



bǎo yǎng
保养

Verb · take good care of one's health; keep fit; keep in good repair

Example Sentences

tā fēi cháng zhù zhòng bǎo yǎng měi tiān dōu jiān chí duàn liàn shēn tǐ
他非常注重保养，每天都坚持锻炼身体。

He pays great attention to keeping fit and insists on exercising every day.

wèi le bǎo chí jiàn kāng tā zhù zhòng yǐn shí bǎo yǎng hé shì dù yùn dòng
为了保持健康，她注重饮食保养和适度运动。

To maintain health, she focuses on dietary care and moderate exercise.

nǐ píng shí shì zěn me bǎo yǎng pí fū de kàn qǐ lái zhuàng tài zhè me hǎo
你平时是怎么保养皮肤的，看起来状态这么好？

How do you usually take care of your skin? It looks so good.

Trace each character, then write the word on your own.

保	保	保	保	保	保	保	保	保	保	保
保										

养	养	养	养	养	养	养	养	养	养	养
养										