

LESSON NOTES

Upper Beginner S1 #1

Getting Fit in Russia

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#1

DIALOGUE - RUSSIAN

MAIN

1. Elena : Здравствуйте, я бы хотела записаться в спортзал. Не могли бы вы подсказать, что для этого необходимо?
2. Receptionist : Конечно, для начала я рекомендую вам посоветоваться с нашим специалистом по фитнесу и диетологии. После анализов и консультации, он посоветует вам правильную физическую нагрузку и сбалансированное питание.
3. Elena : Понятно.
4. Receptionist : Могу ли я поинтересоваться, что вас привело к нам?
5. Elena : Я хочу похудеть.

ROMANIZATION

1. Elena : Zdravstvuyte, ya by hotela zapisat 'sya v sportzal. Ne mogli by vy podskazat ', chto dlya etogo neobhodimo?
2. Receptionist : Konechno, dlya nachala ya rekomenduyu vam posovetovat 'sya s nashim spetsialistom po fitnessu i diyetologii. Posle analizov i konsul 'tatsii, on posovetuyet vam pravil 'nyu fizicheskuyu nagruzku i sbalansirovannoye pitaniye.
3. Elena : Ponyatno.
4. Receptionist : Mogu li ya pointeresovat'sya, chto vas privelo k nam?
5. Elena : Ya hochu pohudet'

ENGLISH

1. Elena : I would like to sign up for fitness classes. Could you tell me what I need to do?
2. Receptionist : Certainly. First, I suggest you talk with our fitness and nutrition specialist. After a medical check up and consultation, he will recommend relevant exercises and a complete nutrition plan.
3. Elena : I see.
4. Receptionist : Can I ask what brought you here?
5. Elena : I want to lose weight.

VOCABULARY

Russian	Romanization	English	Class	Gender
советоваться	sovetovat'sya	to consult with someone	verb	
похудеть	pohudet'	to lose weight	verb	
консультация	konsul'tatsiya	consultation	noun	feminine
поинтересоваться	pointeresovat'sya	to inquire, to ask	verb	
спортзал	sportzal	gym, fitness class	noun	masculine
сбалансированное питание	sbalansirovannoye pitaniye	complete nutrition, balanced nutrition	adjective+noun	neuter
записаться	zapisat'sya	to sign up for	verb	
рекомендовать	rekamendavat'	to recommend	verb	
подсказать	podskazat'	to suggest, to give a hint, to tell	verb	
физическая нагрузка	fizicheskaya nagruzka	exercise, physical load	adjective+noun	feminine

SAMPLE SENTENCES

<p>Прежде чем купить эту машину, я бы хотела посоветоваться с мужем.</p> <p><i>Prezhde chem kupit ' etu mashinu, ya by hotela posovetovat'sya s muzhem.</i></p> <p>"Before buying this car I would like to consult with my husband."</p>	<p>Многие люди не придерживаются сбалансированного питания, но все равно хотят похудеть.</p> <p><i>Mnogiye lyudi ne priderzhivayutsya sbalansirovannogo pitaniya, no vsyo ravno hotyat pohudet '.</i></p> <p>"Many people don't stick to a healthy diet but still want to lose weight."</p>
<p>Консультация психолога может быть очень дорогим удовольствием.</p> <p><i>Konsul'tatsiya psikhologa mozhet bit' ochen' dorigim udovol'stvиеm.</i></p> <p>"A consultation with a psychologist might be very costly."</p>	<p>Он поинтересовался здоровьем моей мамы.</p> <p><i>On pointeresovalsya zdorov'yem moyey mamy.</i></p> <p>"He asked about my mom's health condition."</p>
<p>У меня нет времени на спортзал.</p> <p><i>U menya net vremeni na sportzal..</i></p> <p>"I don't have time for the gym."</p>	<p>Я посещаю спортзал 2 раза в неделю.</p> <p><i>Ya poseschayu sportzal 2 raza v nedelyu.</i></p> <p>"I go to the gym twice a week."</p>
<p>Очень трудно поддерживать сбалансированное питание при таком распорядке дня.</p> <p><i>Ochen ' trudno podderzhiyat ' sbalansirovannoye pitaniye pri takom rasporyadke dnya.</i></p> <p>"It is really hard to stick to balanced nutrition in such a schedule."</p>	<p>Мой друг посоветовал мне записаться на уроки танцев</p> <p><i>Moy drug posovetoval mne zapisat'sya na uroki tantsev.</i></p> <p>"My friend suggested to sign up for dance classes."</p>

<p>Врачи рекомендуют спать хотя бы 8 часов в день.</p> <p><i>Vrachi rekomenduyut spat ' khatya by 8 chasov v den'.</i></p> <p>"Doctors recommend sleeping at least 8 hours a day."</p>	<p>Что вы рекомендуете?</p> <p><i>Shto vy rekomenduyete?</i></p> <p>"What do you recommend?"</p>
<p>Не подскажите который час?</p> <p><i>Ne podskazhete kotoriy chas?</i></p> <p>"Could you tell me what time is it?"</p>	<p>Она подсказывала ему правильные ответы на экзамене.</p> <p><i>Ona podskazivala yemu pravil'niye otvety na ekzamene.</i></p> <p>"She told him the right answers during the test."</p>
<p>Физическая нагрузка и правильное питание - залог здоровья.</p> <p><i>Fizicheskaya nagruzka i pravil'noye pitaniye - zalog zdorov 'ya.</i></p> <p>"Physical exercise and balanced eating are the key to a healthy life."</p>	

VOCABULARY PHRASE USAGE

1. The first phrase is **записаться в спортзал** which means "sign up for a gym." Записаться is a reflexive verb in present perfect form. The stem of this word is an imperfect verb писать which means "write." The Prefix ЗА- makes the perfect form of the verb and adds a specific meaning: "make something in advance" or "begin doing something." It perfectly makes sense with our phrase записаться в спортзал. You sign up for a gym in advance and obviously for the first time, so you begin an action. Let's take a look at other examples of verbs with the prefix ЗА-:

1. Я запланировал поездку за город на выходные.
"I planned a country trip for the weekends."
2. Публика зааплодировала после его выступления.
"An audience gave him a round of applause after his performance."

The verbs запланировать "plan in advance" and зааплодировать "begin to applaud" demonstrate the role of the prefix ЗА- added to imperfect verbs.

2. The next word is **подсказать** meaning "tell, give a hint, suggest." As you can see it has slightly different meanings. It is mostly used as a synonym of the verbs "recommend, advise, consult" but in most cases will be translated as the verb "tell" in English. For example:

1. Подскажите, что лучше выбрать.
"Tell me what to choose."
2. Он подсказал мне правильную тактику.
"He told me/advised me the correct strategy."

As in the previous example, the prefix ПОД- used with the verb СКАЗАТЬ literally "tell" in English add the meaning of incomplete action. So somebody is not fully telling you what to do, but giving you a hint or suggestion and leaving the right to make a final decision to you.

3. Our last word for this lesson is the verb **поинтересоваться**. The translation of this verb would be "ask" in English but this interpretation is "showing your interest in something." This verb also has a prefix, which is ПО-. The prefix ПО- express the start of an action within a certain period of time. So the prefix ПО- plus the verb поинтересоваться mean "being interested in something for a short period of time." Let me give you another example: the prefix ПО + the verb говорить "talk, tell" in general becomes ПОГОВОРИТЬ which means "talk for a little while". For example:

1. Я бы хотела поговорить с ним.
"I would like to talk to him (quickly)."
2. Он сейчас не может говорить.
"He cannot talk right now (he is probably to busy so he cannot talk at all even for a short time)."

GRAMMAR

The Focus of this Lesson is on Saying "Could you...?" and Reflexive Verbs

Не могли бы вы подсказать, что для этого необходимо?

"Could you tell me what I need to do?"

In this lesson we're going to cover the very useful phrase "Could you ..." which you have probably learned in some of our previous series. Let me just quickly remind you. In Russian it would be Не могли бы вы..

Unlike in English, we put the verb мочь "can, could" in its negative form to make the phrase more polite. As you might see, the verb мочь is conjugated for the personal pronoun вы, plural "you" which is also the polite way to address people.

For example:

1. Не могли бы вы подсказать который час?
"Could you tell me what time is it?"
2. Не могли бы вы повторить?
"Could you repeat?"

The particle бы also adds politeness to the phrase. It represents an unreal condition implying the phrase "if it didn't bother you could you...."

We will touch upon the grammar for unreal conditions in the next lessons.

Now, let me give you more casual way to ask for a favor. We will use the same verb мочь but conjugated for the pronoun ты, "you" singular. It is **Не мог бы ты...** Here are some examples:

1. Не мог бы ты повторить?
"Can you repeat?"
2. Не мог бы ты говорить погромче?
"Can you speak louder?"

In the dialogue, we saw:

Не могли бы вы подсказать, что для этого необходимо? which means "Could you tell me what is needed?"

Reflexive Verbs in Russian

Reflexive verbs are used to indicate the concept of self in Russian. In our dialogue, we had three reflexive verbs: Записаться, Посоветоваться, Поинтересоваться. As you may notice, the ending ~ся is the same. This is the short way to write the pronoun себя ("self") in Russian. For example:

мыть "wash" - мыться "wash oneself"
одевать "dress" - одеваться "dress oneself"
увидеть "see" - увидеться "see each other"

CULTURAL INSIGHT

Restoring Russia's Sports Glory

Sport in Russia is one of the most discussed topics. The government is focusing on bringing back sports culture to Russia. In the past, Russia was one of the strongest sport competitors in international competitions, but years of an unstable economic and political climate have sidelined sport and significantly dampened its development. Many professional sportsmen and trainers went abroad and are now representing other countries.

So now the Russian government, with the president Vladimir Putin who is a professional judo practitioner, is attempting to revive national sport programs and return Russia's former status of a sports leader in the world.