

中国人的运动方式

Popular sports in China

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随着生活水平的提高，人们越来越关注自己的健康。中国政府也鼓励公民通过锻炼身体来保持健康。为了纪念北京成功举办奥运会，也为了倡导公民更广泛地参加体育健身运动，从2009年起，每年8月8日定为“全民健身日”。

With the improvement of living standards in China, more and more people are concerned about their health. The Chinese government is even encouraging citizens to keep fit by partaking in exercise. To commemorate the 2008 Olympic Games in Beijing and to encourage citizens to participate in sports and fitness activities more broadly, every year since 2009, the 8th of August has been designated as a "National Fitness Day".

2019年，中国还启动了“健康中国行动”，其中非常重要的一项就是全面健身。很多城市都在打造“15分钟健身圈”，也就是说，不管你在哪里，从居住地步行或骑行不超过15分钟内，有相应的健身设施。

In 2019, China launched a 'Healthy China Strategy', where one of the most important aspects is 'fitness for everybody'. Many cities are creating '15-minute fitness circles'. That means, no matter where you are, you can walk or ride to a fitness facility within 15 minutes.

对于老年人，尤其是退休的人来说，锻炼身体最好的去处就是附近的公园。锻炼的时间一般是清早，他们常利用公园内的健身设备健身、打太极拳、跳舞、唱歌、散步等，这让他们们的生活也更丰富多彩。

For elderly Chinese people, especially those who are retired, the best place to exercise is the nearby park. They usually do exercise in the early morning. They often use the fitness facilities, practice Taichi, dance, sing, and walk around to exercise, which makes their life more joyful.

Chinese Conversation Corner (Week 7, Semester 2, 2020)

除了传统的踢足球、打台球、羽毛球、乒乓球等锻炼方式外，年轻人也越来越喜欢追寻新的健身潮流。去健身房健身、瑜伽、跳舞、户外跑、快走等。他们还常在微信朋友圈中分享健身心得或者记录自己的健身过程等。

In addition to traditional sports, such as football, table tennis, badminton or ping-pong, many young people are drawn to new fitness trends. They prefer doing exercise at the gym, doing yoga, dancing, running outdoors or speed-walking. Young people usually share their experiences or record their exercise for their WeChat Moments.

很多父母也会让自己的孩子从小学习游泳，篮球，跆拳道，跳绳和武术等，他们认为这些运动不仅可以增强孩子的身体，而且可以锻炼孩子的意志力。

Many parents tend to want their kids to learn how to swim, play basketball, skip rope, taekwondo, or learn other martial arts when their children are young. They think these sports will not only build up their children's physical body, but also exercise their willpower.

二、任务 Tasks

1. Nǐ jīngcháng duànliàn shēntǐ ma yìzhōu duànliàn jǐ cì

你经常 锻炼 身体 吗？一周 锻炼 几 次？

Do you often do exercise? And how many times per week?

2. Qǐng yòng sānfēnzhōng de shíjiān jièshào zìjǐ xǐhuan de yíxiàng yùndòng

请 用 三分钟 的时间 介绍 自己喜欢 的 一项 运动？

Please give a three minute introduction of your favorite sports.

3. Nǐ juéde ào zhōurén de yùndòng fāngshì hé Zhōngguó rén de yùndòng fāngshì yǒu shénme yìtóng

你觉得澳大利亚人的运动 方式和 中国人 的运动方式 有什么异同？

What do you think the similarities and differences are of sports in Australia and China?

4. Nǐ huì zài shèjiāo wǎngluò fēnxiǎng zìjǐ de yùndòng qíngkuàng ma wèishénme

你 会 在 社交 网络 分享 自己的运动 情况 吗？为什么？

Would you also share you exercise experience on social media? Why?