

A Change in Routine | Part 08

Texto para mineração e treinamento:

He walked Kirk every morning to help the pup **burn off** the energy that he would otherwise spend being destructive. One day, feeling lighter than he'd felt since Debbie left, Matthew's walk with Kirk turned into a jog. With Kirk's toothy grin next to him, it hardly seemed like exercise. Over the weeks and months, Kirk grew into a sleek, full-grown dog and Matthew **slimmed down** to the point that he had to buy a whole new wardrobe. Now, Matthew had a new routine. In the morning, Kirk woke Matthew with a cold nose to the face on the alarm's first chime. They jogged the neighborhood together, they ate breakfast together, and then Matthew gave Kirk a treat and a toy and guided him to his kennel. Matthew worked all morning, more attentively than he had in the past. His boss had even mentioned a possible promotion. At lunch, Matthew ran home to walk Kirk, eating a sandwich or a wrap as they **strolled along**.

Texto linha a linha para aula:

He walked Kirk every morning to help the pup burn off the energy that he would otherwise spend being destructive.

Ele levava o Kirk para passear todas as manhãs para ajudar o cachorrinho a queimar a energia que ele caso contrário gastaria sendo destrutivo.

One day, feeling lighter than he'd felt since Debbie left,

Um dia, sentindo-se mais leve do que ele tinha se sentido desde que Debbie partiu,

Matthew's walk with Kirk turned into a jog.

O passeio de Matthew com Kirk virou uma corridinha.

With Kirk's toothy grin next to him,

Com o sorriso cheio de dentes de Kirk perto dele,

it hardly seemed like exercise.

mal parecia como exercício.

Over the weeks and months,

Ao longo das semanas e meses,

Kirk grew into a sleek, full-grown dog

Kirk cresceu e tornou-se um cão elegante e adulto

"sleek" significa "elegante" ou "brilhante". Observe os exemplos:

The sleek lines of the new car.

As linhas elegantes do carro novo.

Sleek black hair.

Cabelo preto brilhante.

and Matthew slimmed down to the point that he had to buy a whole new wardrobe.

e Matthew emagreceu a ponto que ele teve que comprar um guarda-roupa totalmente novo.

"slim down" significa "emagrecer" ou mesmo "diminuir, reduzir, etc.". Observe os exemplos:

*Regular exercise has helped him slim down considerably.
Exercícios regulares o ajudaram a emagrecer consideravelmente.*

*We have to slim down the company's advertising budget.
Nós temos que reduzir o orçamento de publicidade da empresa.*

Now, Matthew had a new routine.
Agora, Matthew tinha uma nova rotina.

In the morning, Kirk woke Matthew with a cold nose to the face on the alarm's first chime.
Pela manhã, Kirk acordava Matthew com um nariz frio no rosto no primeiro soar do alarme.

They jogged the neighborhood together,
Eles corriam juntos pela vizinhança,

they ate breakfast together,
eles tomavam café da manhã juntos,

and then Matthew gave Kirk a treat and a toy and guided him to his kennel.
e então Matthew dava a Kirk uma guloseima e um brinquedo e o guiava até sua casinha.

Matthew worked all morning,
Matthew trabalhava a manhã toda,

more attentively than he had in the past.
mais atentamente do que ele tinha (trabalhado) no passado.

His boss had even mentioned a possible promotion.
Seu chefe "tinha mesmo mencionado" (chegou a mencionar) uma possível promoção.

At lunch, Matthew ran home to walk Kirk,
No almoço, Matthew corria para casa para levar Kirk para passear,

eating a sandwich or a wrap as they strolled along.
comendo um sanduíche ou um "wrap" enquanto eles passeavam.

*"stroll" significa "caminhar de forma relaxada", "passear", etc. Veja que é comum usarmos "stroll along" com sentido de "passear pelo/pela...".
Exemplos:*

*People were strolling along the beach.
As pessoas estavam passeando pela praia.*

*They strolled along the street looking in the store windows.
Eles passearam pela rua olhando pelas vitrines das lojas.*