

Chapter 63: Sports and Exercise (Running, Swimming, Cycling)

Arre boss! आज का topic ekदम energetic aur sporty hai – Sports aur Exercise. Matlab वो activities jo hume sehatmand banaती हैं (aur kabhi-कभी thaka bhi देती हैं).

Socho! Tum bolo: “I run every morning.” – wah wah फिटनेस वाली बात. Aur bolo: “I swim on weekends.” – stylish hobby!

Sports and Exercise क्या है?

- **Sports** (खेल) = वो activities jo hum competition ya fun ke लिए खेलते हैं (cricket, football, basketball).
- **Exercise** (व्यायाम) = वो activities jo health aur body strong रखने के लिए करते हैं (running, swimming, yoga, gym).

Hindi mein: खेल और सेहत बनाने की physical activities.

कब Use karte hain Sports aur Exercise?

(1) Jab apne hobbies aur fitness routine express karne ho.

- I like swimming.

(2) Jab daily health habits batani ho.

- I do exercise every day.

(3) Jab kisi se poochhna ho ki woh कौन सा खेल खेलता है.

- Do you play cricket?

Shortcut boss:

- **Play** = sports (play cricket, play football).
- **Do** = exercise (do yoga, do exercise).
- **Go** = moving activities (go running, go swimming, go cycling).

Example Sentences (20)

Running

(1) I go running every morning. = मैं हर सुबह दौड़ने जाता हूँ।

- (2) She is running in the park. = वह पार्क में दौड़ रही है।
- (3) They go running for fitness. = वे फिटनेस के लिए दौड़ते हैं।
- (4) He runs fast. = वह तेज़ दौड़ता है।

Swimming

- (5) I go swimming on Sundays. = मैं रविवार को तैरने जाता हूँ।
- (6) She likes swimming. = उसे तैरना पसंद है।
- (7) They go swimming in the pool. = वे पूल में तैरने जाते हैं।
- (8) He can swim very well. = वह बहुत अच्छा तैर सकता है।

Cycling

- (9) I go cycling with my friends. = मैं दोस्तों के साथ साइकिल चलाने जाता हूँ।
- (10) She enjoys cycling. = उसे साइकिल चलाना अच्छा लगता है।
- (11) They are cycling in the park. = वे पार्क में साइकिल चला रहे हैं।
- (12) He goes cycling every evening. = वह हर शाम साइकिल चलाता है।

Sports (Play)

- (13) I play cricket. = मैं क्रिकेट खेलता हूँ।
- (14) She plays football. = वह फुटबॉल खेलती है।
- (15) They play badminton. = वे बैडमिंटन खेलते हैं।
- (16) He plays basketball. = वह बास्केटबॉल खेलता है।

Exercise (Do)

- (17) I do yoga in the morning. = मैं सुबह योगा करता हूँ।
- (18) She does exercise daily. = वह रोज़ व्यायाम करती है।
- (19) They do workout in the gym. = वे जिम में वर्कआउट करते हैं।
- (20) He does push-ups. = वह पुश-अप्स करता है।

Vocabulary List (with phonetics + meaning)

- (1) Running = दौड़ना (run-ning)
- (2) Swimming = तैरना (swim-ming)
- (3) Cycling = साइकिल चलाना (sai-kl-ing)
- (4) Cricket = क्रिकेट (cri-ket)
- (5) Football = फुटबॉल (foot-bawl)
- (6) Badminton = बैडमिंटन (bad-min-tun)
- (7) Basketball = बास्केटबॉल (baas-kit-bawl)

- (8) Yoga = योगा (yo-ga)
- (9) Exercise = व्यायाम (ek-ser-saiz)
- (10) Gym = व्यायामशाला/जिम (jim)
- (11) Push-ups = पुश-अप्स (push-ups)
- (12) Workout = कसरत (werk-out)
- (13) Player = खिलाड़ी (pley-er)
- (14) Fitness = तंदुरुस्ती (fit-ness)
- (15) Sports = खेल (sports)

Funny Recap (Arre Yaar Style)

Boss, ab easy funda yaad karo

- **Play** = खेल (play cricket, play football).
- **Do** = exercise (do yoga, do push-ups).
- **Go** = active activities (go running, go swimming, go cycling).

Masti Example:

- Dost bola: "What do you do in the morning?"
- Tum बोले: "I go running."
- Dost: "Aur evening?"
- Tum: "I go cycling."
- Dost हँसकर बोला: "Aur night?"
- Tum: "I go sleeping, boss!"

Samajh gaye? Ab tum English mein confidently apne sports aur exercise ke habits cool style mein express kar सकते हो!