CHINESE BOOST

Healthy living Chinese vocabulary: Intermediate (HSK 4-6)

38 words with pinyin, 繁體 and meanings, 36 of them with an example sentence.
Every word here links to its entry on the site.

Healthy living Chinese vocabulary: Intermediate (HSK 4-6) 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

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?