

Lesson 97

公园的早晨（上）

北京有大大小小的公园两百多个，这些公园无论大小，开门时间都很早，每天都有很多游客去公园，但是最早的客人却都是住在附近晨练的人。很多中国人，特别是中老年人，不仅喜欢晨练，而且坚持每天晨练。

人们开始晨练的时间不太一样。最早的五点就开始，而大多数人是六点到七点。

这个时候你去公园，会看到很多人在做各种各样的运动。喜欢安静的人可以打太极，喜欢热闹的人可以听着音乐跳舞。

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Morning in the park – session 1

There are more than two hundred large and small parks in Beijing, regardless of the size of the parks, they open early.

Every day there are a lot of tourists go to the park, but the earliest guests are people who live near and do morning exercises.

Many Chinese, especially the elderly, not only like morning exercises, but also keep doing morning exercises every day.

People began to exercise in different time.

The earliest starts at five o'clock, and most people start at six to seven.

When you go to park at that time, will see a lot of people doing all kinds of sports.

People like quiet who can do Tai chi, people like excitement who can dance to music.

**Vocabulary**

公园 gōng yuán - park	运动 yùn dòng- to exercise
无论 wú lùn - no matter	安静 ān jìng - quiet
游客 yóu kè - tourist	太极 tài jí - Taichi
附近 fù jìn - near	热闹 rè nào - lively
晨练 chén liàn - morning exercise	跳舞 tiào wǔ - to dance
坚持 jiān chí - to insist	

## Key sentence

### 公园的早晨（上）

Gōngyuán de zǎochén (shàng)

Morning in the park – session 1

北京有大大小小的公园两百多个，

běijīng yǒu dà dàxiǎo xiǎo de gōngyuán liǎng bǎi duō gè,

There are more than two hundred large and small parks in Beijing.

这些公园无论大小，

zhèxiē gōngyuán wúlùn dàxiǎo,

Regardless of the size of the parks.

开门时间都很早，

kāimén shíjiān dōu hěn zǎo,

They all open very early.

每天都会会有很多游客去公园，

měitiān dūhuì yǒu hěnduō yóukè qù gōngyuán,

Every day there are a lot of tourists go to the park.

但是最早的客人却都是住在附近晨练的人。

dànshì zuìzǎo de kèrén què dōu shì zhù zài fùjìn chénliàn de rén.

But the earliest guests are people who live near and do morning exercises.

很多中国人，

Hěnduō zhōngguó rén,

Many Chinese people

特别是中老年人，

tèbié shì zhōng lǎonián rén,

Especially the elder people

不仅喜欢晨练，

bùjǐn xǐhuān chénliàn,

They not only like morning exercises

而且坚持每天晨练。

érqiě jiānchí měitiān chénliàn.

But also keep doing morning exercise every day.

人们开始晨练的时间不太一样。

Rénmen kāishǐ chénliàn de shíjiān bù tài yīyàng.

People began to exercise in different time.

最早的五点就开始，

Zuìzǎo de wǔ diǎn jiù kāishǐ,

The earliest starts at five o'clock,

而大多数人是六点到七点。

ér dà duōshù rén shì liù diǎn dào qī diǎn.

And most people start at six to seven.

这个时候你去公园，

Zhège shíhòu nǐ qù gōngyuán,

At this time, you go to park.

会看到很多人在做各种各样的运动。

huì kàn dào hěnduō rén zài zuò gè zhǒng gè yàng de yùndòng.

You will see a lot of people doing all kinds of sports.

喜欢安静的人可以打太极，

Xǐhuān ānjìng de rén kěyǐ dǎ tàijí,

People like quiet who can do Tai Chi.

喜欢热闹的人可以听着音乐跳舞。

xǐhuān rènao de rén kěyǐ tīngzhe yīnyuè tiàowǔ.

People like excitement who can listen to music and dance.

公园的早晨（下）

一个人可以散步、慢跑，两三个人可以打羽毛球、打网球。 很多老人在公园里唱歌、唱京剧； 还有人用很长的大毛笔在地上写字。 晨练是不是真的对身体有好处，不同的人有不同的看法。

有的人觉得早上的空气很新鲜，也有人认为早上的空气不太好，最好的运动时间是下午四点到六点。

不过大多数中国人还是习惯早上运动，他们相信“早睡早起身体好”，相信在运动以后，可以轻轻松松地开始新的一天。

Morning in the park – session 2

One person can walk; jog, two or three can play badminton, tennis.

Many old people sing songs and Peking Opera in parks.

There are people that write with a long big brush on the floor.

Morning exercise may be really good for health; different people have different opinions.

Some people think of the morning air is very fresh, there are also people who believe air in the morning is not very good; the best time is four to six in the afternoon.

But most Chinese people are used to do exercise in the morning, they believe that "Sleep early and get up early" is good for your health, they believe that you can easily start a new day after the exercise.

Vocabulary

散步 sànbù - to walk	看法 kànfǎ - opinion
慢跑 mànpǎo - jogging	空气 kōngqì - air
羽毛球 yǔ máo qiú - badminton	新鲜 xīnxiān - fresh
网球 wǎngqiú - tennis	习惯 xíguàn - be used to
京剧 jīngjù - Peking Opera	相信 xiāngxìn - believe
毛笔 máobǐ - brush	

## Key Sentence

### 公园的早晨（下）

Gōngyuán de zǎochén (xià)  
Morning in the park – session 2

一个人可以散步、慢跑，

yīgèrén kěyǐ sànbù, mànǎo,  
One person can walk and jog. (You can walk or jog alone.)

两三个人可以打羽毛球、打网球。

liǎng sān gè rén kěyǐ dǎ yǔmáoqiú, dǎ wǎngqiú.  
Two or three can play badminton and tennis.

很多老人在公园里唱歌、唱京剧；

Hěnduō lǎorén zài gōngyuán lǐ chànggē, chàng jīngjù;  
Many elder people sing songs and Peking Opera in the parks.

还有人用很长的大毛笔在地上写字。

hái yǒurén yòng hěn zhǎng de dà máobǐ zài dìshàng xiězì.  
There are people that write with a long big brush on the floor.

晨练是不是真的对身体有好处，

Chénliàn shì bùshì zhēn de duì shēntǐ yǒu hǎochù,  
Morning exercise may be really good for health.

不同的人有不同的看法。

bùtóng de rén yǒu bùtóng de kànfǎ.  
Different people have different opinions.

有的人觉得早上的空气很新鲜，

Yǒu de rén juéde zǎoshang de kōngqì hěn xīnxiān,  
Some people think of the morning air is very fresh.

也有人认为早上的空气不太好，

yěyǒu rén rènwéi zǎoshang de kōngqì bù tài hǎo,  
There are also people who believe air in the morning is not very good.

最好的运动时间是下午四点到六点。

zuì hǎo de yùndòng shíjiān shì xiàwǔ sì diǎn dào liù diǎn.

The best time of exercise is 4 to 6 in the afternoon.

不过大多数中国人还是习惯早上运动，

Bù guo dà duōshù zhōngguó rén háishì xíguàn zǎoshang yùndòng,

But most Chinese people are used to do exercise in the morning.

他们相信“早睡早起身体好”，

tāmen xiāngxìn “zǎo shuì zǎoqǐ shēntǐ hǎo”，

They believe that “Sleep early and get up early” is good for health.

相信在运动以后，

xiāngxìn zài yùndòng yǐhòu,

They believe after exercise

可以轻轻松松地开始新的一天。

kěyǐ qīng qīngsōng sōng dì kāishǐ xīn de yītiān.

You can easily start a new day after the exercise.

## Culture Reflection for Essay



Please write a reflection (120-150 words) after researching Google and watching any video you can find on: **Morning Exercise = Mental Health at**

<https://youtu.be/3ZBXldCxZEA>

An example of a suitable video is also located in the sidebar.

You will need to type your reflection in word processing document and save the file on your hard drive or a disk. Please state the URL for your video on the reflection. Then, submit your assignment.

Embed code

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<iframe width="560" height="315" src="https://www.youtube.com/embed/3ZBXldCxZEA"
frameborder="0" allowfullscreen></iframe>
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