CHINESE BOOST

Healthy living Chinese vocabulary list

68 words with pinyin, 繁體 and meanings, 64 of them with an example sentence.
Every word here links to its entry on the site.

Parts 1 2 3 4

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

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.

Intermediate (HSK 4-6)

体重 體重
tǐzhòng body weight

> 我增加了体重。
> Wǒ zēngjiāle tǐzhòng.
> I've gained weight.

压力 壓力
yālì pressure

> 压力很巨大。
> Yālì hěn jùdà.
> The pressure was tremendous.

放松 放鬆
fàngsōng to relax / to slacken / to loosen

> 你最好放松。
> Nǐ zuìhǎo fàngsōng.
> You'd better take it easy.

积极 積極
jījí active / energetic / vigorous / positive (outlook) / proactive

> 我只想注意积极方面。
> Wǒ zhǐ xiǎng zhùyì jījí fāngmiàn.
> I want to just focus on the positive.

养成 養成
yǎngchéng to cultivate / to raise / to form (a habit) / to acquire

> 好习惯是从小养成的。
> Hǎo xíguàn shì cóngxiǎo yǎngchéng de.
> Good habits should be cultivated in childhood.

健身
jiànshēn to exercise / to keep fit / to work out / physical exercise

> 小区里有健身设施吗?
> Xiǎoqū lǐ yǒu jiànshēn shèshī ma?
> Are there any fitness facilities in the residential complex?

卫生 衛生
wèishēng hygienic / sanitary / hygiene / sanitation

> 这食物不卫生。
> Zhè shíwù bú wèishēng.
> This food is unhygienic.

散步
sànbù to take a walk / to go for a walk

> 他出去散步。
> Tā chūqù sànbù.
> He's out taking a walk.

早起
zǎoqǐ to get up early

> 夜猫子很难早起。
> Yèmāozi hěn nán zǎoqǐ.
> Night owls find it hard to get up early.

健身房
jiànshēnfáng gym / fitness club

> 你今天去不去健身房?
> Nǐ jīntiān qù bú qù jiànshēnfáng?
> Are you going to the gym today?

减肥 減肥
jiǎnféi to lose weight

> 减肥成功了吗?
> Jiǎnféi chénggōngle ma?
> Have you lost weight?

熬夜
áoyè to stay up late or all night

> 她习惯熬夜。
> Tā xíguàn áoyè.
> She is in the habit of keeping late hours.

睡眠
shuìmián sleep / to sleep / to enter sleep mode

> 孩子需要很多睡眠。
> Háizi xūyào hěn duō shuìmián.
> Children need a lot of sleep.

失眠
shīmián to suffer from insomnia

> 喝咖啡太多会失眠吗?
> Hē kāfēi tài duō huì shīmián ma?
> Can drinking too much coffee cause insomnia?

营养 營養
yíngyǎng nutrition / nourishment

> 吃饭要注意营养平衡。
> Chīfàn yào zhùyì yíngyǎng pínghéng.
> When you eat, you should pay attention to a balanced diet.

规律 規律
guīlǜ rule (e.g. of science) / law of behavior / regular pattern / rhythm / discipline

> 我相信规律的运动。
> Wǒ xiāngxìn guīlǜ de yùndòng.
> I believe in exercising regularly.

预防 預防
yùfáng to prevent / to take precautions against / to protect / to guard against / precautionary / prophylactic

> 怎么预防食物中毒?
> Zěnme yùfáng shíwùzhòngdú?
> How can you prevent food poisoning?

心态 心態
xīntài attitude (of the heart) / state of one's psyche / way of thinking / mentality

> 他有一种看热闹的心态。
> Tā yǒu yìzhǒng kànrènao de xīntài.
> He has a mentality of just watching the excitement.

良好
liánghǎo good / favorable / well / fine

> 我今天早晨感觉良好。
> Wǒ jīntiān zǎochén gǎnjué liánghǎo.
> I'm feeling good this morning.

增强 增強
zēngqiáng to increase / to strengthen

> 怎样才能增强免疫力呢?
> Zěnyàng cái néng zēngqiáng miǎnyìlì ne?
> How can we strengthen our immune system?

恢复 恢復
huīfù to reinstate / to resume / to restore / to recover / to regain / to rehabilitate

> 爸爸恢复了健康。
> Bàba huīfùle jiànkāng.
> Father recovered his health.

精力
jīnglì energy

> 他把全部精力放到实验中了。
> Tā bǎ quánbù jīnglì fàng dào shíyàn zhōng le.
> All his energies were devoted to the experiment.

体力 體力
tǐlì physical strength / physical power

> 多运动，体力才会越来越好。
> Duō yùndòng, tǐlì cái huì yuèláiyuè hǎo.
> Exercise more, and your physical strength will keep getting better.

生活方式
shēnghuófāngshì way of life / lifestyle

保健
bǎojiàn health protection / health care / to maintain in good health

> 他退休后很重视保健。
> Tā tuìxiū hòu hěn zhòngshì bǎojiàn.
> He has taken health care seriously since he retired.

免疫
miǎnyì immunity (to disease)

> 你对这种病免疫吗？
> Nǐ duì zhèzhǒng bìng miǎnyì ma?
> Are you immune to this illness?

肥胖
féipàng fat / obese

> 肥胖会影响你的健康。
> Féipàng huì yǐngxiǎng nǐ de jiànkāng.
> Being obese can affect your health.

疲劳 疲勞
píláo fatigue / wearily / weariness / weary

> 睡一觉能帮你消除疲劳。
> Shuì yí jiào néng bāng nǐ xiāochú píláo.
> A good sleep can help you get rid of your fatigue.

消耗
xiāohào to consume / to use up / to deplete / to expend / news / mail / message

> 跑步会消耗很多热量。
> Pǎobù huì xiāohào hěn duō rèliàng.
> Running burns a lot of calories.

亚健康 亞健康
yàjiànkāng suboptimal health status

调节 調節
tiáojié to adjust / to regulate / to harmonize / to reconcile (accountancy etc)

> 音量调节在哪里？
> Yīnliàng tiáojié zài nǎlǐ?
> Where's the volume control?

寿命 壽命
shòumìng life span / life expectancy / lifetime (of a machine)

> 蝴蝶的寿命短。
> Húdié de shòumìng duǎn.
> The life span of a butterfly is short.

按摩
ànmó massage / to massage

> 她给他做了个按摩。
> Tā gěi tā zuòle gè ànmó.
> She gave him a massage.

消毒
xiāodú to disinfect / to sterilize

> 用之前，请先给杯子消毒。
> Yòng zhīqián, qǐng xiān gěi bēizi xiāodú.
> Please sterilize the cups before using them.

衰老
shuāilǎo to age / to deteriorate with age / old and weak

> 没有人能逃过衰老。
> Méiyǒu rén néng táoguo shuāilǎo.
> No one can escape growing old.

长寿 長壽
chángshòu long-lived / longevity

> 他不会长寿。
> Tā búhuì chángshòu.
> He won't make it to old age.

免疫力
miǎnyìlì immunity

> 多运动可以提高免疫力。
> Duō yùndòng kěyǐ tígāo miǎnyìlì.
> Exercising more can boost your immunity.

精神状态 精神狀態
jīngshénzhuàngtài mental state / psychological condition

> 最近你的精神状态怎么样？
> Zuìjìn nǐ de jīngshénzhuàngtài zěnmeyàng?
> How has your mental state been lately?

Advanced (HSK 7-9)

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.

Outside HSK

瑜伽

yújiā yoga