CHINESE BOOST

Healthy living Chinese vocabulary: Elementary (HSK 1-3)

13 words with pinyin, 繁體 and meanings, 13 of them with an example sentence.
Every word here links to its entry on the site.

Healthy living Chinese vocabulary: Elementary (HSK 1-3) 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

睡觉 睡覺
shuìjiào to sleep / to go to bed
shuìjué to wake up from sleep

> 他们在睡觉。
> Tāmen zài shuìjiào.
> They're sleeping.

运动 運動
yùndòng to exercise / exercise / sports / movement / campaign / to move / motion

> 我喜欢运动。
> Wǒ xǐhuan yùndòng.
> I like playing sports.

身体 身體
shēntǐ one's health / the body

> 我身体很好。
> Wǒ shēntǐ hěn hǎo.
> I'm healthy.

游泳
yóuyǒng to swim / swimming

> 他不会游泳。
> Tā búhuì yóuyǒng.
> He can't swim.

跑步
pǎobù to run / to jog / to march at the double

> 我喜欢跑步。
> Wǒ xǐhuan pǎobù.
> I like to run.

健康
jiànkāng health / healthy

> 健康是什么？
> Jiànkāng shì shénme?
> What is health?

锻炼 鍛鍊
duànliàn to engage in physical exercise / to work out / to develop one's skills / to train oneself / to toughen / to temper

> 你还锻炼吗？
> Nǐ hái duànliàn ma?
> Do you still work out?

习惯 習慣
xíguàn to be used to / habit / custom / usual practice

> 你会习惯的。
> Nǐ huì xíguàn de.
> You'll get used to it.

爬山
páshān to go for a hike (esp. in the hills or mountains)

> 穿高跟鞋爬山很不方便。
> Chuān gāogēnxié páshān hěn bù fāngbiàn.
> Climbing a mountain in high heels is very inconvenient.

瘦
shòu thin / to lose weight / (of meat) lean / (of clothing) tight / (of land) unproductive

> 我瘦了一点。
> Wǒ shòule yìdiǎn.
> I've lost a little weight.

胖
pàng fat / plump
pán healthy / at ease
pàn half of a sacrificial animal / thin flank meat / meat beside the spine / half side

> 他胖起来了。
> Tā pàng qǐlaile.
> He has gotten fat.

注意
zhùyì to take note of / to pay attention to

> 他没有注意她。
> Tā méiyǒu zhùyì tā.
> He paid no attention to her.

坚持 堅持
jiānchí to persevere with / to persist in / to insist on

> 他们坚持让他走。
> Tāmen jiānchí ràng tā zǒu.
> They insist that he should go.