

RussianPod101

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Upper Beginner S1

Getting Fit in Russia

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Russian

Elena	Здравствуйте, я бы хотела записаться в спортзал. Не могли бы вы подсказать, что для этого необходимо?
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.
Elena	Понятно.
Receptionist	Могу ли я поинтересоваться, что вас привело к нам?
Elena	Я хочу похудеть.

Romanization

Elena	Zdravstvuyte, ya by hotela zapisat 'sya v sportzal. Ne mogli by vy podskazat ', chto dlya etogo neobhodimo?
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 'nuyu fizicheskuyu nagruzku i sbalansirovannoye pitaniye.
Elena	Ponyatno.

English

Elena	I would like to sign up for fitness classes. Could you tell me what I need to do?
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.
Elena	I see.
Receptionist	Can I ask what brought you here?
Elena	I want to lose weight.

Vocabulary

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

Vocabulary Sample Sentences

<i>У меня нет времени на спортзал.</i>	"I don't have time for the gym."
<i>Я посещаю спортзал 2 раза в неделю.</i>	"I go to the gym twice a week."
<i>Мой друг посоветовал мне записаться на уроки танцев</i>	"My friend suggested to sign up for dance classes."
<i>Не подскажите который час?</i>	"Could you tell me what time is it?"
<i>Она подсказывала ему правильные ответы на экзамене.</i>	"She told him the right answers during the test."
<i>Врачи рекомендуют спать хотя бы 8 часов в день.</i>	"Doctors recommend sleeping at least 8 hours a day."
<i>Что вы рекомендуете?</i>	"What would you recommend?"
<i>Прежде чем купить эту машину, я бы хотела посоветоваться с мужем.</i>	"Before I buy this car I would like to consult with my husband."
<i>Физическая нагрузка и правильное питание - залог здоровья.</i>	"Physical exercise and balanced eating are the key to a healthy life."
<i>Очень трудно поддерживать сбалансированное питание при таком распорядке дня.</i>	"It is really hard to stick to balanced nutrition in such a schedule."
<i>Многие люди не придерживаются сбалансированного питания, но все равно хотят похудеть.</i>	"Many people don't stick to a healthy diet but still want to lose weight."
<i>Он поинтересовался здоровьем моей мамы.</i>	"He asked about my mom's health condition."
<i>Консультация психолога может быть очень дорогим удовольствием.</i>	"A consultation with a psychologist might be very costly."

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Grammar Points

The Focus of this Lesson is on Saying "I would like to..." and Reflexive Verbs

Здравствуйте, я бы хотела записаться в спортзал.

"I would like to sign up for fitness classes."

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

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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" --> увидаться "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.