

Lesson 6

The Body

Julia and Lothar work out (trainieren).

Lothar            My body does not feel good.

Julia             You work a lot and don't do much sport. Your body needs more exercise (Bewegung)! "*Mens sana in corpore sano*"! (ein gesunder Geist in einem gesunden Körper).

Lothar            I don't have the time. Just between us... I don't like exercise!

Julia             The body is the temple of the soul.

Now, stand up!

Lothar            OK. I need to grit my teeth and get it over with.

Julia             Exactly! Now let's (lass uns) warm up (aufwärmen)

Fill Your lungs with air! Close your eyes and breathe deeply (atme tief).

In... and out. Breathe through (durch) your nose...

The heart pumps blood! Good!

Julia             OK, keep your chin up!

Now, shrug your shoulders... up and down... twenty times (mal).

Open and close your mouth. Move (bewege) your jaw.

OK, now raise your arms... slowly (langsam)! Now, hands up!

Lothar            Are you the police (Polizei)?

Julia             Very funny! (sehr witzig)

Let's play "Simon Says". His name is on everyone's lips!

Lothar            I'm not a child!

Can I lower (herunterlassen) my arms now?

Julia                    Let's go!

                              Simon says, "sit down."

                              Simon says, "stand up!"

                              Simon says, "sway your hips to the right and to the left." (nach rechts und nach links).

Julia                    Now, raise your right leg!

Lothar                  Ha! You did not say "Simon says"!

Julia                    Very good! Simon says, "raise your left leg".

                              OK, Simon says, "lower your left leg".

                              Now, Simon says, "put (setze) palm on palm and fingers on fingers".

Lothar                  Let's stop! I don't feel well (wohl/gut)... Ahhh... I have a sore throat!

Julia                    No... now keep a stiff upper lip, as we British (Britten) say!

Lothar                  Don't breathe down my neck!

Julia                    Now, Simon says, "raise your arms and flex your muscles"!

Lothar                  There! (Da!)

Julia                    Hmm... you need more exercise!

Lothar                  OK, now, I am Simon! And Simon says, "come here"!

*Julia goes to Lothar.*

Lothar                  Simon says, "put your arms around my neck". (Lege deine Arme um meinen Hals).

*Julia puts her arms around Lothar's neck.*

Lothar                  Simon says, "stand on your toes".

*Julia stands on her toes.*

Lothar                  Simon says, "press your lips to my lips"!

*They kiss...*

Lothar                  I like "Simon Says"!