



jiàn shēn

健身

Verb · keep fit

Example Sentences

wǒ měi tiān zǎo shàng qù gōng yuán jiàn shēn

我每天早上去公园健身。

I go to the park to keep fit every morning.

tā bìng bù rèn wéi dān chún de jié shí bǐ kē xué jiàn shēn gèng yǒu xiào

他并不认为单纯的节食比科学健身更有效。

He does not believe that simple dieting is more effective than scientific fitness training.

wèi le sù zào lǐ xiǎng tǐ xíng tā zhì dìng le yán gé de jiàn shēn jì huà

为了塑造理想体型，他制定了严格的健身计划。

To achieve his ideal body shape, he has developed a strict fitness plan.

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

健	健	健	健	健	健	健	健	健	健	健
健	健									

身	身	身	身	身	身	身	身	身	身	身