CHINESE BOOST

Healthy living Chinese vocabulary: Advanced (HSK 7-9)

16 words with pinyin, 繁體 and meanings, 15 of them with an example sentence.
Every word here links to its entry on the site.

Healthy living Chinese vocabulary: Advanced (HSK 7-9) on the web
The same words as a CSV, for Anki or a spreadsheet
A free account, which keeps 简体 or 繁體, pinyin or 注音 and the rest of how you read Chinese on every device

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Words

戒烟 戒煙
jièyān to give up smoking

我去年就戒烟了。
Wǒ qùnián jiù jièyān le.
I quit smoking last year.

耐力
nàilì endurance

爬山很能锻炼人的耐力。
Páshān hěn néng duànliàn rén de nàilì.
Hiking is a great way to build endurance.

作息时间 作息時間
zuòxīshíjiān daily schedule / daily routine

这家店的作息时间是什么？
Zhè jiā diàn de zuòxīshíjiān shì shénme?
What are this shop's opening and closing hours?

养生 養生
yǎngshēng to maintain good health / to raise a child or animal / curing (of concrete etc)

她喜欢早睡早起来养生。
Tā xǐhuan zǎoshuìzǎoqǐ lái yǎngshēng.
She likes to go to bed and get up early to keep healthy.

体质 體質
tǐzhì constitution / underlying physical condition / physical makeup / (of an organization, society etc) structural soundness

我体质不好，一变天就感冒。
Wǒ tǐzhì bù hǎo, yí biàntiān jiù gǎnmào.
I have a weak constitution and catch a cold whenever the weather changes.

作息
zuòxī to work and rest

你平时的作息是怎样的？
Nǐ píngshí de zuòxī shì zěnyàng de?
What is your usual daily routine like?

节制 節制
jiézhì to control / to restrict / to moderate / to temper / moderation / sobriety / to administer

你要节制自己的脾气。
Nǐ yào jiézhì zìjǐ de píqi.
You need to keep your temper under control.

新陈代谢 新陳代謝
xīnchéndàixiè metabolism (biology) / the new replaces the old (idiom)

社会总在新陈代谢中前进。
Shèhuì zǒng zài xīnchén-dàixiè zhōng qiánjìn.
Society always moves forward as the new replaces the old.

体魄 體魄
tǐpò physique / build

游泳让他有了健壮的体魄。
Yóuyǒng ràng tā yǒule jiànzhuàng de tǐpò.
Swimming gave him a strong, sturdy build.

有氧运动 有氧運動
yǒuyǎngyùndòng aerobics

健壮 健壯
jiànzhuàng robust / healthy / sturdy

他长得很健壮。
Tā zhǎng de hěn jiànzhuàng.
He's well built.

健美
jiànměi healthy and beautiful / to do fitness exercises

爸爸退休后开始练健美了。
Bàba tuìxiū hòu kāishǐ liàn jiànměile.
After retiring, my dad started doing bodybuilding exercises.

体能 體能
tǐnéng physical capability / stamina

新兵每天都要训练体能。
Xīnbīng měitiān dōu yào xùnliàn tǐnéng.
New recruits train their physical fitness every day.

酗酒
xùjiǔ heavy drinking / to get drunk / to drink to excess

酗酒对肝的伤害非常大。
Xùjiǔ duì gān de shānghài fēicháng dà.
Heavy drinking does great harm to the liver.

硬朗
yìnglǎng robust / healthy

你爸爸身体真硬朗啊！
Nǐ bàba shēntǐ zhēn yìnglǎng a!
Your dad is really healthy!

生物钟 生物鐘

shēngwùzhōng biological clock

> 熬夜会让生物钟紊乱。
> Áoyè huì ràng shēngwùzhōng wěnluàn.
> Staying up late throws your body clock into disorder.