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- Rosie: Hi, I'm Rosie, and this is Li... Li? Hurry up! Ah, here's the karaoke bar.
- Li: Ahhh! Rosie, why is the bar on the top floor? So many stairs... Help me please. I'm so unfit. 我真的是很不健康, 该锻炼了。我明天就去加入健身俱乐部。明天。
- Rosie: Why don't you join the gym *today*?
- Li: 算了, 我还是明天去。Then I'll go every single day... I will. I really will.
- Rosie: Li, you've been saying that for months but you never *actually* do it!
- Li: This time I will, I promise.
- Rosie: That's what you always say. You need to put your money where your mouth is.
- Li: You want me to put my money where my mouth is? 把钱放在我嘴边? 你不是要我吃掉纸币和硬币吧? That's disgusting!
- Rosie: No, Li, that's not what I meant. To put your money where your mouth is means to stop just talking about something and to take action!
- Li: Ah, so you didn't really want me to put all these coins in my mouth then?
- Rosie: No, please don't. I want you to stop talking about joining the gym - and to join it for real! Here are some more examples:

Examples

A: If we played a game of tennis I would easily win!

B: Why don't you put your money where your mouth is? I challenge you to a game!

He always talks about how great the charity is – I think he should put his money where his mouth is and donate some money.

- Li: 这么说 to put your money where your mouth is 是指别说大话, 要拿出实际行动来才行。

- Rosie: Yes – I think it's a great expression. So many people just talk and talk about doing things and never actually do them!
- Li: So you'd say you're one of those people who puts their money where their mouth is?
- Rosie: Definitely.
- Li: So the other day you were saying that you love singing... and here we are in a karaoke bar... Rosie 说她很喜欢卡拉OK, 现在呢她真又行动了!
- Rosie: Well yes but... I'm really terrible actually. And some of our colleagues are here – how embarrassing.
- Li: No excuses! Put your money where your mouth is and sing a karaoke song!
- Rosie: Ohhhh... OK.
- Li: 我的天哪, 这嗓音也太恐怖了。Maybe sometimes it's best NOT to put your money where your mouth is!