



bǎo zhòng

保重

Verb · to take care of oneself

Example Sentences

nǐ yào bǎo zhòng shēn tǐ
你要保重身体。

Take care of your health.

nǐ zuì jìn gōng zuò yā lì zhè me dà nán dào bù zhī dào yào bǎo zhòng zì jǐ ma
你最近工作压力这么大，难道不知道要保重自己吗？

You've been under so much work pressure lately; don't you know you should take care of yourself?

tā cóng bù bǎo zhòng shēn tǐ cháng qī áo yè dǎo zhì jiàn kāng zhuàng kuàng kān yōu
他从不保重身体，长期熬夜导致健康状况堪忧。

He never takes care of his health; staying up late for long periods has led to worrying health conditions.

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

保	保	保	保	保	保	保	保	保	保	保
保										
重	重	重	重	重	重	重	重	重	重	重
重										