

Fitspiration  
健康生活的动力

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**Rob**

Welcome to Authentic Real English, with me, Rob.

**Jiaying**

And me, Jiaying.

**Rob**

Are you a fitness fanatic? Well, this new word might be useful to you – it's 'fitspiration'. It's when something or someone motivates you to get fit.

**Jiaying**

That sounds interesting. 单词“fitspiration”的前半部分是“fit（健康的）”，它来自名词“fitness（健康）”。Rob，那“fitspiration”的后半部分“spiration”来自哪个词呢？

**Rob**

Well, that comes from the word 'inspiration' which describes an enthusiasm to do something after seeing someone else do it. So, fitspiration relates to being inspired to get fit. It's an example of two words combined to make one – we call that a portmanteau word.

**Jiaying**

原来，合成词“fitspiration”是由“fitness”的前半部分和“inspiration（鼓舞，启发）”的后半部分“spiraton”组成，意思就是“想要锻炼、健身的动力”。比如说：我的智能手表可以告诉我我跑得多快，燃烧了多少卡路里。那我可不可以说：“My smartwatch gives me fitspiration.”？

**Rob**

Yes. Anything that encourages you to improve your fitness. But I don't use technology, I prefer a personal trainer to tell me what to do and how to do it.

## Jiaying

请私人“健身教练（personal trainer）”指导你健身。唉，效果好吗？

## Rob

Yes. I completed a half marathon recently – so you could say I achieved it because of fitspiration.

## Jiaying

Congratulations! Let's hear some examples.

## Examples

Watching the Olympics on TV has given me the fitspiration to start running again.

I've got a new app on my smartphone that has given me the fitspiration to eat more healthily.

I've found a great instructor who's given me the fitspiration to improve my swimming technique.

## Jiaying

你正在收听的是 BBC 英语教学的“地道英语”节目。刚刚我们介绍了合成词“fitspiration”的来源、含义和用法。我们用“fitspiration”来谈论一个人或事物激发了我们“想要通过锻炼身体来改善身体状况的动力”。

## Rob

You might see images or videos on social media that inspire you to get fit or to eat healthier. These are all examples of fitspiration.

## Jiaying

记住，“fitspiration”是合成词，由“fitness（健康）”的前半部分“fit”和“inspiration（鼓舞，激励，启发）”的后半部分“spiration”组成，也有人使用它的缩略形式——“fitspo”。

## Rob

And it's a very informal word.

## Jiaying

Well, all this talk of fitness has inspired to me to go the gym. See you next time!

## Rob

Oh, don't forget your phone – you might need it for some fitspiration.

**Jiaying**

Thanks. Bye.

**Rob**

Bye-bye.