



shì dù
适度

Adjective · moderately

Example Sentences

shì dù de yùn dòng duì jiàn kāng fēi cháng yǒu yì
适度的运动对健康非常有益。

Moderate exercise is very beneficial for health.

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.

ài hù shēn tǐ bù jǐn yì wèi zhe jiàn kāng yǐn shí hái bāo kuò guī lǚ zuò xī hé shì dù yùn dòng
爱护身体不仅意味着健康饮食，还包括规律作息和适度运动。

Taking good care of your body not only means eating healthily but also includes maintaining a regular schedule and exercising moderately.

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

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