给她的朋友，这对她们真的公平吗？ DERIVATIVE 派生词  * **infliction** n /ɪnˋflɪkʃən ; ɪn'flɪkʃən / [U]   •the deliberate infliction of pain 故意给他人造成痛苦 |

## Stress and its effect on our lives

* **我压力山大: I’m beyond stressed out**
* **筋疲力尽的，非常疲劳的: I’m feeling really tired/weary ['wɪərɪ] = so exhausted/I’m totally frazzled/I’m totally burnt out**

**Stress:**

* **['ju:stress] eustress = good stress, positive stress**
* **distress = bad stress**

distress /dɪˈstrɛs/

1.[N-UNCOUNT](javascript:;)Distress is a state of extreme sorrow, suffering, or pain. 悲痛; 疼痛 •  Jealousy causes distress and painful emotions.   嫉妒会引发悲伤和痛苦的情绪。

2. [N-UNCOUNT](javascript:;)Distress is the state of being in extreme danger and needing urgent help. 危难; 危急

•  He expressed concern that the ship might be in distress.   他对船可能处在危急状态表示忧虑。

3. [V-T](javascript:;)If someone or something distresses you, they cause you to be upset or worried. 使心烦; 使忧虑

•  The idea of Toni being in danger distresses him enormously.  想到托尼仍处在危险当中就使他忧心忡忡。

Everyone has stress in their lives. Stress is the way our body reacts to what is happening in and around us. **Eustress ['ju:stress],** or good stress, can help people work to their potential and feel good about themselves. Think about a time when your boss told you what a good job you were doing, or you were excited playing a game. That is eustress. Sometimes it is called positive stress.

**On the other hand**, **distress**, or bad stress, is not a good thing. When stress becomes too much for a person to deal with, it can cause problems. The problems can be physical or mental. Stress can **result in/lead to** problems like insomnia, headaches, depression and anxiety. Obviously, we want as much eustress, and as little distress, in our lives as possible.

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| **Internal definitions** |
| When you come across a word you don't know in a text, you can sometimes figure out its meaning from the information that follows directly after it. This is called an internal definition. Internal definitions immediately follow the difficult word, and are separated from it by a comma. |
| *Poor diet and lack of exercise can lead to* ***diabetes****, or* ***your body's inability to produce insulin****.* |
| Poor diet and lack of exercise can lead to diabetes, or your body's inability to produce insulin. |
| ***Migraines****, or* ***very severe headaches****, can be caused by too much stress.* |
| Migraines, or very severe headaches, can be caused by too much stress. |

# Part 4 ) Office culture