

[锦囊妙计]英语系列读物

健康有约

韩春明 编 著

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前 言

你是否为苦读英语的莘莘学子中的一员？你是否把学习英语当成磨炼意志力的一件苦差？你是否觉得路漫漫其修远兮，吾将“不知所终”？你是否苦读数年才发现，自己学的不过是中国式英语？你是否想把学习英语的痛苦转化为一种欲罢不能的快乐？

你是否是个上班族，早上一睁眼，所有问题就迎面而来？是否工作压力过大而又无处排解？你是否因精神欠佳而难以专心做事，或者为处理人际关系而焦头烂额？你是否希望有能高人为你指点迷津？

你是否是个好奇的人？是不是常看国外电影或接触外籍人士，常为他们那种积极乐观的人生态度所感染？他们一定也会遇到难题，那他们是怎样排解困难，永远保持最佳状态的？

你是否觉得茶余饭后不知该做什么休闲活动？打牌已再翻不出新花样，去蹦迪太激烈，看电视只会一晚上翻来覆去地换台？你茫然地望着窗外，晚风习习，你仿佛有种感觉：在曾经的一个年代，你在路灯下熬夜看一本好书，看完后，回味至天亮。你踏着夜风回宿舍，夜风暖暖，你的心情是那样的舒展与欣喜，你是否想重温那种单纯的幸福？

那么，读一读《健康有约》吧！这里收录了国外作者主笔的小品文集，原汁原味的英语用法、各种生活经验的现身说法的介绍，教你为人处世的种种诀窍，教你如何善

待自己 ,如何善待别人。这些文章文笔轻松休闲、趣味十足。不信?那就请你自己看看吧 ,看后你就会知道什么叫“爱不释手”了!

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(张雯 图)

1. The Top 10 Tips to Stop the Holiday Bulge

苗条假期十大法

假期似乎已经成为人们放纵自己的季节。一切都变得没有规律,最糟糕的是,暴饮暴食导致了体重的剧增。本文的 10 条建议,将助你度过“享瘦”的假日。

The Holiday Bulge¹ comes from the 8 to 10 pounds of weight the average person packs on² during the months of November and December. The Holidays can be a time of celebration and connection rather than consumption³. The Holidays don't need to be a time to let your healthy habits slide. This list can give you some tips on staying in tune with⁴ yourself, reducing stress and create holiday celebrations that honor what is truly important to you.

1. You come first.

The holidays are a time that our hearts are full and we want to give thanks, time and gifts to others. Giving is good as long as you give to yourself first. It is not a time to ignore what you need. Be mindful of⁵ what you need to do to care for yourself and give yourself permission to act with love to yourself and others. Ignoring⁶ your self-care can lead to habits that undermine⁷ your health/fitness goals like grabbing fast food on the run⁸, not getting enough rest, eating half the cookie dough⁹ because you didn't take time

节日应该是庆祝和交流的时间 ,而不单单是消费时间。

1. 重视你自己。

奉献是件好事 ,但首先你自己要照顾好自己。这不是你要忽视自己需求的时段。留意一下你要为自己做些什么 ,然后才能允许自己将爱奉献给自己和他人。

1. Holiday Bulge 假期增重
2. pack on 增加
3. [kən'sʌmpʃən]n. 消耗 , 挥霍 ,浪费
4. stay in tune with 与……保持协调 ,一致
5. be mindful of 关心 ,留意 , 注意到某人(物)
6. [iɡ'nɔ:]v. 不理睬 ,忽视
7. [ʌndə'maɪn]v. 逐渐削弱 ,从根基处损害
8. on the run 奔跑着
9. [dəu]n. 生面团 ,(俚)布丁

for breakfast. . . you get the picture !

2. Align with your priorities.

Be proactive¹⁰ in designing your Christmas Celebration. DO NOT sit around and wait for others to decide what you will be doing—this often leads to disappointment and frustration¹¹. Get your family together and have each person share the most important part of the celebration ,then create your Holiday using this information. When your Holiday celebration is in alignment with your priorities then you feel satisfied and have little need to fill yourself up with extra food or drink.

3. Avoid all-or-none thinking.

Yes there are lots of wonderful foods that we make and share during Holiday celebrations. Family recipes , new dishes and lots of wonderful treats¹². There is lots of opportunity to eat more or extra calorie/fat rich foods. Allow yourself to try those things that you want. . . give yourself permission to sample¹³ the dishes you find most appealing. It isn't all-or-none. Practice moderation rather than restriction. Restriction leads to focused attention on food and weight gain. If you indulge in¹⁴ a rich dessert ,then go for an evening walk or skiing for the afternoon.

4. Identify habits , triggers and alternatives¹⁵.

Holidays trigger memories and old habits. Many times these memories might trigger you to eat more than your body desires because you are using food to re-connect with

2. 向你的首要想法看齐。

3. 避免走极端。

允许自己去试一下想做的事,去尝尝那让你垂涎的食物。但这不是让你走极端——不是一扫而光就是根本不碰——无需过分约束,但要有节有度,过分约束会导致对食物的关注而造成体重增加。

4. 认识到自己的习惯、反应及抉择。

10. [prə'æktiv] a. 积极的, 活跃的
11. [frʌs'treɪʃn] n. 挫败, 挫折 受挫
12. [tri:t] n. 乐趣 乐事
13. ['sɑ:mpl] v. 取样 试用
14. [in'dʌldʒ] in v. 沉湎于
15. [ɔ:l'tə:nətɪv] n. 二中择一 可供选择的办法

the memory. The habits might be around excess with food or drink. Take time to list your habits or triggers that lead to overindulgence¹⁶ and then list alternative actions to take instead of eating.

5. Stop doing it all.

The Holidays roll around and you think you are Superman or Superwoman. You can do it all and do it all today. Saying yes in the name of the holiday spirit and forgetting the word no. To enjoy the holidays it is important to align your celebration with your priorities and that means saying no to wonderful parties , extra commitments and things that don't bring you joy.

6. Meet your needs directly.

Food can be a way to fill you up emotionally. So if you find yourself eating when you are not physically hungry ,it may be a sign that your needs are not being met. Everyone has needs and we will do what we can to meet those needs. Sometimes when we are not conscious¹⁷ of our needs ,then the way we meet them might not be ideal. Food is a quick fix for needs , and starts the guilt/frustration/eating cycle that keeps people stuck.

7. Keep moving.

Holidays are not the time to stop your exercise program. Continue your activity or create new ones that are fitting with the season. Like skiing or ice-skating. Plan after-dinner walks with your family or friends. Try to fit

这种习惯可能会和暴饮暴食有关联。

5. 不要任何聚会都参加。

6. 直接满足自己的需要。

食物可能会成为你填充感情的方式,所以如果你在并不感到饥饿的时候摄食,可能意味着你的需求没有得到满足。每个人都有需求,我们会尽自己所能来满足这些需求。然而有时当我们并没有意识到自己的需求时,所采取的去满足它们的办法也许就不那么理想了。

7. 保持运动。

16. [ɪəʊvərɪn'dʌldʒəns]n.

过分沉溺

17. ['kɒnjəs]a. 有意识的,

有知觉的

movement into your daily routine—use the stairs , park away from the entrance or make movement a part of your work breaks.

8. Practice daily actions of self-care¹⁸.

Create ten daily actions of self-care. These are ten actions you take to care for yourself each and every day. These actions reflect¹⁹ a feeling of love for your personal well-being²⁰. Pick 10 and start today.

9. Give up your expectations.

Overindulgence often comes when our expectations are not met during the Holidays. Create a Holiday in alignment with your priorities and let go of your expectations. Be present in the moment of celebration and enjoy what comes to you.

10. Act with love.

Remember that the Holidays are about love. Slow down and honor the love in your heart and in your life. Love yourself , your family and the people in your life. The key to successful long-term weight loss is loving yourself and your body. During the Holidays be mindful that love is a verb and your need to start with yourself.

8. 养成自己照顾自己的习惯。

9. 放弃不切实际的期望。

在那欢庆的时刻 ,要尽情享受你所得到的。

10. 充满爱心。

记住那是爱的庆祝日。慢慢平静下来 ,珍惜心中和生活中的那份爱。

18. [,self'keə(r)]n. 自我照管

19. [ri'flekt]v. 反映 ,表明 ,显示

20. ['wel'bi:ɪŋ]n. 康乐 ,安乐 ,安康

2. 10 Tips for a Physically and Mentally Balanced Life

怎样保持体力与脑力平衡

你想为自己创造一个全新的开始吗？你想充分发挥自己的潜力吗？那么从现在开始，做到保持体力与脑力的平衡，一切都将不再遥远。

Every moment of every day, we have the ability to create for ourselves new beginnings and new challenges that will help us reach our full potential¹, and that all things are possible.

It's easy to get overwhelmed² by negative thoughts, people, and circumstances, but we can take steps to understand what it means to live a balanced life. Vital health and peace of mind go hand in hand³—you can't be physically super fit without being mentally super fit as well.

And more and more people today are interested in becoming truly healthy—not just Physically—but mentally, spiritually, and emotionally as well.

Here are 10 tips to keep yourself in balance:

1. Exercise.

A well-rounded fitness routine includes strength training, aerobic conditioning⁴, and flexibility⁵. Critical to your success in staying balanced is to make exercise a TOP PRIORITY in your life — and staying committed to⁶ it. Being

人很容易被消极的思想、人物及环境所淹没,可我们能渐渐懂得过一种平衡的生活意味着什么。健康的体魄和平静的心态一定得并驾齐驱,当你精神上有困扰时,就不可能有极好的身体状态。

1. 锻炼。

全面的健康之道包括体能训练、有氧健身的柔韧性锻炼。

1. reach our full potential 达到我们全部的潜在能力
2. ['əʊvə'welɪm]v. 淹没, 覆没
3. hand in hand 同时并进地, 密切相关地
4. aerobic conditioning 增氧健身法的训练
[,ɛɪə'rəʊbɪk]a. 依靠氧气的, 增氧健身法的
5. [,fleksə'biləti]n. 灵活
6. staying committed to 保持坚定的, 持之以恒的

fit helps you to enjoy life. It increases mental sharpness and physical endurance⁷. An energized body helps give you a positive outlook on life , plus you look great , feel great , and reduce your risk of disease.

2. Drink 8 ~ 10 glasses of water a day.

Water helps transport vital nutrients , regulates body temperature , eases digestion , keeps joints supple⁸ , cleans out your body , keeps skin healthy and young.

Not drinking enough leads to dehydration⁹ , resulting in headaches , fatigue , dizziness , constipation¹⁰ , and foggy memory¹¹. Not drinking enough water can lead to excess water weight because our bodies will store water outside our cells. That s where you feel bloaty¹² and heavy.

Water helps the liver do its job more efficiently , namely in metabolizing¹³ fat. If you re not consuming enough water , your liver has to work overtime¹⁴ with its other primary function : detoxifying¹⁵ the body. Water helps maximizes the liver s efficiency of both jobs , so you keep your insides clean , your weight healthy , and get rid of fat.

3. Life is perfect , even if you don t think it is.

God deals you a hand¹⁶ every day. What you get is what you get. Your job is to do the best you can with the hand you re dealt. That doesn t mean you have to “ lie down and play dead. ” What can you do better to make your life MORE perfect ? Know that you can create your

2. 一天喝 8 ~ 10 杯水。

水有助于重要营养物质的运输 ,调整机体温度 辅助消化 ,保持关节韧性 ,清除体内垃圾 ,维护肌肤的健康和年轻。

3. 生活是完美的 ,即使你不这样认为。

7. [in'djurəns] n. 忍耐 (力) ,持久(力) ,耐久 (力)
8. ['sʌpl] a. 柔软的 ,灵活的 易弯曲的
9. [,di:hai'dreɪʃən] n. 脱水
10. [,kɒnstɪ'peɪʃən] n. 便秘
11. foggy memory 模糊的记忆 朦胧的记忆 混乱的记忆
12. ['bləʊti] a. 肿胀的
13. [mə'tæbəlaɪz] v. 产生代谢变化
14. ['əʊvətaɪm] ad. 超时地
15. [di:'tɒksɪfaɪ] v. 使解毒
16. deal you a hand 帮助你

dreams , no matter how difficult life can be at times.

4. Feel the fear and do it anyway.

Helen Keller once said , “ Life is either a series of adventures , or it is nothing. ” We all have this shield of armor¹⁷ that protects us from some aspect of life. This shield is your comfort zone¹⁸. And that comfort zone is a haven¹⁹ for disintegration²⁰. When you take off this armor , the only thing you re risking is GROWTH , a wonderful life , high energy , and a leaner body.

5. Be a daily visionary²¹.

Visualize your goals and your dreams—every day. Take a five-minute break from your computer , stop off on the side of the road in between sales meetings , and create a motion picture on the screen of your mind of your goals , your dreams , of how you d like your life to be. Visualize yourself already in possession of²² your wishes.

6. Feed your body well.

Your diet can help prevent illness and disease. Some 300 ,000 deaths per year are a result of poor lifestyle choices , and nutrition habits is one of those poor choices. 1) Eat at least 5 servings of fruits and veggies²³ a day , 2) Eat at least 4 balanced meals a day , 3) Eat a variety of fruits and veggies—in different colors. These colors will give you a greater spectrum²⁴ of valuable disease-fighting nutrients.

7. Live in the present.

Yesterday s gone . Tomorrow never comes . Be fully

4. 感到害怕 ,但无论如何也要去做。

海伦·凯勒曾说：“生活亦或是一系列的冒险 ,或者就什么也不是。”我们都有一套盔甲来保护我们免受生活某些方面的打击 ,这套盔甲就是你的舒适圈 ,它是发生任何变故时你的避风港。

5. 做个爱幻想的人。

6. 注意饮食。

1)每天至少吃五份蔬菜和水果 2)每天至少摄入三餐营养均衡的食物 ;3)摄入不同色彩的多种类水果蔬菜。

7. 把握现在的生活。

17. shield of armor 起保护作用的盔甲

18. comfort zone 舒服的领域

19. ['heivn]n. 安全的地方 ,避难所

20. [dis,inti'greifən]n. 分裂 ,瓦解

21. ['viʒənəri]n. 空想家 ,梦想者 ,好幻想的人

22. in possession of 占有、控制

23. ['vedʒi]n. 蔬菜

24. ['spektrəm]n. 范围

present each moment and free yourself from the ball-and-chain of yesterday and tomorrow. Everything is always in the present moment , so live it fully.

8. Live with integrity.

You talk the talk , but can you walk the walk ? Being in integrity means you really are who you appear to be. How you live your life is reflected in your commitments²⁵ , your values , your beliefs , your sense of right and wrong. When you live in harmony with²⁶ what you believe in , you have peace and happiness flowing into your life.

9. Develop high self-esteem²⁷ .

You already know how you benefit from a high self-esteem. People who you care about benefit , too. Let go of your emotional baggage , treat yourself with respect. Your attitude—how you think , feel , and act—mirrors²⁸ how you feel about yourself.

10. Live respectfully.

You are NOT at the mercy²⁹ of your circumstances. George Bernard Shaw said , “ The winners in life look for the ideal circumstances , and if they cannot find them , **THEY MAKE THEM.** ” Are YOU letting your present results and circumstances control YOU ? Are YOU making things happen ?

每一刻都要活在当下 ,别陷入过去或者是将来。

8. 要诚实而正直。

你可以大谈特谈 ,但你能够把你说的话都付诸于行动吗？

9. 学会高度的自尊。

你已经知道怎样从自尊中获益 ,那些你所关心的人也能从中获益。卸下你的思想包袱 ,尊重自己。你的态度 ,你是怎么想的、怎么感觉的、怎么做的都折射出你对自己的看法。

10. 体面地去生活。

乔治·肖伯纳说过：“生活中的赢家寻找理想的环境 ,如果找不到 ,他们就去创造。”

25. [kə'mɪtmənt]n. 保证 , 允诺

26. in harmony with
与……相一致 ,与……
相协调

27. [,selfɪ'sti:m]n. 自尊
心 ,尊重

28. ['mɪrə(r)]v. 反映

29. ['mɜ:si]n. 仁慈 , 宽
恕 ,怜悯

3. The Top 10 Ways to Boost Your Energy

10 种方法使你精力更充沛

你可曾羡慕过乔丹旺盛的精力吗？你可曾为没有精力去实现美好的理想而苦恼过吗？不要担心，不要苦恼，这里有 10 种方法可以使你精力充沛。

The mind is willing , but the flesh is pooped¹ ! If you ve got some great ideas and fun plans , but need more energy to carry them out , here are the top ten ways to get the energy you need. While our energy level is influenced by our body type , age , size , health , physical activity and the activity of our adrenal² glands³ , pituitary⁴ glands , climate and nutrition , there are still a few things we CAN do to boost our energy level.

1. Get the sleep you need !

Nothing is more draining⁵ than running on less sleep than we need. It affects our ability to process , reason , concentrate and discern⁶ hunger. So make sure you get the shut-eye your body requires.

2. Drink your H₂O !

Any time our body is dehydrated , we impede⁷ our mental performance , as well as our bodys ability to process waste , fight off⁸ infection , maintain body temperature and stay alert⁹ !

心有余而力不足。

我们的精力状况会受到人种、年龄、健康、运动、肾上腺、脑垂体活动以及气候和营养的影响,但我们仍然可以做一些其他的事情充沛我们的精力。

1. 保证充足的睡眠。

所以要确保充足的睡眠。

2. 保证足够的水份。

任何时候身体缺水,都会妨碍精神上的表现,它还会影响到机体排废、抗感染、维持体温及保持警惕的能力。

1. [pu:pt] [俚]精疲力竭的

2. [ə'dri:nl] a. 肾旁的,肾上的

3. [glænd] n. 腺

4. [pi'tju:itəri] n. 垂体;脑下垂体

5. ['dreiniŋ] a. 耗尽的,精疲力竭的

6. [di'sə:n] v. 看出,识别,辨认

7. [im'pi:d] v. 阻碍,妨碍,阻止

8. fight off 抵抗,击退,驱除

9. stay alert 保持警惕

3. Eat what your body requires to function well !

Unless you've been advised by a doctor , don't fast¹⁰ or take in less than 1 200 calories a day on the average. Eating too little leaves you feeling tired , cranky¹¹ and depressed. And worse , when you do start to eat normally again , your brain will kick in someuropeptide-Y¹² , to make you binge¹³ and stock up for the next fast !

4. Get your protein¹⁴ and your carbs in.

At various points in the day you may crave carbs and at other times , want protein. Listen to what your body is desiring and eat accordingly.

5. Eat some fat !

Yes , you read that right ! SOME fat ! Not eating enough fat can actually overstimulate¹⁵ your hunger and drain¹⁶ you of valuable energy. Shoot for¹⁷ the 20% to 30% range.

6. Take your vitamins !

It's true. No matter how hard we try , we just can't seem to get in all the minerals and nutrients we need from food. Start with your daily multi—and consider adding some extra Vitamin C , Calcium , and Vitamin E.

7. Get the iron in.

Iron deficiency among women is one of the leading causes of fatigue¹⁸. Either take a supplement or try kidney beans¹⁹ , lean red meat²⁰ and tofu²¹ , which are great sources of iron.

3. 保证健康的饮食。

4. 保证足够的蛋白质和碳水化合物。

一天中你可能在多个不同的时段想要摄入碳水化合物,而在另一些时段你又想要蛋白质。倾听你身体的需要,合理饮食。

5. 摄取适量的脂肪。

6. 摄取适量的维生素。

7. 摄取铁元素。

10. [fɑ:st] v. 禁食, 斋戒
11. ['kræŋki] a. 任性的, 暴躁的
12. [ˌjʊrə'peptaid'wai] n. Y 螺旋体
13. [bɪndʒ] n. (大吃大喝的) 狂欢
14. ['prəʊti:n] n. (生化) 蛋白质
15. [ˈəʊvə'stɪmjuleɪt] v. 过分地刺激, 过度兴奋
16. [dreɪn] v. 消耗或耗尽
17. shoot for 争取得到(或完成)为……而努力
18. [fə'ti:g] n. 疲乏, 疲劳
19. kidney bean n. 菜豆
20. red meat 红色肉类(如牛肉、鹿肉、羊肉等, 别于鸡肉、野兔肉、猪肉、小牛肉等白色肉类而言)
21. ['təʊfu:] n. 豆腐

8. Avoid the sugar and alcohol.

Both substances will create a sense of fatigue and lethargy²².

9. Don't eat too much !

Overeating²³ and feeling stuffed only creates a desire to curl up and snooze ! Instead , eat to the point where you're satisfied but not stuffed. How do you know ? Well , ask yourself if you'd be ready for a 30-minute brisk walk afterwards. . . if you are , you're just right !

10. Take a cat nap.

If you're feeling tired and can take a few minutes—lie down in a comfortable spot for a brief nap. About 20 to 30 minutes will almost always refresh²⁴ you.

8. 尽量避免糖和酒精。

9. 不要暴饮暴食。

过度的饮食和情感上的负担只会使人有想睡觉的欲望。要吃得满意,但不要吃得过饱。怎样来控制好这个度呢?问问自己饭后能不能轻快散步 30 分钟,如果行,那就没问题。

10. 要有适量的休息。

22. ['leθədʒi]n. 无生气

23. [ɪəʊvər'li:t]v. 吃得过饱 暴食

24. [ri'freʃ]v. 使恢复或振作,给……新的力量或活力

4. Deep Breathing

深呼吸

深呼吸，一个我们大家都熟悉，然而却被遗忘的词汇。它到底有什么益处呢？阅读此文，并按步骤操作，你将终生受益。

Deep breathing, otherwise known as diaphragmatic¹ breathing, has been practiced for centuries. Some think that this type of breathing is reserved for Yoga masters² or people that have practiced this “art” for years, but we are beginning to realize that anyone—“common folks”—can practice this calming and balancing skill.

Why be concerned about deep breathing?

Great question. Some believe that they are already breathing properly. If you ever feel stressed or frustrated³, try this simple test.

1. Lie down or sit upright and get comfortable.
2. Place your hands on your lower abdomen⁴.
3. Exhale⁵ first, then breathe deeply, focusing on drawing your breath from your nose through your lungs down through your diaphragm (lower abdomen).
4. As you continue this cycle, you will begin to notice if you have been breathing from your chest or from your diaphragm.

1. 躺下或者坐直 ,使自己感到舒适。

2. 将手置于下腹部。

3. 先呼气 ,然后深呼吸 ,集中注意力将呼吸从鼻子经肺部引向小腹。

4. 继续这种循环时 ,如果你的呼吸是来自胸腔或小腹 ,你就会感觉得到。

1. [,daiəfræg'mætik]a. 横膈膜的 ,膈膜的

2. Yoga masters 瑜伽派(印度哲学的一派)领导者

3. [frʌ'streitid]a. 失望的 ,落空的

4. ['æbdəmən ; æb'dəumən]

n. 腹 ,腹部

5. [eks'heil ,eg'zeil]v. 呼气 ,发出 ,发散

5. If you already breathe from your diaphragm , congratulations ! (See Awareness below.)

If you find it difficult , be patient , this took me some time to learn. The key was finding a “ coach ” who helped me notice that I was breathing way up in my chest—and I didn't even notice !

Awareness

As you practice deep rhythmic breathing , you want to be aware of your breath slowly , calmly , like a cloud moving softly through the sky—effortlessly. You will begin to notice that when you concentrate on your breath , you begin to let go of⁷ unneeded thoughts , habits , patterns that may no longer serve you. Be patient , masterpieces⁸ take time. . .

When your mind and body are calm , you can access your intuition⁹— your imagination—this is where your creativity and hopes and Dreams come from. When you can access this source of wisdom that you've always had , you will find that you will be able to attract what you desire more easily and also be more clear on what you are trying to attract.

5. 如果你已经从小腹呼吸，那就恭喜了。（注意下面提醒）。

当你进行有节奏的深呼吸训练时，你希望能感觉到你的气息如同云一般轻柔地滑过天空，徐徐地、平静地、悠然自得。当你注意你的呼吸时，你会发现自己不再有那些不必要的想法、习惯和定势，它们可能不会再跟随你了。

如果你能获得这本就属于你的智慧，你会发现你能更容易地吸引你想要的，也能更清晰地了解你想要去吸引什么。

7. let go of 松开或释放某人/物
8. ['mɑ:stəpi:s]n. 杰作，（尤指）名著
9. [,ɪntju:'ɪʃən]n. 直觉，直觉力

5. Take Time to Exercise... Your Way 花点时间来锻炼——找到适合你的方式

用点时间来锻炼一下,对于个人健康有很大的好处,本文介绍了一些简单易行的用于自身锻炼的方法。

What good is an exercise program that is never followed? About the same use as exercise equipment that is never used! Why is this road to health paved with good intentions?

I could say all the usual things about self-love, self-respect, self-confidence, self-discipline¹, self-motivation², self-image³... but I won't. Perhaps most people do not exercise because they do not enjoy it or because they wouldn't know what to do with their new high levels of self-respect, energy, clarity⁴, etc. if they finally did it!!!

Here's a thought—Perhaps exercise sounds better to us if we call it “moving”. Somehow it seems easier to move a bit than exercise a bit. Maybe it is easier to think of moving a bit more than exercising. What do you think?

Here's a piece of good news, you can start slowly.

Try these, or add these to your routine⁵ this month:

- Park a little further away from the store and walk.
- Find the stairs instead of the escalator or elevator.
- Go for a walk around the block⁶ when you really want

to reach the ice cream in the freezer⁷.

关于自爱、自重、自信、自律、自我动力、自我形象的平常的言论我可以信手拈来,但我并不想这样。也许很多人不去锻炼是因为他们不喜欢,或者因为如果他们进行了锻炼,他们不知道如何去应付这新的高层次的自信、能量以及透明度等。

· 将车停在离商店较远的地方,然后步行。

· 不去乘电梯,而去爬楼梯。

· 如果真想吃冰柜中的冰淇淋,就步行绕过那个街区。

1. [,self'disiplin]n. 律己,自我约束
2. [,self'məutiveiʃən]n. 自我动力
3. [,self'imidʒ]n. 自我形象
4. ['klærəti]n. 清楚,透明
5. [ru:'ti:n]n. 常规,日常事务
6. [blɔ:k]n. 街区
7. ['fri:zə]n. 冰柜

- Pull weeds from a standing position⁸ for ten minutes.
- Get up from your computer and stretch for at least five minutes an hour.

- Start your day with a good stretch from your fingertips⁹ to your toes. . . and repeat three times.

- When waiting or hold on the telephone , tighten¹⁰ your abdominals¹¹ and hold for ten seconds and release.

- Repeat until someone answers.

Let anger , frustration or anxiety be your signal to move in healthy ways quickly until the feeling subsides¹².

- 以站立姿势清除杂草十分钟。
- 每隔一小时就从电脑前走开一会儿 ,最少伸展五分钟。
- 每天第一件事就是做全身伸展运动 ,而且要重复三遍。
- 等电话时 ,收腹十秒钟 ,然后放松。
- 重复这样做 ,直到有人接电话。

8. standing position 立姿

9. ['fiŋgətɪp]n. 指尖

10. ['taɪtən]v. 绷紧 ,拉紧

11. [æb'dɒmɪnəl] a. 腹(部)的 ,位于腹部的

12. [səb'saɪd]v. 消失 ,减退

6. Daily Health Task Lists

每日健康要诀

人人都想拥有健康的身体 ,其实健康的身体是和每一天的生活息息相关的。本文介绍了一些可以在日常生活中促进身体健康的方法。

“ Health Lies in labor , and there is no royal road to it but through toil. ”

—Wendell Phillips

Just like brushing your teeth , healthy habits should be cultivated on a daily basis. The following is a guide to daily tasks :

1. Activity should be a daily occurrence¹. Walk ,run or jump for a minimum total of 20 minutes a day.
2. Take a multi-vitamin.
3. Protect your skin. Sun block should be applied on face , neck , arms and hands even in the dead of winter². It protects against climatic³ toxins⁴ too. Moisturize skin daily.
4. Eat fruits , vegetables , grains⁵ , low-fat dairy products⁶ and small amounts of protein. Avoid sweets and other processed foods.
5. Meditate⁷ or spend a minimum of five minutes daily in quiet time.

1. 应该每天都运动。

2. 吃多种维生素。

3. 保护你的皮肤。

4. 吃水果、蔬菜、谷物、低脂乳品和少量蛋白质。

5. 冥想或每日享受最少五分钟的宁静。

1. [ə'kʌrəns] n. 事件

2. in the dead of winter 在隆冬

3. [klaɪ'mætɪk] a. 气候的

4. ['tɒksɪn] n. (生)毒素

5. [greɪn] n. 谷物

6. low-fat dairy products 低脂乳品

7. ['medɪteɪt] v. 沉思 冥想

6. Find your spiritual self. Discover what inspires you , raises your level of consciousness , motivates you , and satisfies your soul.
7. Exercise your brain. Read , study , solve problems , and learn new skills. As does the body , the brain atrophies⁸ with lack of use.
8. Hug⁹ somebody.

6. 找到能激发你的力量。

7. 进行脑部运动。

8. 拥抱某人。

8. ['ætrəfi]v. 萎缩 衰退

9. [hʌg]v. 拥抱

7. Winterize Your Workout

做好你的过冬计划

寒冷的冬季可能会给人们带来种种不便,而在冬天只是选择单纯的休息肯定是对身体不利的。本文主要介绍了几点对你的过冬计划的建议,从而保证你在度过冬天后,仍能拥有健康的体魄和旺盛的精力。

There's nothing like short days, cold nights and a slick¹ slab² of ice on the sidewalk³ to make you want to curl up in front of the fireplace⁴ and watch TV reruns⁵ for a few months.

Hibernating⁶ for the winter may be unhealthy. Instead of giving exercise the cold shoulder⁷ until spring, take these tips for staying active even in the frostiest⁸ weather:

Go in. Sign up for the indoor volleyball team⁹, buy yourself a health club membership, get a motorized¹⁰ treadmill¹¹ or other exercise equipment or give mall walking¹² a try.

Get out. Experiment with winter sports, from ice skating¹³ to cross-country skiing¹⁴. Even shoveling¹⁵ the sidewalk and building a snowman can give you a good workout¹⁶.

Stay warm. Layer¹⁷ your clothes, pull on a hat and mittens¹⁸ and lace up your hiking¹⁹ boots, and you can continue your outdoor exercise regime all year round.

冬日日短、夜寒,道路两旁
布满积雪,再也没有比这个更能
使你只想蜷缩在火炉前,看上几
个月的电视重播了。

冬眠可能对健康不利。

· 户内运动。

· 户外运动。

· 保暖。

1. [slik] a. 光滑的,滑溜的
2. [slæb] n. 混凝土路面
3. ['saɪdwɔ:k] n. 人行道
4. ['faɪəpleɪs] n. 壁炉,火炉
5. ['ri:'rʌn] n. 重播,重演
6. ['haɪbəneɪt] v. 冬眠,处于不活动状态
7. give exercise the cold shoulder 不愿锻炼
8. ['frɒsti] a. 严寒的,霜冻的
9. volleyball team 排球队
10. ['məʊtəraɪzd] a. 机动的
11. ['tredmɪl] n. 踏车
12. mall walking 购物区散步
13. ice skating 溜冰
14. cross-country skiing 越野滑雪
15. ['ʃʌvəl] v. 用铲挖出
16. [wɔ:kəʊt] n. 锻炼,训练
17. ['leɪə] v. 将……积成层
18. ['mɪtn] n. 连指手套
19. [haɪk] v. 远足,徒步旅行

Don't forget water and sunscreen. You can still become dehydrated in cold weather. And, because of the sun's reflection²⁰ off the snow, you're actually just as likely to burn in winter as in summer.

· 别忘了水和防晒剂。冬日也可能失水 ,同时 ,由于雪对太阳光的反射 ,你在冬日也可能像在夏日一样 ,皮肤被阳光灼伤。

20. [ri'flekʃən]n. 反映 ,反射

8. Fitting It in

完善你的计划

现代生活的高节奏使很多人的计划排得很满,那么如何获得时间去做一些锻炼呢?本文为此提供了5点建议,并且分别做出了解释。

Schedule bursting at the seams¹? Here are five ways to fit a workout into even the most filled-to-the-brim lifestyle:

1. Schedule it. You're more likely to accomplish things you put on your calendar².

2. Do it first. Work out before breakfast. If you leave it until everything else is done, you may not do it.

3. Break it up. Don't have 30-minute chunks³ available? Squeeze in⁴ 10-to 15-minute walks two or three times a day. It's the total amount of exercise that's important.

4. Find a partner. You're more likely to show up for that power yoga class if your neighbor is there waiting for you.

5. Troubleshoot⁵. Figure out why you can't fit exercise in and come up with alternatives. For example, if you're a working parent who's busy 16 hours a day, exchange child care responsibilities with a neighbor every other day so you can squeeze in a 30-minute walk before dinner.

你的时间表是否已经排到
满得不能再满了？

1. 做好安排。
2. 宁早勿迟。
3. 分段实现。
4. 找一个拍档。
5. 与人分担。

弄明白你为什么总是没空
锻炼,再采取相应措施。比如
说,如果你自己有工作,每天要
忙 16 个小时,那就每隔一天让
邻居帮忙照看一下孩子,这样你
可以在晚饭前挤出 30 分钟散
散步。

1. [si:m] n. 接缝
2. ['kæləndə] n. 日历
3. ['tʃʌŋk] n. 大块 相当大
的部分
4. squeeze in 挤进去
5. ['trʌblʃu:t] v. 当检修
(技)工,对……进行调
停

9.10 Easy Tips on How to Keep from Losing Your Mind 保持记忆力的 10 条简单技巧

在这个高节奏的社会当中,遗忘症的治疗引起了越来越多人关注,本文提到了该症状发生的原因,并且重点介绍了 10 条简单易行的技巧来保持良好的记忆力。

Memory loss occurs in the young as well as the old. Occurring¹ more frequently in the elderly, Alzheimer's disease² and forgetfulness has prompted³ neurologists⁴, psychologists⁵, psychiatrists⁶ and other brainy⁷ specialists to come up with ways to prevent such memory loss.

Ruling out⁸ disease, a major cause of forgetfulness in the young and not so young is having too much on one's mind. 'Too many pieces on the plate, too many things to do and no time to do it' is a common mantra⁹ of today's society. With cell phones, computers, e-mail, Web pages, and other modern technology, we have worked ourselves into a non-stop frenzy¹⁰ where we can work 24 hours a day.

At this ultra-busy¹¹ holiday season, it is easier than ever to forget things. To offset¹² forgetfulness, the following tips can help. 'Use it or lose it' is the bottom line¹³.

1. Focus on listening more and talking less. Listening requires greater concentration.

青年人与老人一样,都可能患有遗忘症。老年痴呆症和健忘症在老年人中发病更加频繁,它们已经促使神经学家、心理学家、精神病学家及其他优秀专家寻找办法来预防此类遗忘症。

当今社会人们总习惯说:“我们要做的事情太多,但又没有什么时间去完成。”有了手机、电脑、电子邮件、各种网站及其他现代技术手段,我们的工作已近乎疯狂,每天24小时,昼夜不停。

1. 注意多听少说。

1. [ə'kəʊ] v. 发生,出现
2. Alzheimer's disease
(医)阿耳茨海默氏病,老年性痴呆病
3. [prɒmpt] v. 促使,推动,激励
4. [ˌnjuə'rɒlədʒist] n. 神经病学家
5. [psai'kɒlədʒist] n. 心理学家
6. [psai'kaiətrist] n. 精神病专家
7. ['breɪni] a. 有头脑的,聪明的
8. rule out 划出,排除,取消
9. ['mɑntrə] n. 符咒
10. ['frenzi] n. 狂怒
11. ultra-busy 极度忙碌
12. [ˈɔ:fset] v. 弥补,抵消
13. bottom line n. 底线,账本底线

2. Avoid hanging around negative people. Thinking positive stimulates¹⁴ the brain as well as brightens your day.
3. Stick to a healthy diet of protein foods , fruit and veggies. It gives you brain power.
4. Avoid high fat foods. Fat clogs the arteries¹⁵ that supply blood to the brain.
5. Take vitamins , especially vitamin E and zinc¹⁶. Some tests show this can help aging¹⁷ and memory.
6. Read , read , read and do crossword puzzles¹⁸. It s exercise for the brain.
7. Avoid excessive alcohol. Too much may result in loss of brain cells.
8. Plan activities with others. Socialization¹⁹ offsets brain laziness.
9. Avoid unnecessary medication²⁰. Losing weight , lowering blood pressure and high cholesterol²¹ levels can often be achieved through diet and exercise instead of drugs. Learn the side effects²² of medication you take. Some types of sleep aids²³ may cause memory loss.
10. Maintain a daily exercise and workout schedule. It improves blood circulation²⁴ to the brain.

2. 避免和消极的人在一起。

3. 坚持吃蛋白质食品、水果和蔬菜。
4. 避免高脂肪食物。

5. 补充维生素,尤其是维生素 E 和锌。
6. 多阅读和做字谜游戏。
7. 避免过量饮酒。
8. 与他人集体活动。
9. 避免不必要的药物摄入。

10. 坚持日常锻炼并且制定时间表。

14. ['stimjuleit] v. 刺激, 激励
15. ['ɑ:təri] n. 动脉
16. [ziŋk] n. 锌
17. ['eidʒiŋ] n. 变老的过程
18. crossword puzzle 纵横字谜
19. [,səʊʃəlai'zeɪʃən] n. 社会化,社会主义化
20. [,medi'keɪʃən] n. 药物
21. [kə'lestərəl] n. (生化) 胆固醇
22. side effects 副作用
23. sleep aids 睡眠帮助作用
24. blood circulation 血液循环

10. 10 Easy Tips on How to Survive the Holiday Food Frenzy

节日中避免暴饮暴食的 10 点诀窍

当今社会的快节奏使很多人只有在节日中才能得以放松 ,而这就容易导致暴饮暴食状况的发生 ,本文提供了 10 点建议来避免此类问题的发生。

1. Focus on talking more to party guests and eating less.
2. Avoid hanging around the buffet¹ table at social gatherings.
3. Stick to high protein foods , fruit and veggies when assailed² by groaning boards. Go for the turkey , the sliced meats³ , the fresh fruit and raw veggies (without the dip⁴.)
4. Avoid high fat hors d'oeuvres⁵ such as cheese , nuts , saucy tidbits⁶ and fried anything. Instead , nibble on the veggies or chew gum⁷ and talk a lot.
5. Eat before you go to a holiday gathering. Have a small meal such as fruit and low fat cottage cheese⁸ , yogurt , a bowl of consomme⁹ with melba toast or a low-cal protein shake¹⁰ , a handful of grapes or an apple.

1. 注意与客人多谈而少吃。

2. 在交际场合避免留在自助餐桌附近。

3. 当你被主人殷勤招待时，坚持只吃高蛋白质食物、水果及蔬菜。

4. 避免高脂肪的开胃小吃。

5. 在你去假期聚会之前吃些东西。

1. [bə'feɪ] 自助餐

2. [ə'seɪl] v. 攻击

3. sliced meat 薄肉片

4. [dɪp] 沙司 奶油沙司

5. [ɔ:r'də:vɾə] (法)(鸡尾酒会上的)冷盆

6. saucy tidbit 沙司美食

7. [gʌm] n. 口香糖

8. cottage cheese 农家乳酪

9. [kən'səmeɪ] 清炖肉汤

10. low-cal protein shake 低卡路里高蛋白奶昔

6. Make yourself the designated¹¹ driver at least half of the time. This will help you avoid calorie-laden alcoholic beverages¹².
7. Instead of wine or mixed drinks , try soda water with lime and towards the end of the event , reward yourself for your good behavior with a glass of wine or your favorite drink.
8. Plan holiday activities around things other than food such as an ice-skating party followed by hot spiced apple cider¹³ ; a sightseeing trip (preferably walking) to view the colorful decorations and lights in your neighborhood or town ; a walking window-shopping expedition at your favorite mall ; a trip to the woods to chop down¹⁴ your own tree ; a tree-trimming party where everyone brings their favorite low-cal treat ; a gift gathering and wrapping for orphans¹⁵ , the homeless or old folks in nursing homes¹⁶ ; a caroling¹⁷ party to go from house to house (or floor to floor) and sing.
9. Bring your favorite low-fat recipe to a holiday event or dinner. Then eat a lot of it. Taste tempting treats but limit yourself to one small bite.
10. Continue your workout schedule but ease off¹⁸ a bit to allow for the extra time holiday commitments take. You don t want to stress yourself out or quit exercising completely !

6. 多半乘车时间自己驾车。这可以帮助你避免喝那些高卡路里的酒精饮料。

7. 用酸橙苏打汽水代替白酒或混合饮料,聚会结束时,为你良好的行为奖励自己一杯酒或喜爱的饮料。

8. 围绕着其他东西而不是食品来计划假期活动。

9. 把你喜爱的低脂食谱带到假期活动或宴会上。

10. 继续锻炼,但是考虑到在假期里有一些必要的义务要履行,可以适当减少运动。

11. ['deziɡneɪtɪd] a. 命名的,指定的

12. ['bevərɪdʒ] n. 饮料

13. hot spiced apple cider
['saɪdə] 香浓的苹果酒

14. chop down 劈下

15. ['ɔ:fən] n. 孤儿

16. nursing home n. 养老院; 休养院

17. ['kærəl] v. (合)唱圣诞颂歌(尤指在露天挨门挨户地唱)

18. ease off 减少,减轻,松弛

11. Stress-buster¹

如何避免压力过大

紧张、快捷、充满挑战的工作方式使现代社会中的很多人压力过大,从而对健康和生活造成了一定的影响,本文就此问题着重介绍了几种缓解压力的方法,希望通过以下方法能使您减少压力,拥有健康和活力。

Take 10 Find a quiet, comfortable place to sit. Take several slow, deep breaths. Continue breathing and repeat the word “one” to yourself as you exhale. Do this for up to 10 minutes once or twice a day.

Tune it out Music has been shown to ease anxiety and lower blood pressure and heart rate. Slow music or soothing instrumentals typically yield the best results².

Take a walk Any exercise, even a leisurely 20 minute walk, can reduce stress levels. As you exercise, focus on your surroundings.

Customize your work space Display snapshots³ of your last vacation. Hang pictures or postcards of artwork⁴ or scenes you enjoy. Get a goldfish⁵. Buy yourself fresh flowers and put them on your desk.

Write it out Putting details of a stressful event down on paper may unburden⁶ your mind and body. For 3 days,

十分钟深呼吸

音乐释压

已显示音乐有舒缓压力、降低血压和心率的功能,慢速的乐曲或者舒缓的器乐在此方面有最好的效果。

散散步

装扮你的工作地

将你上次度假拍的照片展出来,将那些你喜欢的艺术品或风景的照片或明信片挂起来,再养一条金鱼,买几束鲜花置于书桌上。

文字释怀

1. ['bʌstə(r)] n. 破坏者, 有巨大破坏力的东西
2. yield the best results 产生出最佳效果
3. ['snæpfɒt] n. 快照
4. ['ɑ:twɜ:k] n. (总称)插图,艺术作品,艺术制品
5. ['gəʊldfɪʃ] n. 金鱼
6. [ɪˌn'beɪdn] v. 解除烦恼、负担等

spend 20 minutes writing about a stressful event. Don't worry about spelling or style, just get it off your chest. When you are done tear it up⁷ and throw it out.

Try an herb Take 100 ~ 200 milligrams⁸ of the stress-reducing drugstore⁹ herb Siberian ginseng¹⁰, standardized to 1% eleutherosides¹¹, in capsule form three times a day for 6 months, then once a day for 2 months.

试一下草本药物

7. tear it up 把它撕碎
8. ['miliɡræm]n. 毫克
9. ['drʌɡstɔ:]n. 药房
10. Siberian ginseng 西伯利亚的人参
11. [i'lu:θərəsaɪd]n. 刺五加

12. Germ-proofing Our Kitchens

让细菌远离我们的厨房

厨房在向人们提供美味食品的过程中起着不可替代的作用,也正是因此,细菌最容易通过厨房乘虚而入,给我们的健康造成威胁。如何让细菌远离我们的厨房,本文向您推荐了一些切实可行的方法。

- Disinfect germ hot spots. Counters¹, sink², cutting board³, refrigerator door handle and bottom shelf should be cleaned regularly. You can use diluted⁴ bleach⁵ (1 tsp⁶ in a quart of water) or a “disinfectant”⁷ cleaner.

- Clean and replace sponges often. A 1997 study showed that 20% of sponges contain bacteria that can cause illness. Run them (only the non abrasive cellulose type⁸) through the dishwasher⁹ or microwave them for 60 seconds. Use paper towels to mop up raw egg or juices from raw meat.

- Bag meat and seafood separately in plastic at the grocery store. Always refrigerate after wrapping so juices don't drip¹⁰ or contaminate¹¹ other foods. Use in the next day or two or freeze.

- Keep your refrigerator and freezer at a lower temperature. Keep your refrigerator at 40°F or less (4) and your freezer at 0 °F (- 18) or less . Check occasionally

消毒细菌集结地。

经常清洗并置换海绵。

将它们(不研磨纤维素型)放入洗碗机或微波炉一分钟,用纸巾拭去生肉表面的蛋或果汁。

在杂货店里,将肉和海鲜独立包装在塑料袋里。

包装好后再将它们放入冰箱,这样果汁就不会溢出污染其他食物。

把你的冰箱和冷柜温度调低些。

1. ['kauntə]n. 柜台
2. [siŋk]n. 水槽 水池
3. cutting board 切菜板
4. [dai'ljʊ:t ,di-]v. 稀释, 冲淡
5. [bli:tʃ]n. 漂白剂
6. tsp. 茶匙 茶匙量
7. [,disin'fektənt]a. 消毒的 杀菌的
8. the non abrasive cellulose type 不研磨的纤维素型
9. ['diʃwɔʃə]n. 洗碗机
10. [dri:p]v. 滴下
11. [kən'tæmineit]v. 污染

with a thermometer¹².

- Wash your hands. Wash your hands before and after handling raw meat. Lather¹³ for at least 20 seconds. Soap and warm running water remove germs.

- Use two cutting boards. Use one for raw meat and seafood and one for vegetables and cooked food. Either wood or plastic is fine ; scrub¹⁴ with hot , soapy water after each use , then sanitize¹⁵ in dishwasher or with bleach solution periodically¹⁶.

- Rinse¹⁷ fresh fruit and vegetables. Rinse fresh fruits and vegetables under running water , even if the label says they re clean. Scrub edible¹⁸ skin (like apples and carrots) with a produce brush¹⁹. Discard²⁰ outer leaves of greens and wash leaves that you use. Toss out soft or discolored berries.

- Don t re-contaminate cooked food. Don t put cooked meat or poultry²¹ back on the plate with the uncooked juices , be especially diligent²² when you carry meat to the grill²³. Cook egg yolks and whites until firm and seafood until it is opaque²⁴ and flaky²⁵.

- Use a meat thermometer every time you cook meat.

Roast beef , lamb and other meats besides pork should be cooked to 145° ; pork and ground beef to 160°. Chicken breasts should reach 170° while a whole chicken should be cooked to a temperature of 180° when checked in the

洗手。

用两块切菜板。

冲洗新鲜的水果和蔬菜。

不要再污染烧好的食物。

每次烧肉时用一个温度计。

12. [θə'mɒmitə(r)]n. 温度计
13. ['leiðə]v. 在……上涂以皂沫
14. [skrʌb]v. 洗擦, 擦净, 净化
15. ['sænitaiz]v. 清洁
16. [,piəri'ɒdikəli]ad. 周期性地, 定时地
17. [rins]v. 用清水冲洗
18. ['edibl]a. 可食用的
19. produce brush 刷子
20. [dis'kɑ:d]v. 丢弃, 抛弃
21. ['pəʊltri]n. 家禽
22. ['dɪlɪdʒənt]a. 细心的, 勤勉的
23. [grɪl]n. 烤架, 铁架子
24. [əu'peɪk]a. 不透明的
25. ['fleɪki]a. 薄片的, 成片的

thigh. And be sure to wash the thermometer after each use , especially if the meat was not done and you need to retest it.

- Refrigerate perishable²⁶ and cooked food immediately after use. If left out for longer than two hours perishable and cooked foods can accumulate²⁷ dangerous levels of bacteria. After about 3 or 4 days , check for spoilage²⁸ before eating.

- Avoid eating raw animal products. Raw meat , poultry , eggs and homemade cookie dough can carry bacteria such as salmonella²⁹.

- Don t eat raw seafood. People with hepatitis³⁰ , liver disease , cancer , diabetes³¹ , HIV³² , chronic stomach upset , women who are pregnant , children and people using steroids³³ for asthma³⁴ or arthritis³⁵ are at increased risk for serious illness or death from contaminated seafood. Eat sushi³⁶ only at well-established³⁷ restaurants. And never try to prepare raw seafood at home.

用过后立即冷冻易腐的并
烧过的食物。

避免吃生的动物制品。

不要吃生海鲜。

26. ['perɪfəbl] a. 易腐败
的 易腐烂的
27. [ə'kjʊ:mjuleɪt] v. 堆
积 积累 积攒
28. ['spɔɪlɪdʒ] n. (食物或
容易腐坏物的)变质,
腐败
29. [ɪ'sælmə'nelə] n. 沙门
(氏)菌
30. [ɪ'hepə'taɪtɪs] n. 肝炎
31. [ɪ'daɪə'bi:tɪz] n. 糖尿
病
32. HIV human immunode-
ficiency virus 艾滋病病
毒
33. ['sterɔɪd] n. 类固醇
34. ['æsmə] n. 哮喘
35. [ɑ:θraɪtɪs] n. 关节炎
36. ['su:ʃɪ] n. (日)寿司
37. well-established a. 设置
好的 建得好的

13. Emotional Effects

情绪影响

众所周知,一个人的情绪可以影响他的身体健康,好的或坏的情绪对一个人的益处或害处同样都是显而易见的。本文列举了几种不同情绪对身体健康所产生的不同影响。

Love :The power of love is not just a romantic cliché. Women with breast cancer who were in support groups survived twice as long as women without help. After a significant¹ illness, people who own pets had a higher survival² rate and fewer complications³. The evidence is piling up in many ways : Having a relationship protects against disease. When you are happy and joyful, feeling love and you feel loved and happy to be alive, you and your life are valued, that message gets transmitted right down to the immune cells.

Fear :A study found frightened people emit⁴ a sharp, unpleasant smell. This indicates that, like some animals, people signal emotions through scent. The study also found that happy people have a scent. A less powerful, more pleasant scent than the smell of fear. They conducted the study by having subjects watch scenes from movies, one comedy, one scary, while holding pads⁵ under their

爱 :爱的力量不仅仅在于我们平常所想的浪漫。

有多方的佐证 :一段好的情谊可使你免受疾病侵袭。当你感到快乐、愉悦 ,充满爱心 感受到被爱的幸福 希望这样好好活着 ,那么你和你的生命都变得有价值 这种讯息也会迅速传到你的免疫细胞中。

畏惧 :有研究发现惊恐的人 would 发出一种强烈的令人不舒服的气味 ,这意味着人和一些动物一样 ,会通过气味来表现情感。研究还发现快乐的人也有一种气味 ,但它是一种比惊恐气息要温和也更令人感到舒适的气味。

1. [sig'nifikənt]a. 重大的
2. [sə'vaivəl] n. 幸存 (的) 残存(的)(物)
3. [kəmpli'keiʃən]n. 并发症
4. [i'mit]v. 发出 ,放射
5. [pæd]n. 衬垫

arms to absorb⁶ the scents !

Stress :It s blamed for neck aches , cold , flu⁷ , indigestion⁸ , heart disease , memory loss and stroke. If you don t manage it effectively , it weakens the immune system. In one study , people who viewed video clips⁹ of winning Olympic athletes , The Lady and the Tramp and a Steve Martin comedy routine had lower levels of the immunity-depressing hormone cortisol¹⁰. “ The positive emotional state was counteracting¹¹ the brain s tendency¹² to produce cortisol , ” says William Lovallo , of the MacArthur Foundation Research Network on Mind-Body Interactions. “ We should be able to teach ourselves to adopt positive emotional states so we aren t producing lots of unseen hormones at those times. ”

Depression : People who have suffered trauma¹³ in early life , neglect , abuse¹⁴ , loss of a parent , have a hyperactive¹⁵ stress reaction that researchers believe contributes to depressions. And depressed people are more likely to develop heart disease , reduced bone density , possibly even cancer.

Optimism : Having a positive sense of self , and of life , may help you live longer. Pessimists have a 25% higher risk of dying before age 65 , says a study in California that was begun with boys in 1921. In a study of brain differences by the Brain Imaging Laboratory at the University of

压力 我们谴责压力会引起颈痛、感冒、流感、消化不良、心脏病、健忘及中风。如果你不能很有效地处理它,它会影响免疫系统。

消沉 :早年受过创伤的人,比如说被人忽略、遭受虐待、丧失父母,会对压力有特别强烈的反应。研究者认为这导致了他们的沮丧。

乐观 :对自己、对生活抱着一种积极的态度,这会使你长寿。

6. [əb'sɔ:b] v. 吸引 吸收
7. [flu:] n. 流感
8. [ˌɪndɪ'dʒestʃən] n. 消化不良
9. video clips 录像剪辑
10. ['kɔ:tɪsɒl] n. (生化)考的索 氢化可的松
11. [ˌkauntə'rækt] v. 抵消 中和 阻碍
12. [ˈtendənsi] n. 趋向 (势)
13. [ˈtrɔ:mə] n. (心理上、精神上的)创伤
14. [ə'bjuz] v. 虐待
15. [ˌhaɪpə'ræktɪv] a. 活动过度的 极度活跃的

Wisconsin , optimists had increased natural “ killer-cell ” activity and reacted to stressful events with less decline¹⁶ in the immune¹⁷ function. “ Self-esteem has to do with self-valuing , self-respect¹⁸ , a kind of confidence and a willingness to speak one s truths , ” says Miller , a proponent¹⁹ of the self-esteem movement in California schools. “ That s a tonic²⁰ to the immune system , to all the organs²¹ of the body. ”

16. [di'kain]n. 衰退 衰落
17. [i'mju:n]a. (生)免疫的
18. [,selfri'spekt]n. 自尊
(心)
19. [prə'pəunənt]n. 建议者 支持者
20. ['tɒnik]n. 滋补品 ,滋
补剂
21. ['ɔ:gən]n. 器官

14. 10 High-impact Ways to Live Longer

长寿的 10 条秘诀

健康长寿是每一个人的愿望 ,然而能够真正实现这个愿望却不是一件容易的事 ,本文从日常生活的点滴中总结出 10 条延年益寿的要诀。

1. Wear a seat belt. Accidents are the leading cause¹ of death for adults 25 ~ 44. Using your seat belt reduces fatalities² by 45% and injuries³ by 50% . According to estimates , the average driver has an accident every 7 years , mostly fender-benders⁴. The best advice : don t drink and drive , don t drive when sleepy and don t drive angry.

2. Quit smoking. Smoking is related to heart disease , the No. 4 killer of all adults ages 25 ~ 44 and the No. 1 cause of death among older adults. If you smoke , quitting is the single most effective strategy for better health. It is never too late to quit.

3. Sleep soundly. A good night s sleep actually lowers stress and raises mental accuracy⁵ and focus to get the most out of your sleep , avoid alcohol , caffeine⁶ , heavy meals⁷ and intense exercise before bed. The only beneficial⁸ bed time workout is sex because it releases⁹ endorphins¹⁰ .

4. Use condoms . The No. 1 cause of death in those ages

1. 系安全带。交通事故是 25 到 44 岁成年人的主要死因。

金玉良言 :别酒后驾车 ,别
泛困驾车 ,也别生着气驾车。

2. 戒烟。吸烟和心脏疾病
有关系。它是 25 到 44 岁群体的
第四大杀手 ,老年人群的第一
大杀手。

3. 睡得香。睡一夜好觉可
以舒缓压力 ,提高思维敏捷度。
要想这一觉有效果 ,就要避免睡
前饮用酒、咖啡 ,吃得太多或进
行剧烈运动。

4. 用避孕套。

1. leading cause 主要的原
因

2. [fə'tæliti] n. 不幸 灾祸

3. ['ɪndʒəri] n. 伤害

4. fender-bender 小车祸

5. mental accuracy
['ækjʊərəsi] n. 准确
(性) 精确(性)

6. ['kæfi:n] n. 咖啡因

7. heavy meals 难消化的膳
食

8. [beni'fiʃəl] a. 有益的 ,
受益的

9. [ri'li:z] v. 释放

10. [en'dɔ:fin] 内啡肽

25 ~ 44. Nearly 60% of the cases diagnosed¹¹ since 1981 could have been prevented by the use of condoms. STDs¹² are a silent health crisis : Some studies estimate¹³ as many as 25% of Americans have genital¹⁴ herpes¹⁵ , and as many as 50% of college women may have human papilloma¹⁶ virus , or HPV¹⁷. Bad news , women : STDs can cause cervical cancer and sterility¹⁸.

5. Eat fruits , vegetables. . . and fat. Phytochemicals¹⁹ give colorful fruits and vegetables their hue²⁰ , plus the power to boost energy and ward off²¹ disease. Broccoli²² may help boost the immune system and fight heart disease , asthma , and osteoporosis²³. Spinage²⁴ may combat heart disease , birth defects and mental decline with aging. Orange foods , such as carrots and sweet potatoes , are high in cancer-fighting beta carotene²⁵. Fat in your diet is also important. While experts agree that 30% of daily calories from fat is good for you , where it comes from is the key. Saturated²⁶ fat from animal protein can clog²⁷ arteries , while monounsaturated²⁸ fat like canola²⁹ and olive oil³⁰ can lower bad cholesterol and raise the good.

6. Exercise routinely. “ Lifestyle physical activity ” is the new buzzword³¹. Everyday activities like walking the dog , taking the stairs and raking leaves³² , can cut heart disease risk , control weight and improve blood pressure and mood . Strength exercise is also key . Lifting builds muscle ,

5. 吃水果、蔬菜 摄入脂肪。
是植物化学物质给了各种水果
蔬菜多彩的颜色以及增强体力、
预防疾病的力量。

6. 按时锻炼。将体育运动
溶入生活。这是新的时髦用语。

11. ['daiəgnəuz] v. 诊断
12. STD (Sexually Transmitted Disease) 性传染病
13. ['estimeit] v. 估计 , 评估
14. ['dʒenitəl] a. 生殖器的
15. ['hə:pi:z] n. 疱疹
16. [,pæpi'ləʊmə] n. 乳头 (状) 瘤
17. HPV human papillomavirus (微) 人乳头状瘤病毒
18. [ste'riləti] n. 不育
19. [,faitəu'kemikəl] a. (化) 植物化学的
20. [hju:] n. 颜色 样子
21. ward off 防止
22. ['brəkəli] n. (植) 花椰菜
23. [,ɔstiəpə'rəʊsis] n. (医) 骨质疏松 (症)
24. ['spinidʒ] n. 菠菜
25. ['kærəti:n] n. (生化) 胡萝卜素
26. ['sætʃəreit] v. 使饱和 , 充满 , 浸透
27. [klɔg] v. 阻塞
28. [mɔnɔ,ʌn'sætʃəreitid] a. 一未饱和
29. [kə'nəʊlə] n. 菜籽油
30. olive oil n. 橄榄油
31. ['bʌz wə:d] n. (内容空洞 , 主要用以在外行面前显示自己高明的) 玄妙的术语 ; 时髦词语 , 口号
32. raking leaves 耙枯叶

bone density³³ ,metabolic³⁴ rate and can retard³⁵ aging. The American College of Sports Medicine recommends all adults strength train³⁶ twice a week.

7. Take a daily aspirin. Aspirin reduces pain and inflammation³⁷ , heart-attack risk and may prevent polyps³⁸ in the colon³⁹ from turning cancerous. Aspirin does have side effects , however , most commonly , stomach⁴⁰ irritation. See your doctor before beginning any long-term use.

8. Get a checkup. Disease is easier to treat earlier rather than later. Regular checkups should include a physical exam , family history , blood pressure and cholesterol checks , blood and urine⁴¹ analysis , as well as other targeted tests. Each year , women over 18 should have pap smear tests⁴² and men over 50 should have rectal⁴³ exams. Adults should also update childhood inoculations⁴⁴ with tetanus⁴⁵ and diphtheria⁴⁶ boosters every 10 years.

9. Turn off the TV. Studies have shown that people who watch a lot of TV are more sedentary⁴⁷ and tend to be more obese⁴⁸ than those who don t. Turning off the TV also allows more time for family , friends and creative , emotional and physical activities.

10. Laughter is the best medicine. Laughing reduces stress hormones , fends off disease by activating the immunological⁴⁹ cells , elevates brain awareness and increases levels of natural , pain-killing , opioids⁵⁰ .

7. 每天吃阿司匹林。阿司匹林可以镇痛、消炎,降低心脏病发病危险,它还能防止结肠息肉恶化癌变。

8. 做身体检查。病要早治。定期检查应该包括身体检查,家庭病史调查,血压及胆固醇测量,血检,尿检及其他定向检查。

9. 关掉电视。调查显示看电视过多的人更不喜欢运动,而且比那些不太看电视的人容易发胖。

10. 笑是最好的药物。

33. bone density 骨密度
34. [ˌmetəbɒlɪk] a. (生理) 新陈代谢的
35. [rɪ'tɑːd] v. 延迟 妨碍
36. strength train 力量的训练
37. [ˌɪnflə'meɪʃən] n. 炎症
38. [ˈpɒlɪp] n. (医)息肉
39. [ˈkəʊlən] n. 结肠
40. [ˈstʌmək] n. 胃,胃部 (口)
41. [ˈjuːrɪn] n. 尿
42. pap smear test 巴氏早期癌变探查试验
43. [ˈrektl] a. 直肠的
44. [ɪˌnɒkjʊˈleɪʃən] n. (医)接种,预防注射,接种疫苗
45. [ˈtɛtənəs] n. (医)破伤风
46. [dɪfˈθiəriə] n. (医)白喉
47. [ˈsedəntəri] a. 久坐的,坐惯的
48. [əʊˈbɪ:s] a. (过分)肥胖的
49. [ɪmjuːnəˈlɒdʒɪkəl] a. (生)免疫学的
50. [ˈəʊpjəd] n. 镇静剂

15. Beating the Dropout Odds

如何克服半途而废

越来越多的人参加到锻炼身体的队伍中来,但是能够真正的坚持下来的人却并不多。本文介绍了坚持锻炼的几个阶段,并且提出了相应的对策来克服锻炼中的困难,从而使您能够真正达到长久锻炼的目的。

Did you know that fewer than one-third of those who begin an exercise program are still exercising by the end of their first year? The good news is that by knowing what to expect—and developing strategies to overcome the stumbling blocks¹—you can beat these dropout² odds³ and make a successful transition from beginner to lifelong exerciser.

Week One : The Critical Week.

The first week of any exercise program has an extremely high dropout rate. Attempting “too much, too soon” often leads to soreness⁴, fatigue and/or injuries. Additionally⁵, unfamiliarity⁶ with movements and equipment can prove so frustrating⁷ that you want to throw in the towel⁸.

Your Strategies. Begin slowly, and always warm up, cool down and stretch properly to help prevent soreness and injuries. Work at your own level and gradually increase

你知道只有不到 1/3 的人会在开始一项锻炼计划后坚持一年以上的吗？好在了解了可能会发生的情况，再去采取策略克服这些障碍，你就会摆脱半途而废，从一个初学者成功转变为终生锻炼者。

第一周：关键的一周。

你的战略。慢慢开始，做些热身运动后再平静下来，适当地做伸展运动以免疼痛或受伤。

1. stumbling blocks 障碍物，绊脚石
2. ['drɒpaut] n. 退出
3. [ɔdz] n. 机会，可能性
4. [sɔ:(r)nɪs] n. 疼痛
5. [ə'dɪʃənəli] ad. 另外地
6. ['ʌnfə,mɪli'ærəti] n. 不熟悉
7. [frʌ'streɪtɪŋ] a. 令人泄气的，使人沮丧的，产生挫折的
8. throw in the towel (口) (拳击中) 承认失败，认输

duration⁹ and level of difficulty. It's natural to feel awkward¹⁰ at this point.

Weeks Two to Four : Unrealistic Expectations.

Expect some problems “ sticking to it ” in the coming weeks. Enthusiasm¹¹ often wanes¹² when pounds don't drop or muscles don't develop overnight¹³.

Your Strategies. Don't expect immediate dramatic¹⁴ changes in body shape or weight loss. (Doctors recommend losing a maximum of one to two pounds per week). Although changes are happening internally, most external benefits won't become visible for a few more weeks. Add a second activity to your exercise schedule to help prevent overuse¹⁵ injuries and boredom.

Week Twelve Through Month Six : A Crisis of Commitment.

Take heart : Physical changes do become obvious at this stage. Increased aerobic capacity, reduced blood pressure, mood elevation¹⁶, muscle mass increase and weight loss are all possible benefits. So why does one out of every two exercisers give up by the end of the sixth month? Sheer¹⁷ mental drive is often enough to get people through three months, but during months four through six, reality hits. Also, vacations, illnesses or visiting in-laws invariably¹⁸ cause missed sessions, which can further weaken resolve.

第二周到第四周 :不切实际的期待。

你的战略。

在这接下来的几周中 ,要有这个思想准备 :有些问题会顽固不化。当减肥不见成效 ,肌肉也没有转眼发达起来时 ,你的热情也会下降。

12 周至第 6 个月 :承诺危机。

纯粹的精神动力完全可以让人们坚持上三个月 ,但从第四个月到第六个月 ,现实就会来打击我们了。

9. [djuə'reiʃən]n. 持续期间
10. ['ɔ:kwəd]a. 难处理的 ,难对付的
11. [in'θju:ziæzəm]n. 狂热 ,激发热情的事物
12. [weɪn]v. 变小 ,亏缺
13. ['əʊvənait]ad. 一夜之间
14. [drə'mætik]a. 戏剧性的
15. ['əʊvə'ju:z]n. 过度使用
16. mood elevation 改善心情
17. [fiə]ad. 完全地 ,纯粹地
18. [in'veəriəbli]ad. 不变地 ,总是

Your Strategies. If you've been forcing yourself to do something you really don't enjoy, you're likely to quit. To combat¹⁹ this tendency, find a type of exercise you like—one that fits your personality or needs (e. g., early bird vs. night owl workouts, or individual vs. group activity). Focus on the pleasurable²⁰ aspects of your routine, such as the early morning sun or class camaraderie²¹. Finally, concentrate on the many benefits your body is reaping²², not just in appearance but in general health. These rewards²³ can carry you through this stage.

Months Six Through Nine : The Plateau²⁴ Factor.

Here's where you normally see the greatest gains (stronger heart, lungs, joints and muscles; better stamina²⁵; reduced blood pressure, cholesterol, weight and body fat). But another stumbling block²⁶ looms²⁷. Because improvements begin to level off²⁸ as you become fitter, further progression requires greater intensity and/or frequency. Additionally, as the mental benefits (exercise "high," improved self-confidence, reduced tension) become "normal," you may forget what not feeling so good is like! At this point, you become vulnerable²⁹ to discouraged.

Your Strategies. The key is to think long term. If you are not satisfied with your fitness gains, increase your intensity and/or frequency—but be realistic. Further gains will be incremental³⁰, since you have probably already

你的战略。如果你强迫自己去做一些不喜欢的事情,就有可能半途而废。

第6个月到第9个月:高原反应。

通常在这个阶段你会发现显著的成效(心肺、关节、肌肉功能增强,耐力增加;血压、胆固醇、体重及体内脂肪下降)。但另一个障碍却出现了。随着你日趋健康,这些改善也会日趋稳定,要想取得大的进步,必须得加大运动的强度和频度。

你的战略。如果你对自己健身计划的收效不满,那就加大强度或频率,但一定要现实。

19. ['kɔmbət]v. 战斗,搏斗,抗击
20. ['pleʒərəbl]a. 令人高兴的
21. [kɑ:mə'ra:dəri:]n. 同志之爱,友情
22. [ri:p]v. 获得,得到
23. [ri'wɔ:d]n. 报酬,奖金
24. ['plætəu]n. 高原,(上升后的)稳定水平(或时期、状态)
25. ['stæminə]n. 精力,耐心,持久力
26. stumbling block 障碍物,绊脚石
27. [lu:m]v. 隐约地出现
28. level off 平整,稳定,变平
29. ['vʌlnərəbl]a. 易受攻击的
30. [,ɪnkri'mentəl]a. 增值的,递增的

achieved your biggest improvements. Try a new sport , machine or class to add variety and interest.

If you make it through these four transition³¹ phases³² to the end of year one , your chances of becoming a lifetime exerciser are virtually³³ 100% —and the lifelong health benefits of exercise will forever be yours !

如果你坚持了一年 ,分别经历了这四个阶段 ,你成为一个终生锻炼者的机会实际达到了百分之百 ,终生的健康收效也就会永远伴随着你 !

31. [træn'siʒən]n. 过渡 ,
过渡时期
32. [feiz]n. 阶段 ,时期
33. ['və:tʃuəl]ad. 实际上 ,
事实上 ,差不多

16. Walking Workouts

步行的锻炼

“Health ,like life ,is a journey. All you have to do is take the first step. ”

健康如同生命一样 ,是一个旅程 ,你需要做的只是走出第一步。

步行由于其经常性而常常被人们所忽略 ,而进行步行锻炼的好处是很大的。本文对步行锻炼的方式和益处进行了介绍 ,并且提出了一些良好的建议。

It is well-documented¹ that walking is one of the best forms of exercise to help you get and stay fit. Numerous studies have proven that walking can improve your health by conditioning² your heart and lungs ,improving your circulation³ ,toning⁴ your muscles and strengthening your bones. Besides all the health benefits , walking helps you manage your weight ,may reduce stress , and can be adapted to all ages and fitness levels. If you re ready to stride⁵ forward into better health and fitness , choose one of the following walking programs and step out.

Get Moving. If you re a beginner walker ,it s important that you start with short distances at a comfortable pace. Begin with a five minute stroll⁶ and gradually increase your time and distance. Don t worry about how fast you re walking . Instead , focus on good upright⁷ posture with your

有大量文献证明,散步是一种最好的健身运动形式。

除了所有这些健康效益外,散步还能助你协调体重,减轻压力,并且它适合于多个年龄段及健康层次的人。

行动起来。如果你刚开始进行散步,要留心用舒适的步速,距离也要相对较短。

1. ['wel'dɔkjumentid] a. 有大量文件证明的,证据充分的
2. [kən'diʃən] v. 使健康,使处于适当(或令人满意)的状态
3. [,sə:kju'leifən] n. (生物体内液体的)循环
4. [təʊn] v. 增强
5. [straɪd] v. 阔步行进,大踏步走
6. [strəʊl] n. 漫步,散步
7. ['ʌpraɪt] a. 垂直的,竖立的

shoulders relaxed , head looking forward (not down !) and your abdomen pulled in⁸. Let your arms swing⁹ naturally from your shoulders. Stay at an intensity level that allows you to have a conversation while you re walking. If you can t talk , slow down and breathe deeply. Keep your gait¹⁰ smooth and fluid¹¹ , maintaining your natural stride length.

Extra-long strides or scuffing¹² your feet will slow you down and cause poor posture¹³. Gradually increase your distance until you can walk a mile and feel energized at the end of it. You are now ready to progress from “ health walking ” to “ fitness walking. ”

Get Fit. Once you have a good walking base and can walk a mile with relative ease , you are ready to add some variety to your program and take your fitness level up a notch¹⁴. Begin by adding some intensity to your easy-paced walk. You can do this by speeding up your pace for short periods of time and then returning to your comfortable pace. Try walking faster for 1 minute , then returning to a steady pace for 2 minutes. Repeat this for the duration of your walk. Walking hills is another great way to increase your cardiovascular endurance¹⁵ as well as tone your legs. At this level of walking you should still maintain good posture , but now your arm position will change to make you more efficient. Bend your elbows to about a 90-degree angle. Pump¹⁶ your arms from the shoulders , keeping your elbows and forearms¹⁷ close to the sides of your body . This

过大的跨步或者是以足擦地会使你慢下来 姿势难看。慢慢地增加距离 ,直到你能走一英里还感到精力充沛。你现在已准备充分 ,可以从“ 为健康而散步 ”到“ 为强身而散步 ”了。

强身。一旦你有一个好的散步的基础 ,能较轻松地漫步一英里时 ,就可以给你的计划增加一些内容 将你的健康水平提升一个层次。

登山是又一种非常好的方式 ,它能增强心血管耐力和健腿。

将肘关节弯成 90 度 ,用肩将手臂提起来 将肘和前臂靠近身体两侧。

8. pull in 收进
9. [swɪŋ] v. 摆动 摇摆
10. [geɪt] n. 步态
11. ['fluːɪd] a. 不固定的 , 流畅的
12. [skɹf] v. 以足擦地
13. ['pɔːstʃə] n. 姿势 状态
14. [nɒtʃ] n. (口)等 级
15. cardiovascular endurance
心血管耐力
16. [pʌmp] v. 紧握
17. [fɔːr'ɑːm] n. 前臂

bent elbow position will allow you to maintain a faster arm swing when compared to straight swinging arms. Proper arm technique will cause your legs to stride faster as well. Lift your toes as you step forward into a stride , letting your heel strike the ground. Then , roll from heel to toe , and push off the ball¹⁸ of the foot. You should not hear a pounding¹⁹ or slapping²⁰ sound when you walk. A smooth foot action will allow you to walk faster and more efficiently.

Get Fast. When you feel ready for more challenge you can increase your speed and distance as you become a “ power walker. ”

To walk faster you will need to accelerate your arm movements and shorten your stride slightly as you take smaller , quicker steps. As you increase walking speed , you will begin to lean slightly forward. This should be a full-body forward lean from the ankles , rather than a forward bend from the waist. Increase the amount of time that you are able to maintain higher speeds. Try “ hill repeats , ” where you speed up a hill and then recover as you walk back down. Repeat this hill climb and descent 2 to 5 times for a real cardio²¹ challenge. Enjoy your workouts ! It is more important to stay consistent than to be fast. Fit walking into your day whenever you can. Regardless of²² the pace you choose to walk , your body will thank you as you see and feel the results.

加速。如果你觉得已经准备充分去迎接更多挑战,你可以加快速度,增加距离,成为一个“步行能人”。

要想走得快,你要将步伐放小、放快,提高手臂运动速度,稍稍缩小一下跨步幅度。当你加快行走速度时,身体要稍微向前倾斜。这应该是整个身体由膝盖而非腰处的全身性前倾。

18. [bɔ:l] n. (人体的)球状部位,圆形突出部位
19. [paʊnd] n. 重击
20. [slæp] n. 敲击
21. ['kɑ:diəʊ] n. 心脏
22. regardless of 不管,不顾

17. Improper Shoes Can Be Big Problem

一大隐患——不合脚的鞋

许多人为了保持身体健康,在很多方面下了很大的功夫,而往往却忽视了某些细节问题,例如:足部健康。您是否常常穿不合脚的鞋?您是否了解不合脚的鞋对您的健康所产生的影响?本文就此问题着手,向您推荐了一些保护足部的方法。

People With diabetes have to be careful about the types of shoes they wear. Improperly¹ fitted shoes are common contributors² to lesions³ and infections⁴ that pose the threat of amputations⁵. According to the American Podiatric Medical Association, everyone, even people who do not have diabetes, should be fitted properly for each new pair of shoes. Here are some footwear⁶ tips: New shoes should be comfortable at the time of purchase. Don't figure on a "breakin"⁷ period⁸. Change shoes during the day to relieve pressure spots.

Wear them for only an hour or two a day at first. Avoid high heels and shoes with pointed toes. Never wear shoes with open toes or heels, including sandals⁹, especially those with straps¹⁰ between the first two toes. Shoes should have leather or canvas¹¹ uppers, fit both the length and width of the foot, and be cushioned¹² and sturdy¹³. Shake

有一些关于鞋的建议 新鞋应该在购买时就穿着舒服 别总想着要一段适应期。一天之内应换换鞋 ,以缓冲脚部压力。

一开始一天只穿新鞋一两个小时 ;避免穿高跟或尖头鞋 ;千万不要将脚趾和后跟露在外面 ,包括凉鞋 ,特别是那些大脚趾和二脚趾间有带子的那种 ;鞋应该有皮革或帆布的鞋帮 ,长度和大小都要适合 ,垫子舒适 ,整个要结实。

1. [im'prɒpəli] ad. 不合适地
2. [kən'tribjutə(r)] n. 促成因素
3. ['li:ʒən] n. 身体上的伤害
4. [in'fekʃən] n. 传染,感染
5. [ɹæmpju'teɪʃən] n. 切断(术),截肢(术)
6. ['fʊtwɛə] n. 鞋类
7. break in 逐渐适应,渐次习惯
8. ['piəriəd] n. 时期,阶段,一段时间
9. ['sændl] n. 凉鞋,便鞋
10. [stræp] n. 带子
11. ['kænvəs] n. 帆布
12. ['kuʃən] v. 衬垫
13. ['stə:di] a. 结实的

shoes out and feel inside for rough stitching¹⁴ or foreign¹⁵ objects¹⁶ , such as small pebbles¹⁷ .

Never go without socks. First , a gentle reminder. No matter how good a runner you are , don t let yourself forget the cardinal¹⁸ rule of running : patience. Go easy whenever you re adding mileage or intensity to your program. While part of running is all about pushing your limits , you have to push them gently. If you try to rip through them , you re just as likely to do the same to a tendon¹⁹ . Let your brain dictate your program , not your ego.

Stay Loose. You can do a lot to prevent injury simply by following a regular stretching program. Just a little light stretching before your run and fifteen minutes of stretching afterward will go far to keep your body from rebelling. Sure , fifteen minutes probably seems like a huge amount of time , but it s a small sacrifice for injury-free running. And don t forget to do some gentle running both before and after your run to help keep your muscles from tightening up on you.

Treat Your Feet. Be sure that your shoes aren t worn out and that you have the right model. The modern running shoe has all kinds of highfalutin²⁰ gadgets²¹ and gizmos²² to adjust for the natural structural flaws in just about any foot out there. That s great if you re wearing a shoe that s designed to correct the specific imbalance²³ in

切莫光脚穿鞋。

无论何时要增加训练项目的长度或强度时,都要轻松面对。虽然跑步的一部分是关于挑战极限的,但你也要舒缓有度。所以,要用你的大脑,而非自负来制定你的计划。

保持轻松。只要遵守一个有规律的锻炼计划,你就可以极大地避免受伤。跑步之前稍微做一些伸展运动,跑完之后再跑15分钟,你的身体就不会有问题了。

善待双脚。

14. ['stɪtʃɪŋ]n. 针线活
15. ['fɔːrɪn]a. 异质的
16. ['ɒbdʒɪkt]n. 物体
17. ['peɪbl]n. 小圆石,卵石
18. ['kɑːdɪnəl]a. 主要的
19. ['tendən]n. (解)腱
20. [ɪhaɪfə'luːtɪn]a. 夸张的
21. ['gædʒɪt]n. 小配件,小器具
22. ['gɪzməʊ]n. 东西,小玩意儿
23. [ɪm'bæləns]n. 不平衡,不均衡

your foot. But it can be bad if you're wearing a shoe designed for a completely different type of foot. The wrong shoe can actually aggravate existing problems, causing injuries in your feet, legs, knees or hips. Be cautious when buying your shoes. Go to a specialty running shoe store where you can be properly fitted, and replace them every 400 or 500 miles. If it turns out that you have biomechanically²⁴ weak feet, you might also look into getting fitted for heel lifts or orthotics²⁵.

Surface Matters. Now that you've got the right shoes, use them on the right surface. Avoid rock-hard surfaces like concrete sidewalks and aim instead for grass or dirt trails²⁶. The idea, of course, is to run where the ground will absorb more shock, instead of passing it along to your legs.

Try to be consistent. A sudden change to a new running surface can itself be a cause of injury. Whatever you do, though, get off the concrete. It's approximately 10 times as hard as asphalt²⁷, and is easily the worst possible running surface. Runners World agrees, as evidenced by its ranking²⁸ of surfaces on a scale of 1 (awful) to 10 (best): Grass 9.5; Wood chips, 9; Dirt, 8; Cinder²⁹ track, 7.5; Track, 7; Treadmill 6.5; Asphalt 6; Sand 4; Snow 2.5; Concrete 1.

留意路面。

避免那些岩石般的混凝土人行道,去试试草地或泥路小径。当然,这种想法只是让你奔跑在能吸收更多震动的路面上,以免震动传到你的腿上。

保持路面性质一贯性。新的跑道平面上的突然变化会使人受伤,不管干什么,还是要避开水泥路面。

- 24. [,baɪəʊmə'kænikli] 生物机械学地
- 25. ['ɔ:θə'tiks] (复) n. 矫正术
- 26. dirt trail 泥土路
- 27. ['æsfælt] n. 沥青
- 28. [ræŋk] n. 等级
- 29. ['sɪndə] n. 煤渣

Balancing Act. In some cases , injury results simply because you ve been focusing too much on your running muscles and not enough on the others. Your muscle groups are out of balance. Knee injuries , for example , often result from the fact that running strengthens the back of the legs more than the front of the legs. Your relatively weak quadriceps³⁰ aren t strong enough to keep your kneecap³¹ moving in its proper groove³² , and it starts to hurt. Strengthen those thigh muscles , and the pain will often go away.

Remember : This information is not intended as a substitute³³ for medical treatment. Before starting an exercise program , consult a physician.

平衡运动。有时候受伤仅仅是因为你太过关注你的运动肌肉而忽略了其他方面。这样你的肌肉组织就失控了。

当你的四头肌相对较弱,不能使你的膝盖处于最佳状态持续运动时,它便开始感到痛。增强大腿肌肉,疼痛往往会消失。

要记住,这里的信息并不能代替医学治疗。在开始一项锻炼计划之前,先咨询一下医生。

- 30. ['kwɔːdriseps]n. 四头肌
- 31. ['ni:kæp]n. 膝盖骨
- 32. [grʊːv]n. 最佳状态
- 33. ['sʌbstɪtjuːt]n. 替代品

18. Make a Successful Resolution

坚定决心

人们在做一件事以前肯定会下决心,然而有时虽然决心下了,由于种种原因,却不一定能付诸行动。本文针对这一问题提供了几点建议,来帮助人们坚定自己的决心。

Make a realistic plan.

Have you put together an action plan that will fit into your lifestyle? Be sure the changes you make are easy and convenient so you don't have to restructure your whole schedule to accommodate¹ them.

Make a specific action plan.

A specific plan is much easier to follow than an undefined² one. Instead of telling yourself, "I want to lose 10 pounds," jot down³ a plan on how you will shed⁴ those unwanted pounds. A specific action plan will guide you toward your goal. If you decide to exercise more, define it further such as "I will attend the Step class at the gym on Mondays, Wednesdays and Fridays at 6:00 pm."

Evaluate "why" you want to change.

Permanent change comes strictly from within you! A change in behavior just to please others will not create a permanent lifestyle change, you must be true to yourself. The decision to lead a healthy lifestyle needs to be your

制定一个现实的计划。

制定一个能溶入你生活方式的行动计划了吗？确保这些变化是从容、合宜的，这样你就不用去重新安排你的整个规划来适应它。

制定一个明确的行动计划。

一个具体的计划会比一个模糊的计划好施行得多。

一个具体的行动计划会引导你达成目标。

评估你想要改变的“理由”。

永久的改变完全来自你自身。只为了取悦于人的行为上的改变，不会引起生活方式的永久变化，你必须要真实地面对自己。

1. [ə'kɒmədeɪt] v. 配合, 适应
2. [ɪ'ʌndɪ'faɪnd] a. 不明确的
3. jot down 草草记下
4. [fɛd] v. 摆脱, 去除

own , personal decision in order for it to be a positive experience. A positive change that comes from within contributes to motivation⁵ , adherence⁶ , and belief in reaching a goal. If you have made the decision to be healthier because someone else wants you to , chances are good that you ve set yourself up for failure.

Take inventory.

In a journal , jot down your goals and priorities (remember to be realistic !). A journal provides a “ reality check ” on paper because you can refer back to it. If you find your goals and/or priorities need adjustment , do it ! When you attain specific goals , celebrate yourself for a job well done. Replace your attained goals with new ones. You will soon begin to witness your successes not only physically and psychologically , but you ll have them on paper to read whenever you need a lift. Your journal can be a great source of inspiration !

Use your creativity.

Leading a healthy lifestyle doesnt mean you are destined to live in the gym and eat tofu ! Your goal can be incorporated into many other aspects of your life. This incorporation is one of the keys to success ! Do you need to spend more time with your children ? Try playing with them for an hour or taking a bike ride with them. Children are very active , if you can keep up with them in their activities ,

如果你下决心使身体更健康只是因为这是别人的期望,很可能你会最终失败。

编制详细目录。

在日记中记下你的目标和要优先考虑的事(记住要现实些)。这日记提供了一个书面的实际检查,因为你可以对照一下。

不久你就会发现生理心理方面的成功,可是你得将它们记在纸上,以便需要帮助时能够读。你的日记可能成为给你鼓励的巨大源泉。

运用你的创造力。

生活得健康并不意味着你要生活在体育馆,天天吃豆腐。你的目标可以溶入生活的其他方面,这种融会是通向成功的一把钥匙。

5. [ˌməʊti'veɪʃən] n. 动机

6. [əd'hɪərəns] n. 坚持

chances are you'll get a good workout ! If your nutritional⁷ habits need changing , let the whole family join in on the benefits. Family meals can be low-fat , creative , and tasty at the same time ! Experiment with different recipes⁸ using the foods your family enjoys.

Plan for set-backs.

Sometimes obstacles are just a part of life. There are a variety of things that may pop up to interrupt your progress , sickness , stress , shortage of time , lack of motivation , etc. Roll with the punches⁹ and plan for these unexpected set-backs. Don't get discouraged. What's important is how you deal with the situation. Just because you miss a couple of workouts or go out for pizza with the family doesn't mean you've failed. All you need to do is the very best you can and get back on track as soon as possible. Don't beat yourself up¹⁰ ! Instead , examine the situation carefully , make changes if needed and keep consistently striving for your goal !

Educate yourself.

You know the old saying , “ knowledge is power !” Knowledge gives you the power to make informed decisions about your healthy lifestyle. Explore your local library and read books , magazines , and journals that will teach you about proper nutrition and exercise. Not only will this education provide you with sound¹¹ advice , it will help keep you motivated !

消除阻碍。

有时候障碍是生活的一部分,可能有很多事情会突然出现阻碍你的前进,比如说疾病、压力、时间紧张、没有动力等等。

自我教育。

你知道这句古老格言:“知识就是力量!”知识可以赋予你力量,做出科学的健康生活方式的决定。

7. [nju:'triʃənl] a. 营养的, 滋养的
8. ['resipi] n. 菜谱
9. roll with the(或 a) punch 减轻(或避开)正面冲击, 从容应付困难
10. beat...up 狠揍, 痛打, 残酷地攻击
11. [saund] a. 有效的, 合理的

Build a support system.

A fitness partner is truly a wonderful means of motivation. Based on your personal requirements , find one person or a group of people that share your goals. If possible ,include your family members , they can support your efforts in integrating¹² your healthy lifestyle into your daily life.

Consult your doctor.

Talk with your doctor prior to beginning any exercise program. This is very important especially if you have never worked out before or are returning from a long hiatus¹³. Heed¹⁴ the recommendations of your physician.

The most important thing to remember is—have fun ! A commitment to a healthy lifestyle shouldn t be boring or make you feel deprived¹⁵. Take the time to look for successes , even small ones. Then ,give yourself a big pat on the back for making progress. Remember , this is a life-long endeavor¹⁶ and changes don t happen overnight. You ll soon realize however , there s nothing more powerful than the feeling of good health !

建立一个支持系统。

健身同伴确实可以成为一
非常好的动力。

咨询你的医生。

在开始任何锻炼计划前 ,和
医生交谈一下。如果你以前从
未锻炼或长久未进行锻炼 ,这一
点尤其重要 ,留心医生给你的建
议。

要记住的最重要一点
是——开心！寻求健康生活方
式不应该让人感到无聊或空虚。
花点时间找找成功之处 ,哪怕只
是小的成功 ,然后对自己策马扬
鞭 ,去取得进步。记住 ,这是一
生的努力 ,不可能一蹴而就。然
而你会很快发现 ,没有什么比健
康更让你感觉有力量。

12. ['intigreit]v. 使结合 ,
一体化
13. [hai'eitəs]n. 间断
14. [hi:d]v. 注意 ,留心
15. [di'praivd]a. 被剥夺的
16. [in'devə]n. 努力 ,尝试

19. Caffeine : a User s Guide

咖啡因 : 用户指导

因为咖啡因具有提神醒脑的作用 ,所以现代社会很多人都将咖啡或者咖啡型饮料作为饮品 ,其实咖啡因对人体的健康会产生一定的影响 ,请阅读本文。

Caffeine and Your Health Caffeine is one of the best-researched substances in the food supply. The overwhelming¹ scientific evidence suggests that , in moderation² , it has no adverse³ health effects. According to the International Food Information Council , moderation means 1 to 2 mugs (10 to 20 ounces) of brewed coffee⁴ per day , or 3 to 6 12-ounce glasses of iced tea.

While little harm can be directly associated with coffee or other caffeinated beverages⁵ , coffee drinkers do tend to do things that contribute to health risks. Surveys suggest that they are more likely to smoke cigarettes , exercise too little , and eat fatty meats. Tea drinkers , in comparison⁶ , tend to exercise more and eat more fresh fruit. For women , caffeine has been suspected as a factor in fibrocystic⁷ breast disease⁸ . But no research supports the connection , and the American Medical Association has stated that there is no association⁹ between caffeine intake¹⁰ and fibrocystic breast disease , benign tumors¹¹ , breast tenderness , or breast

咖啡与健康 咖啡因是人们研究最深入的一种食物。大量的科学证据表明,适度的饮用对于人体健康没有负面影响。

尽管咖啡或其他同类饮料和危害健康并无直接关系,咖啡饮用者确实容易有一些对健康不利的行为。研究表明他们更有可能吸烟、极少运动、摄入高脂肉类。相反,饮茶者会运动较多,食用较多新鲜水果。

1. [ˌɔʊvə'welmiŋ] a. 压倒性的,占优势的
2. [ˌmɒdə'reiʃən] n. 适度
3. [ˈædvə:s] a. 不利的
4. brewed coffee 煮好的咖啡
5. caffeinated beverages
[ˈbevərɪdʒ] 含咖啡的饮料
6. in comparison
[kəm'pærɪsn] 相比较而言
7. [ˈfaɪbrəu'sɪstɪk] a. 纤维囊性的
8. breast disease 乳房疾病
9. [əˌsəʊsi'eɪʃən] n. 关联
10. [ˈɪnteɪk] n. 摄入
11. benign tumors
[bi'nain 'tju:mə] 良性肿瘤

cancer—or cancer of any type. Also , caffeine is not an important risk factor for osteoporosis¹² in women who drink at least one glass of milk per day. But when caffeinated beverages replace milk , low calcium¹³ intakes may interfere with bone health. A woman who wants to start a family should be aware that consuming¹⁴ over 300 milligrams of caffeine a day might increase the time it takes to get pregnant , as well as the risk of miscarriage or a low-birth-weight baby. The US Food and Drug Administration recommends that pregnant women avoid caffeine-containing foods and drugs or consume them only sparingly¹⁵ , because caffeine crosses the placenta¹⁶ and is a stimulant to the unborn baby. It is also transferred into breast milk , so women who breast-feed¹⁷ should avoid caffeine.

If you are prone to anemia¹⁸ , note that polyphenols¹⁹ in coffee and tea can interfere with iron absorption.

Your best bet is to drink caffeinated beverages an hour before a meal , rather than afterward. Some people become dependent on caffeine , experiencing withdrawal symptoms such as headaches , fatigue , or drowsiness²⁰ if they abstain²¹ . These effects last only a few days and can be avoided by gradually reducing caffeine intake instead of quitting “ cold turkey²² . ”

Energy-Enhancing Properties Because caffeine enhances²³ performance in many individuals , it has been banned²⁴ by the International Olympic Committee. But

可是如果咖啡因类饮料取代了牛奶,钙类摄入不够可能就会影响到骨质健康。想要育儿的女性应该意识到,每天摄入300毫克的咖啡因有可能导致更长的受孕时间,同时还会增加流产以及新生儿体重不足的危险。

它也可以转化到母乳中,因此哺乳期女性应避免饮用咖啡因类饮料。

最好是在饭前一小时饮用咖啡类饮料,而非饭后。有些人对咖啡产生了依赖性,一旦停用,诸如头痛、疲劳及嗜睡等问题就会卷土重来。这些影响只会持续几天,并且可以通过慢慢地减少咖啡摄入量来避免,不必去突然停止。

12. [ɔstiəpɔ:'rəʊsis] n. 骨质疏松症
13. ['kælsiəm] n. (化)钙
14. [kən'sju:m] v. 消费
15. ['spɛəriŋli] ad. 有节制地
16. [plə'sentə] n. 胎盘,胎座
17. ['breɪstfi:d] v. 由母亲直接哺乳
18. [ə'ni:miə] n. 贫血,贫血症
19. [ɪpɒli'fi:nɒl] [化]多酚
20. ['drauzinis] n. 困倦
21. [əb'stein] v. 节制,戒除
22. cold turkey 一下子,无准备地
23. [in'hɑ:ns] v. 增强,提高
24. [bæn] v. 禁止

ironically , the level at which caffeine is banned far exceeds²⁵ the amount needed to enhance performance. Higher , illegal levels are generally attained²⁶ with caffeine supplements²⁷ , since a 150-pound athlete would need to drink 3 to 4 large cups of coffee within an hour before activity to reach the upper acceptable limit. Just 1.5 to 3 milligrams of caffeine per pound of body weight (225 to 450 milligrams for a 150-pound man) is enough for an energy-enhancing effect. That s as little as one 10-ounce cup of coffee ! Habitual caffeine consumers experience less ergogenic²⁸ effect than people who consume it rarely. For the optimal ergogenic benefit , the trick may be to use caffeine strategically at certain points to allow for harder training , and then discontinue it to avoid developing a tolerance. Caffeine affects each person s performance differently.

Some athletes thrive on it ; others prefer to abstain because it causes stomach upset , nervousness , or jitters²⁹ . Clearly , if caffeine makes you queasy³⁰ or lightheaded³¹ during exercise , don t use it !

Caffeine and Hydration³² Caffeine also has a diuretic³³ effect—that is , it enhances urine³⁴ formation , often causing a need to urinate within an hour after consumption. Yet two studies with subjects who took caffeine before they exercised showed no detrimental³⁵ effects on hydration during exercise. Thus it appears that caffeine does not increase urine production during exercise. The extra adrenaline³⁶ your body secretes³⁷ during exercise may block caffeine s

咖啡和水合作用。咖啡因还有利尿的功效,即它会增强尿液形成,常使人在饮用后一小时内就需要排尿。然而有两项关于运动前摄入咖啡因的对象的研究,却没有表明任何其在运动中对水合的不利影响。因此似乎咖啡因在人运动时并不增加尿液生成。运动时身体所排泄的多余肾上腺素也许阻止了咖啡因对肾的影响。

25. [ik'si:d]v. 超出
26. [ə'tein]v. 达到
27. ['sʌplimənt]n. 增补, 补充
28. [ə:gə:'jenik]a. 增进激能的
29. ['dʒitə(r)]n. 紧张不安的状态(或动作),激动
30. ['kwɪ:zi]a. 不舒服的,令人作呕的
31. ['laɪθedɪd]a. 头重脚轻的
32. [haɪ'dreɪʃən]n. 水合,水合作用
33. [ɪ'daɪjuə'retɪk]n. 利尿剂 a. 利尿的
34. ['juərɪn]n. 尿
35. [ɪ'detri:məntl]a. 有害的
36. [ə'drenəlɪn]n. 肾上腺素
37. [si'kri:t]v. 分泌

effect on the kidneys. However , responses to caffeine vary³⁸ , so you should base your pre-exercise consumption on how caffeine affects your body.

After exercise , caffeine is a poor choice for fluid³⁹ replacement⁴⁰ . The safest bet is to tank up⁴¹ on non-caffeinated beverages just after activity , and then later , if you so desire , enjoy your favorite caffeinated beverage in moderation.

运动过后,不应该选择咖啡因类来补充体液的损耗。最安全的做法是运动后立即大量补充非咖啡因类饮料。再后来,如果你想的话,可以有节制地品尝你喜爱的咖啡类饮料。

- 38. ['vɛəri]v. 使多样化, 改变
- 39. ['flu:ɪd]n. 液体 流质
- 40. [ri'pleɪsmənt]代替, 取代
- 41. tank up (口)大量喝, 喝足 吃饱

20. Various Exercises and the Calories They Burn

不同锻炼方式的卡路里消耗量

不同的运动方式所消耗的卡路里是不一样的,在各种运动中究竟能够消耗多少卡路里?卡路里的消耗又与哪些因素有关呢?本文就此问题做出了解释,并为您提供了一些相关的数据。

Runners and participants in other sports often wonder, "How many calories am I burning?" In her book *Beyond Diet. . . Exercise Your Way to Fitness and Heart Health*, Lenore R. Zohman, MD, provides the answers.

Dr. Zohman's work covers a broad spectrum of activities. At the low end, she calculates that an individual can burn between 72 ~ 84 calories per hour (CPH) merely sitting and conversing¹. You may wonder what accounts for the range. Perhaps heated discussions about politics might cause one to approach the 84 cph threshold²? Not exactly. People who weigh more burn calories at a higher rate, given the same activity.

The bottom line is that if you weigh 110 lbs., no matter how energetically you sit and converse, your efforts will still result in a burn rate of 72 calories per hour. Of course, if that's all you do, the probability of a low body weight is the only thing likely to be slim³. To increase the number of calories burned, you must become more active. Here are some common activities and their respective burn rates.

消耗较低的水平上,她计算出一个人只是坐在那儿与人交流那么一小时可能消耗 72 到 84 卡热量,你也许想知道是什么影响了这个区间。有可能激烈的争论会使一个人接近 84 卡每小时的边缘,但也不一定。体重较重的人从事同一活动时消耗能量也较快。

底线是如果你重 110 磅,无论你坐着交谈时多么用力,你每小时也只会消耗 72 卡热量。

1. [kən'vɜ:s] v. 交谈,谈心
2. ['θreɪhəuld] n. 极限
3. [slɪm] a. 苗条的,纤细的

240 ~ 300 CPH—Bowling and Golfing (without power cart) fit into this range. Throw in a couple of hot dogs with beverages at the snack bar⁴ or clubhouse⁵ , and you may have to add a few hours to break even. The intermittent⁶ nature of these sports keeps the rate down.

360 ~ 420 CPH—Walking (3.5 ~ 4 MPH) , Volleyball , Cycling (8 ~ 10MPH) , Tennis , are all sports which burn a moderate level of calories. Bear in mind that these standards assume a full hour of activity.

480 ~ 600 CPH—Run/jog (12 min. /mile) , Cycle (12MPH) , Aerobics , and Downhill Skiing each fall into this group. And , no—don t count the chairlift ride up the mountain into your total time. The calorie police have ways of finding out such things.

Over 660 CPH—Running (10 min. /mile or faster) , Swimming , Racquetball⁷ , Squash⁸ and Handball will each get the athlete up into a high calorie burning zone. The range for burning calories while running was further examined in Exercise and Physiology , (Lea & Febiger , 1986). It showed that a 150 lb. person , burned 680 CPH at a pace of 9 :41 mins. /mile. That same individual running at a 6 :02 pace would burn nearly 1100 CPH.

What is the best exercise to participate in ?That s easy. It s the one which you personally enjoy so much that you really look forward to doing it each time out. And , don t forget—you can even burn a few calories just talking about it !

在快餐店或俱乐部会所吞吃几根热狗,再喝上几杯饮料,你得花上几个小时来消耗掉它们。这些活动的间歇性导致消耗率停在一个较低的水平上。

记住这些标准都要求你至少要运动一小时。

别把上山时坐缆车的那段时间也算进去,这些活动是有单独的算法的。

最好该参与什么运动呢?很简单,你得自己非常喜欢它,每次出去时真的想去做,而且别忘了,只是谈谈这项活动都能帮你消耗点热量。

4. snack bar 快餐店,小吃店
5. ['klʌbhaus] n. 俱乐部会所
6. [ɪntə'mitənt] a. 间歇的
7. ['rækitbɔ:l] n. 短网拍墙球
8. [skwɔʃ] n. 壁球

21. Mobilize against Depression

拒绝沮丧

人的一生中往往会遇到很多不顺心的事,很多人在这种时候都会垂头丧气、满心沮丧,而他们认为对待沮丧最好的办法是心理或药物治疗。其实锻炼也是一种治疗沮丧和消沉的很好方法,经常锻炼可以使您心情愉快、精力充沛,睡眠质量提高,本文就为您介绍这一内容,并提供了一些建议。

Mainstay¹ treatments for depression—psychotherapy² and prescribed³ drugs—are extremely effective. But there are also things you can do for yourself to feel better, and one of the best of these is exercise. While exercise cannot take the place of medical care and therapy, it often is highly beneficial. Studies have shown that regular physical activity can brighten⁴ mood, increase energy, and improve sleep. It may not work this way for everyone, but most exercisers of all ages increase their stamina⁵ and reduce their risk of diseases like diabetes, heart disease, and osteoporosis. Especially when you are depressed, it is good to know that you are taking positive action for your health.

What Kind of Exercise? No one form of exercise has been shown to be superior for depression. Aerobic

心理疗法及处方药是治疗沮丧的主要方法,它们也是极为有效的。可是还有一些能让你感觉好些的事情你可以去做,其中最好的方法就是运动。尽管运动不能代替药物保养和治疗,它还是非常有用的。

何种运动?还没有任何形式的运动在对付沮丧方面表现出了突出的效果。

1. ['meinstei] n. 中流砥柱,重要
2. [,psaikəu'θerəpi] n. (医)精神疗法,心理疗法
3. [pri'skraibd] a. 指定的,正确的
4. ['braitn] v. 使愉快
5. ['stæminə] n. 毅力,持久力

activities (for example , brisk⁶ walking , jogging⁷ , swimming , and biking) and nonaerobic activities (stretching and weight training) are both beneficial⁸. Walking at any pace , the most readily available⁹ exercise , may be an especially handy¹⁰ option. What is important is to choose a physical activity that you enjoy—and to do it regularly. You do not need to push yourself to extremes¹¹. In fact , studies have shown that moderate exercise improves mood more than excessively¹² long , hard workouts. Your goal should be to feel pleasantly tired , a normal feeling after any physical activity. A program that many people find easy , pleasurable , and valuable is 30 to 45 minutes of walking , three to five times a week. The American College of Sports Medicine also recommends strength training two to three times a week and flexibility workouts two to three times a week. But if you are not used to exercise , you may need to work up to this level gradually. Just a few minutes of walking (or other exercise) is a good place to start , and you may find that in a few weeks you want to do it longer and more often.

Be Realistic. Many people who have depression experience a lack of energy , fatigue , and difficulties with motivation , which can present significant exercise hurdles¹³. The key is to start slowly and be patient with yourself : Time is on your side. As your depression lifts with the help of treatment , you will probably find it easier to exercise .

最实用的锻炼方式可能就是散步了,你可以用任何速度,这特别方便。你不用使自己精疲力竭。事实上,研究表明适度的运动比过长、过强的运动更能改善人的情绪。你的目标应该是感到一种舒适的疲劳,即体育运动后的一种正常反应。许多人认为简单、愉快且有用的锻炼计划是30到45分钟的漫步,每周三到五次。

实事求是。许多感到沮丧的人通常会有无力、疲劳、缺少动力的情况发生,这些都会成为运动的极大障碍。

6. [brisk] a. 轻快的
7. ['dʒɔ:ɡɪŋ] n. 慢跑(健身锻炼)
8. [ˌbeni'fiʃəl] a. 有益的
9. [ə'veiləbl] a. 可获得的
10. ['hændi] a. 方便的
11. push yourself to extremes
使自己精疲力竭
12. [ik'sesivli] ad. 极度地
13. ['hɔ:dl] n. 障碍, 难关

The half-hour walk that looks impossible today may feel invigorating¹⁴ 3 weeks from now. Don't let exercise become a burden. Try to fit it into your schedule as much as you can : Taking a 15-minute walk at lunchtime may make a lot more sense than getting up an hour earlier for a morning workout. You get similar fitness benefits when you break your exercise into smaller , more manageable chunks throughout the day.

Maximize the Pleasure. What kind of exercise is most enjoyable for you ? Choose activities and settings¹⁵ that will increase the fun. Here are a few things that others have found useful :

Make it social. Exercise is a good way to spend time with other people. Join an aerobics class or a regular walking group , or simply arrange for a lunchtime stroll with a health-minded coworker.

Exercise outdoors. Trees , grass , pleasant surroundings—nature has a way of lifting spirits and putting things in new perspectives¹⁶. Outdoor light has been shown to improve mood , especially during the winter months.

Create a positive environment¹⁷. Put on your favorite music while you work out at home , or wear headphones¹⁸ when you jog or stroll , as long as you're away from heavy traffic.

尽可能多地将它溶入到你的时间表中 : 午饭后漫步 15 分钟也许比早晨早起一个小时锻炼更加现实些。如果你将一天中的运动分割成较小、更可行的单元 , 你也可以得到同样的健身效果。

着眼乐趣。

选择那些让你开心的活动和环境。

与人为伍。锻炼是与人相处的方式。加入一个健美操班或者定期漫步小组 , 或者只是和一个关注健康的同事午饭时间出去散散步。

户外运动。树木花草 , 令人心怡的周围环境 , 大自然有它自己的方法来升华思想 , 使人们用新的角度来看待问题。已经有证据表明 , 室外光线可以改善情绪 , 特别是在冬日。

营造一个良好的氛围。在家里锻炼时 , 播放你最喜欢的音乐吧。当你漫步时 , 只要你远离交通拥挤区 , 就戴上耳机吧。

14. [in'vigəreitɪŋ] a. 精力充沛的
15. ['setɪŋ] n. 环境
16. [pə:'spektɪv] n. 景观
17. [in'vaiərənmənt] n. 环境
18. ['hedfəʊn] n. 耳机

22. Body-building Diet Mistakes

有关健身食谱的错误观点

很多人在健身的同时会配合一定的健身食谱,以达到更好的健身效果,而有时由于某些原因,他们收获的效果并不明显,本文就着重为您介绍10点有关健身食谱的错误观点,希望对您有所帮助。

1. Dieting impatiently Many body-builders jump from one diet to another without ever giving the initial program enough time to work. It takes at least three weeks for your body to adapt to dietary¹ modifications. If you start a high carb², moderate protein, low fat diet with reduced calories, and your goal is to lose fat, expect to notice visible changes after approximately 21 days. Don't anticipate immediate changes in your physique³.

2. Failing to Accurately track calories Be sure to count not only calories but carbohydrates⁴, proteins and fats as well. Because they don't keep a record of what they're eating, many body-builders don't lose fat at the rate they expect, while others fail to gain weight. Don't make the mistake of miscalculating your calorie intake. Successful body-builders keep precise records; they don't guess or estimate. Consult the Nutrition Almanac⁵ or a comparable source for food values and buy a scale.

1. 经常变换饮食 许多健身者在没有给予前一个饮食计划足够时间的情况下,就跳换到另一个计划上去了。你的身体至少需要三周的时间来适应饮食的调整。

2. 不精确的卡路里记录 确保不仅要计算热量,还要算碳水化合物、蛋白质以及脂肪。因为他们不记录自己摄入的食物,所以许多塑身者没有达到他们期望的瘦身效果,而另一些人则是增重失败。

1. ['daiətəri] a. 饮食的
2. [kɑ:b] n. 碳
3. [fi'zi:k] n. 体格, 体形
4. ['kɑ:bəu'haidreit] n. [化] 碳水化合物
5. Nutrition Almanac 营养年鉴

3. Eating haphazardly Whether you're trying to lose fat or add lean body mass⁶, consistency is key, and sporadic⁷ eating is anathema⁸ to making progress. If you're a hardgainer⁹ or you have a difficult time getting ripped, the five times a day meal plan is best. This approach (a meal every two or three hours) inhibits¹⁰ storage of fat and increases lean body mass by enhancing nutrient absorption.

4. Depending on the scale to gauge¹¹ progress Don't depend solely¹² on the scale to fine-tune¹³ your diet. When body-builders try to add size, they often become discouraged when their bodyweight doesn't increase rapidly. They frequently jump the gun¹⁴ by adding too many calories to accelerate their progress. Similarly, precontest competitors striving to get down in size sometimes subtract too many calories. While the scale and other measuring devices like body-fat calipers¹⁵ are effective tools, it's better to rely on photos and an unbiased eye to measure your progress. After all, body-building is a visual sport. If you look leaner and fuller, then your fat loss diet is probably working—even if the scale and bodyfat calipers don't agree.

5. Overeating (especially carbohydrates) Athletes who try to add mass often go overboard¹⁶ and eat an excessive number of calories, which are then converted¹⁷ into bodyfat. Then there are body-builders who eat a very low fat diet but still gain too many bodyfat because of an extremely high intake of carbohydrates. Sure, carbs are

3. 无计划地饮食 无论你是想减脂肪还是想增加瘦肉,关键都在于持之以恒。零星地摄入食物是取得成功的大忌。如果你体重总是持续增长,或者你难以减去脂肪,一天五餐的饮食计划是最好的。

4. 按标准测量进度 别只凭尺寸来调理你的饮食,当塑身者想要增加体重时,如果他们的体重没有迅速增加,他们会感到沮丧,于是常常猛地增加食物热量以加速进程。

5. 暴食(尤其是碳水化合物) 想要增重的运动员通常会走极端,摄入过多热量,这会转化成体内脂肪。有的塑身者吃的食物含脂量极低,可是由于他们摄入过量碳水化合物,体内脂肪也增长得很快。

6. add lean body mass 肌肉
7. [spə'rædik] a. 零星的
8. [ə'næθəmə] n. 诅咒,讨厌的事
9. ['hɑ:dgeinə] n. 体重持续增长的人
10. [in'hibit] v. 阻止,抑制
11. [geidʒ] v. 量,测,精确地测量
12. ['səulli] ad. 惟一地,单一地
13. ['fain'tju:n] v. 调理,调整,调节
14. jump the gun 提前行动,过早地行动
15. bodyfat calipers
['kælipəz] 脂肪测量器
16. go overboard (口) 非常热中,着迷,走极端
17. [kən've:t] v. 转化

required for hard training , and they aid in recovery , But once the body absorbs what it needs , the excess will be quickly deposited¹⁸ as fat.

6. Failing to personalize your body-building diet.

There s nothing wrong with learning from what the pro body-builders do. However , Dorian Yates diet is vastly different from Nasser El Sonbaty s. What they have in common is an individualized¹⁹ , or customized²⁰ approach. Dorian s diet might not work for Nasser s , and vice versa. Maintaining detailed records of what you eat and how you react to those foods can help you customize a diet that s ideal for your needs.

7. Viewing supplements as a magic bullet.

Some body-builders try to shed fat by taking carnitine²¹ and chromium²² , yet they fail to initiate the fat burning process by lowering their caloric consumption. Others use creatine²³ , glutamine²⁴ or branched chain amino²⁵ acids to beef up²⁶ , but fail to consume enough calories and proteins to stimulate a positive nitrogen²⁷ balance. Supplements work to enhance a nutrition program , not to make up for poor planning and nutritional mistakes.

8. Becoming a slave to canned tuna²⁸

To be successful , you have to eat the right way all the time. I ve known athletes who burn out from the boredom of eating nothing but plain chicken breasts and tuna straight out of the can.

Laura Creavalle s cookbook , *The Lite Lifestyle* , contains

6. 未因人而异的节食 向这些专业塑身人士学习并没有错。

坚持详细记录你摄入的食物以及对它们的反应 这可以帮助你固定符合你的需要的饮食。

7. 错把辅助手段当作主要工具 一些塑身者通过食用肉碱及铬来减肥 ,但由于他们未能通过降低热量摄入来启动减脂过程 ,他们失败了。

8. 成为罐装金枪鱼的奴隶 想要成功 ,你必须时时注意正确饮食 ,我知道有些运动员早已厌烦只能吃普通鸡脯肉及罐装的金枪鱼肉了。

18. [di'pɔzɪt] v. 存储
19. [ɪndɪ'vɪdʒuəlaɪzɪd] a. 赋有个性的 ,个别加以考虑的
20. [ˈkʌstəmaɪz] v. 定做 ,定制
21. [ˈkɑ:nɪtɪ:n] n. [生化] 肉(毒)碱
22. [ˈkrəʊmjəm] n. 铬
23. [ˈkri:ətɪn] n. 肌氨酸 ,肌肉素
24. [ˈglu:təmi:n] n. 各氨基酸盐
25. [ˈæmɪnəʊ] a. 氨基的
26. beef up 充实 加强
27. [ˈnaɪtrədʒən] n. [化] 氮
28. [ˈtʃu:nə] n. 金枪鱼

150 fat free and sugar free recipes designed for precontest body-builders. These recipes allow you to stick with your eating program for the long haul , which produces substantive²⁹ results.

9. Eliminating all Fat. Cutting fat from your diet is helpful in controlling total caloric³⁰ intake , but removing fat completely from your diet and relying exclusively on very low fat or fat free proteins like turkey , fish and protein powders can lead to a decrease in fat metabolism³¹ and/or retard growth. A low fat diet that includes essential fatty acids found in meat , chicken and fish is useful in promoting optimal recovery growth and fat metabolism.

10. Making enormous changes all at once. When adding or subtracting calories from your diet , try to make very small incremental³² changes to allow your body to adapt these dietary manipulations³³. Severe reductions in calories will cause the body to hoard³⁴ fat ; an abundant increase will stimulate fat storage.

The information in this article is for educational purposes only. It is not medical advice and is not intended to replace the advice or attention of healthcare professionals.

9. 不食脂肪。去除食物中的脂肪对控制整个的热量吸收是有好处的,但是将脂肪完全从你的食物中除去,只吃低脂及无脂的食物,譬如说火鸡、鱼及蛋白质粉,则会导致脂肪新陈代谢功能下降,阻碍生长发育。

10. 短期内做大的改变。当向你的饮食中增减热量时,尽量循序渐进地进行,这样你的身体才能较好地适应饮食的变化。

29. ['sʌbstəntɪv] a. 许多的,主要的
30. [kə'lɔ:rik] n. 热量
31. [me'tæbəlɪzəm] n. 新陈代谢,变形
32. [,ɪnkri'mentl] a. 增加的
33. [mə,nɪpju'leɪʃən] n. 处理,操作
34. [hɔ:d] v. 储藏

23. Fast Food Facts

快餐的真相

快餐由于它的方便与快捷,已成为当今繁忙的现代人生活方式的一部分。而营养学专家指出,快餐中卡路里、脂肪与胆固醇的含量较高,因此必须注意饮食平衡。本文就为您介绍了一些基本成分,您可以对照它们来帮助您平衡营养。

Did you know there are more than 300,000 fast food restaurants in the U. S. ? Why is fast food so popular ? Because it is convenient ,predictable¹ , and fast. Fast food has become a part of the busy American lifestyle. But , nutrition experts point out , fast food is often high in calories , sodium² , fat and cholesterol. This does not mean fast food is bad. But it does mean you should fit fast food into a balanced , healthy diet.

To help you make fast food choices and be an informed³ consumer , the Minnesota Attorney General s Office has developed the guide Fast Food Facts , which the Food Finder is derived from. Included are the calorie , fat , sodium and cholesterol counts of menu items from popular fast food restaurants , based on the companies own nutritional analyses. Below are some basic facts to help you make nutritional comparisons with this guide.

快餐为什么如此流行？因为它方便、可靠、快捷。快餐已经成为忙碌的美国人生活方式的一部分。可是，营养专家指出，快餐通常热量、钠、脂肪、胆固醇含量较高。这并不是说快餐不好，但它确实意味着你应该将其溶入到一个均衡、健康的饮食中去。

1. [pri'diktəbl] a. 可预言的，可肯定的
2. ['səʊdʒəm ,diəm] n. [化] 钠
3. [in'fɔ:md] a. 了解情况的

Calories

On the average⁴ , to maintain desirable⁵ weight , men need about 2 ,700 calories per day and women need about 2 ,000 calories per day. It is not well understood why some people can eat much more than others and still maintain a desirable weight. However , one thing is certain—to lose weight , you must take in fewer calories than you burn. This means that you must either choose foods with fewer calories , or you must increase your physical activity , preferably both.

Fat

Research shows that eating too many high-fat foods contributes to high blood cholesterol levels. This can cause hardening of the arteries⁶ , coronary heart disease⁷ and stroke. High-fat diets may also contribute to a greater risk for some types of cancer , particularly cancers of the breast and colon⁸ .

While most Americans get more than 40 percent of their daily calories from fat , the American Heart Association recommends limiting fat to less than 30 percent of daily calories. This means limiting the fat you consume to 50 ~ 80 grams per day.

Percent of Calories from Fat

The category in this guide “ percent of Calories from Fat ” is calculated by multiplying the grams of fat by nine

卡路里

平均来说,要想体重合理,男性每天需要约 2 700 卡的热量,而女性每天需要 2 000 卡。尚不十分清楚为什么有些人吃得比别人多得多,却总能保持合理的体重。但有一点是肯定的,要想减肥,你必须消耗的多,摄入的少。

脂肪

研究表明,摄入太多高脂肪食品会造成血液中胆固醇含量过高,这会造成血管硬化、冠心病以及中风。高脂肪食物还会引起某些癌症的发病风险增大,特别是乳腺癌和结肠癌。

脂肪里的卡路里含量

4. on the average 平均
5. [di'zaiərəbl] a. 合理的,称心的
6. hardening of the arteries 血管硬化
7. coronary heart disease 冠心病
8. ['kəʊləŋ] n. [解] 结肠

(there are nine calories per gram of fat) , then dividing the calories of fat by the total number of calories in the food.

Cholesterol

The American Heart Association recommends eating no more than 300 milligrams of cholesterol per day. But don't just look at the cholesterol contained in a food item. A product high in total fat or saturated⁹ fat can be an even bigger contributor to high blood cholesterol levels. For example , “cholesterol free ” potato chips may be high in fat and may contribute to raising your cholesterol level , because high-fat foods cause the formation of cholesterol in the body , even if the food itself contains no cholesterol.

Salt

Everyone needs some sodium in the diet to replace routine losses. The Food and Nutrition Board of the National Academy of Sciences/ National Research Council has estimated that an “adequate and safe ” intake of sodium for healthy adults is 1 ,100 to 3 ,300 milligrams a day , the equivalent¹⁰ of approximately¹¹ 1/2 to 1 $\frac{1}{2}$ teaspoons of salt.

Americans , on average , consume at least twice that amount— 2 ,300 to 6 ,900 milligrams of sodium daily , according to estimates by the Food and Nutrition Board. For some people , consuming high amounts of sodium can cause high blood pressure.

胆固醇

富含全脂或饱和脂的食物更能引起血液中胆固醇含量增高,比如说,无胆固醇的薯条可能含脂量过高。这也会引起你胆固醇量的增高,因为高脂类食品会引起机体内胆固醇的形成,即使这食品自身并不含胆固醇。

食盐

每个人的饮食中都需要一些钠来补充日常消耗。

对于健康的成人来说,充分、安全的钠摄入量是每天 1 100 到 3 300 毫克,约相当于半勺到一勺半的盐。

对有些人来说,摄入大量钠会导致高血压。

9. ['sætʃəreɪtɪd] a. 饱和的

10. [i'kwɪvələnt] a. 相当的 相等的

11. [ə'prɒksɪmɪtli] ad. 大约

24. Exercise Options for Busy People

繁忙人士的健身方式

不经常运动如同吸烟一样,都会对身体造成危害,而工作繁忙的人又常常抽不出时间来锻炼。本文正是为这部分人的健身问题作出了解答,它主要提供了一些可以使这部分人同样达到良好的健身效果的方法和建议。

Being physically inactive is as damaging¹ to your health as smoking cigarettes. A large majority of Americans shun smoking because of the health implications. Why, then, aren't more Americans willing to exercise? Part of the reason may be the word "exercise." Exercise seems to imply rigid², "no-fun" workouts that make us huff and puff³ and sweat⁴. Workouts also can be time-consuming⁵: It's hard to find time in a busy day to get to a gym, change, work out, shower, change again, and drive home. Unfortunately, for many Americans, exercise is viewed as an impractical burden that complicates rather than complements a busy life. But there is another option. Moderate physical activities like brisk walking can promote health nearly as much as vigorous workouts. This means we can set aside the boot camp⁶ mentality in favor of physical activities that are less demanding⁷ and more enjoyable.

不运动和吸烟一样对健康有害,大部分美国人因为健康原因而戒烟。但为什么许多美国人不愿意运动呢?部分原因可能正在于“运动”这个词。它似乎隐含着刻板、无趣的锻炼计划,让我们气喘吁吁汗流浹背。

较温和的体育运动,诸如快走,可以像剧烈运动一样增进身体健康。这意味着我们可以不去新兵训练营,而去从事一些不是那么费力,也更有兴趣的体育活动。

1. ['dæmidʒiŋ] a. 有破坏性的
2. ['ridʒid] a. 刻板的,僵硬的
3. huff and puff 暴怒,咆哮
4. [swet] v. 出汗
5. ['taimkən,sju:miŋ] a. 耗时间的
6. boot camp(美)(海军、海军陆战队或海岸警卫队的)新兵训练营
7. [di'mɑ:ndiŋ] a. 要求高的,费力的

Making Workouts Work. Softening the rules doesn't mean, though, that you can play checkers⁸ on your lunch hour to satisfy your body's need for physical activity. You need to get at least 30 minutes daily of moderate physical activity that involves moving your whole body. Try some of these tips on fitting exercise into your busy day.

Commit yourself. You owe it to yourself and your family to be as healthy as you can be. Committing to daily physical activity is an important part of a healthy lifestyle.

Goal for it. Set short-term and long-term goals. A short-term goal could be starting from scratch⁹ and adding a minute a day to your exercise regimen¹⁰. A long-term goal could be losing weight or lowering your blood pressure.

Break it up. Exercise doesn't have to be structured. Busy people can get much the same benefits when they exercise in bits and pieces throughout the day as when they work out in one block of time.

Pencil yourself in¹¹. On especially busy days, you may not be able to spontaneously¹² get a minimal amount of physical activity, so you need to plan ahead. Pencil in an exercise appointment, and consider it a mandatory¹³ meeting.

Avoid the all-or-nothing trap. If circumstances prevent you from doing everything you planned for the day, do what you can and don't worry about it. Tomorrow is a new day with new opportunities to exercise.

使计划切实可行。

你每天需要进行至少 30 分钟的适度的体育运动 , 将你全身都运动起来。

自我承诺。不仅为你自己 , 也是为了家人 , 你要尽量使自己更加健康。

设立目标。制定短期和长期目标 , 短期计划可以从零开始 , 每天增加一分钟 ; 而长期目标可以是减肥或是降低血压。

分段执行。

做好计划。给自己草拟一份计划。在特别繁忙的日子里 , 你可能并不能完成最低量的运动计划 , 所以你要早做准备 , 将你的计划拟定下来 , 强制自己去执行它。

适时改变计划。

8. play checkers ['tʃekə] 下棋
9. from scratch (口) 从零开始 , 从头做起
10. ['redʒimen] n. 养生之道
11. pencil . . . in 草拟 , 安排
12. [spɔŋ'teiniəsli] ad. 自然地 , 本能地
13. ['mændətəri] a. 命令的 , 强制的

Keep perspective. If you fall off¹⁴ your routine for a time because of injury or illness , just get back on. Interruptions are part of life.

Be realistic . Don t focus on exercises you find unpleasant or uncomfortable. Choosing activities you enjoy will help you stick with your program.

Gear up. Spontaneous exercise may depend on having walking shoes or a change of clothes available.

Have equipment on hand¹⁵. Buy a piece of exercise equipment , place it in a convenient location at home , and jump on it when you have a few minutes to spare.

Recruit a friend. Engaging in physical activities together is a good way to keep a friendship alive.

Jump on spare time. On weekends or other “ down time ,” take a long walk or a hike in the woods.

Balance your workouts. New guidelines from the American College of Sports Medicine suggest three to five days of aerobic workouts , two to three strength training sessions , and two to three flexibility workouts per week. You may need to work up to that level , but try to incorporate all three types of exercise into your week. Working three types of exercise into an already tight schedule may sound like a lot , but it may take less time than you think (see “ The Mini Workout ” below). The aerobic workouts (like running , biking , or brisk walking¹⁶) should ideally

明察事理。

实事求是。

装备齐全。

将健身器材放在触手可及之处。

与友共练。和别人一起参与体育运动是保持友谊之树长青的良好途径。

积极利用闲暇。利用周末或其他不工作的时间,在林间徒步旅行。

平衡各种锻炼。美国运动药物学院新的指南推荐每周进行三到五次的有氧运动,两到三次体能训练以及两到三次的韧性能力锻炼。你也许要尽力达到那个水平,但尽量将这三种锻炼形式融合入一周的生活中。

14. fall off 掉下,跌落,减小,降低

15. on hand 现在,在手头,在近处

16. brisk walking 轻快的散步

total 20 to 60 minutes a day. Strength training (also called weight lifting or weight training) should involve one set each of 8 to 10 exercises that work all major muscle groups. Flexibility exercises should stretch the major muscles throughout the body.

Create exercise. The possibilities for physical activity are limited only by your imagination (see "Creative Takes on Exercise," below).

Creative Takes on Exercise. Use stairs instead of the elevator or escalator¹⁷. When at home, climb to the second floor as often as possible. For variety, take the stairs two at a time, or step up the pace. Walk when you can. Park an extra block from your destination or at the rear of the parking lot. Look for the longest, rather than the shortest, route. Get up from your chair (permanently lose the TV remote) or out of your car more often (avoid drive-through windows). When unloading groceries from your car, carry one bag at a time into the house. Start a hobby like gardening that makes you move. View chores like lawn mowing¹⁸, dusting¹⁹, and vacuuming²⁰ as opportunities to exercise. Turn off the TV and play with the children, which will tax²¹ you as much as you allow. Try dancing. There are styles to suit any preference. Learn a new sport. Take golf, tennis, or racquetball lessons. Do double duty. When you shop for groceries, move quickly down the aisles²².

创新锻炼。

主动从事锻炼。不要乘坐电梯,步行上楼。在家时,尽可能多的上二楼。为了增加多样性,也可以一次上两个台阶或者加快速度。尽可能步行,在目的地或停车场后面再设置一个障碍,寻找那最长的,而不是最短的路线。放下电视遥控,从椅子上起来。别再用免下车窗口,从你的车子中出来。

购买日常用品时,在通道内快速行走。

17. ['eskəleitə] n. 电动扶梯,自动扶梯
18. law mowing 除草
19. ['dʌstiŋ] n. 扫尘,擦灰,掸灰
20. ['vækjuəmiŋ] n. 吸尘
21. [tæks] v. 使负重担,使受压力
22. [ail] n. 走廊,过道

You may miss some items and have to backtrack²³ , but that only adds to your workout. Join groups that are active , like mall walkers , hikers , or bicyclists.

The Mini Workout. If you enjoy vigorous²⁴ workouts but can't seem to find the time regularly , try an abbreviated²⁵ workout when time is tight. The key is increasing the intensity to compensate for²⁶ the reduced duration.

Heart-lung fitness. One example is to run faster over a shorter distance. Running as little as 1 mile three times a week at a fast pace can sustain a reasonably high level of fitness. But be careful. High-intensity exercise can be hard on joints²⁷ and may require an extended warm-up²⁸ . An alternative may be a vigorous activity that is not so punishing , such as swimming or in-line skating uphill. Another option is splitting your exercise time in two by doing some exercise in the morning before work , then more later in the day. Research suggests that the fitness benefits of segmented²⁹ exercise may be as great as one longer effort.

Strength Even resistance exercise³⁰ (weight lifting or weight training) can be adapted to a stingy³¹ schedule. Take an unloaded barbell³² and perform as many repetitions (reps) as possible of an exercise like curls in 30 seconds. Shoot for 30 reps , or 1 per second , and maintain strict form throughout. Rest only 30 seconds , then shift immediately to the next exercise and perform as many reps as possible in 30 seconds . Continue this work - rest pace through 8

你也许漏掉了一些商品,还得回去,可是你是同时在进行锻炼。加入那样充满活力的集体,比如逛超市的,徒步旅行者以及自行车手。

小型锻炼。如果你喜欢剧烈运动,却又找不到固定的时间,时间紧张时就试试那个小型的锻炼计划。

保持心—肺健康。

但要小心,高强度的运动对关节比较苛刻,可能需要扩展型的热身运动。另一种选择可以是不太费力的剧烈运动,比如说游泳或上山直排轮滚轴溜冰。还有一种做法是将你的运动时间分成两部分,早晨工作前进行一部分,这天的早些时候再进行一些。研究表明分段运动所能达到的健身效果可能和一个长时期的整体运动相当。

力量。即使一些诸如举重及重力训练的耐力运动也可以适用于非常紧的时间安排中。

23. ['bæktræk]v. 放弃
24. ['vigərəs]a. 有力的;精力旺盛的
25. [ə'brɪ:vɛɪtɪd]a. 简短的,小型的
26. compensate for 赔偿
27. [dʒɔɪnt]n. 关节
28. warm-up 热身
29. [seg'mentɪd]a. 分段的
30. resistance exercise 耐力运动
31. ['stɪndʒɪ]a. 匮乏的,不足的
32. ['bɑ:bel]n. 杠铃

or 10 exercises that challenge the major muscle groups of the body in minutes. A word of caution : Although you will use a barbell that is much lighter than you normally would use , this mini workout is tough. If you have little or no experience with weights , rest longer between sets. If you are more experienced , add a little weight to the bar , and don't rest between exercises.

Flexibility. Many flexibility exercises can be done almost anywhere. Some examples are stretching the calf muscles by leaning forward against a wall with one leg extended back , stretching the hamstrings³³ at the back of your thighs by lying on the floor with legs extended up a wall , doing side-to-side looks and ear-to-shoulder stretches for the neck , doing shoulder shrugs³⁴ and rolls³⁵ , and tracing³⁶ circles with arms extended out to the sides.

灵活性。许多柔韧性运动都可以随地进行,比如说单腿后伸,前倾靠墙,拉伸小腿肚肌肉;或者躺在地板上,腿向上伸靠于墙,拉伸后腿处的肌腱;或者扭动头部左右看,从耳部到肩部做拉伸运动以扭动脖子以及耸肩、摆肩、摆臂。

33. ['hæmstriŋ]n. 腿筋 腿窝
34. [ʃrʌŋ]n. 耸肩
35. [rəʊl]n. 转动 旋转
36. [treis]v. 勾画出……的轮廓

25. Fantastic Fruit

奇异的水果

每天吃一定量的水果对于人体健康来说是很有益的,本文先介绍了常吃水果的好处,然后按水果对人体益处大小的不同进行了分类和说明。

Eating more fruit—ideally a total of four or five servings¹ a day—could help cut the risk of cancer, stroke, and heart disease. We're not talking athlete's foot² or the common cold here. Yet the slight upward nudge³ in fruit consumption is barely detectable⁴.

Maybe people are too stuck on their chips-cookies-candy snack routines. Maybe their sweet teeth⁵ are sated⁶ by sodas, cakes, and ice cream. Maybe it's too tough to get good fresh fruit at restaurants, snack bars, or the office.

Whatever the reason, fruit ought to be an everyday pleasure, not medicine.

You Can't Go Wrong

Any fruit is good fruit. Some studies find a lower risk of cancer among people who eat more fruits and vegetables rich in carotenoids⁷ and vitamin C. Others find a lower risk among people who eat more of any fruits or vegetables.

But fruit aficionados⁸ may want to pick the most nutritious of the bunch. So we gave each fruit a rating⁹ by

多吃水果,最好每天吃四到五份。它可以降低癌症、中风及心脏病的发病率。

也许人们太依恋于薯条、曲奇、糖果这些快餐食物了,也许碳酸饮料、蛋糕、冰淇淋已经满足了他们的需要,也许在饭店、快餐店或者咖啡店要新鲜水果太难了。

无论什么原因,水果还是应该成为每天的乐趣,而非药物。

任何水果都很有益,有研究发现,食用较多富含维生素C及类胡萝卜素的水果蔬菜的人,癌症发病风险较低,还有一些研究发现,食用任何水果或蔬菜都能降低癌症发病风险。

1. ['sə:viŋ] n. (食物或饮料的)一份(或一客)
2. athlete's foot (医)足癣
3. [nʌdʒ] n. 推进,刺激
4. [di'tektəbl] a. 察觉的
5. sweet tooth 对糖果(或甜食)的爱好
6. [seit] v. 充分满足(胃口、欲望或有欲望的人)
7. [kə'rɒtənsɪd] [生化]类胡萝卜素
8. [ə:'fɪsjə'nɑ:dəu] n. 狂热爱好者,迷
9. ['reɪtɪŋ] n. 等级之别,额定

adding up its key nutrients : vitamin C , carotenoids , folate¹⁰ , potassium¹¹ , and fiber. We also added calcium and iron which are less common in fruit so you can compare scores for fruits to those for vegetables.

For each nutrient , we calculated what percent of the Daily Value (DV) is in one serving of the fruit. One exception : There is no DV for carotenoids. Some like beta-carotene¹² are converted to vitamin A by the body. But others like lycopene¹³ may cut the risk of cancer even though they aren't converted to vitamin A. So we added up all the carotenoids and devised our own DV for them 5 ,000 micrograms (mcg).

And the winners are. . .

Gold Medalists¹⁴ : 80 ~ 421

OK , so you've never eaten a guava¹⁵. You still gotta¹⁶ respect its numbers. What sets guava and other super-scorers apart are impressive quantities of vitamin C , carotenoids , or both.

Take watermelon : Two cups supply 45 percent of a day's worth of vitamin C and 245 percent of a day's carotenoids. Or pink grapefruit¹⁷ : A half has 100 percent of a day's vitamin C and 145 percent of a day's carotenoids. . . for only 50 calories.

Don't worry if you can't find papayas¹⁸ , mangos , or some of the fancier fruits in the chart. And don't sweat it if you refuse to fork over¹⁹ three bucks for half a pint of raspberries²⁰.

金牌得主 80 ~ 421

以西瓜为例:两杯(西瓜汁)就能提供一天所需维生素 C 的 45% 及所需类胡萝卜素的 245%。或者吃粉红柚子,吃半个就可摄入一天所需维生素 C 的 100% 和类胡萝卜素的 145% 而热量仅为 50 卡路里。

如果找不着木瓜、芒果或者图中所列的神奇水果的话也别着急,如果你不愿用三美元来买半品脱悬钩子,也别担心。

10. ['fəuleit]n. 叶酸
11. [pə'tæsjəm] [化] 钾
(19 号元素 符号 K)
12. beta-carotene [生化] β-胡萝卜素
13. ['laikəpi:n]n. 番茄红素
14. ['medlist]n. 奖牌获得者
15. ['gwɑ:və]n. 番石榴
16. ['gɒtə] 美俚 (= have got to) 必须
17. ['greipfru:t]n. 柚子
18. [pə'paɪə]n. 番木瓜树、果
19. fork over (口) (不情愿地) 交出 付出 付钱
20. ['rɑ:zbəri]n. 悬钩子

There s no shame in sticking with oranges , watermelon , cantaloupe²¹ , or any other in-season²² , bargain-priced fruit that makes your mouth water.

Silver Medalists :40 ~ 79

Apples , pears , and bananas may look lowly next to guavas. Next to almost any other food , they re stars.

Fruits with mid-range scores may not shine when it comes to carotenoids , but they re good sources of vitamin C , fiber , and potassium often for fewer than 100 calories.

And some may offer more than their scores show. Cherries²³ , figs²⁴ , fresh pineapples , and lemons haven t been analyzed for carotenoids , so we used estimates (based on their vitamin A levels).

What s more , change a fruit s serving size and you change its ranking. Eat a medium peach instead of the large size we used to come up with our score and you ll get fewer nutrients.

Bronze Medalists : less than 40

The lowest scores go to canned or dried fruit. One reason is that both canning and drying deplete²⁵ vitamin C.

Still , dried prunes²⁶ , currants²⁷ , figs , and dates²⁸ are good sources of fiber and potassium. Just watch the calories , they add up quickly once you exceed our small serving sizes. And don t forget your toothbrush : Dried fruit sticks to teeth.

银牌得主 :40 ~ 79

苹果、梨、香蕉紧跟在蕃石榴之后 ,和其他食物一样 ,它们也是明星。

这些得分靠中的水果在胡萝卜素含量方面也许并不耀眼 ,可是它们富含维生素 C、纤维素以及钾 ,且含热量不超过 100 卡。

而且 ,在改变水果份量的同时你也在改变它的排名。我们的得分是根据大号的水果来的 ,所以如果你吃了一个中号的桃子 ,你得到的营养成分就会少一些。

铜牌得主 :少于 40

得分最少的是罐装或脱水水果。原因之一在于这两种都不含维生素 C ,但干李子、醋栗、无花果、海枣仍然能提供较好的纤维素和钾。但要注意一旦超过我们所说的小量时 ,它带给人体的热量会迅速增加。

21. ['kæntəlu:p] n. [植] .
罗马甜瓜 ,香瓜 ,哈密瓜
22. in-season 应时 ,是
的季节
23. ['tʃeri] n. 樱桃
24. [fig] n. 无花果
25. [di'plɪ:t] v. 用尽
26. dried prunes 干梅
27. ['kʌrənt] n. (无核)葡萄干 [植]黑醋栗
28. [deit] n. 枣子

Canned fruit can have other disadvantages. Peaches and pears lose points because their fiber-rich peel has been removed. And fruit packed in heavy or even light syrup²⁹ has extra sugar (and calories) that most of us don't need. Go for fruit canned in its own juice or water instead.

(Frozen fruits are comparable to fresh. . . but some contain added sugar.)

The bottom line : Any fruit is better than no fruit. You'll get more out of guava or grapefruit than applesauce³⁰ or canned pears. But even the lowest-scoring fruit beats a Low Fat Twinkie , hands-down³¹ .

底线 吃水果总比不吃水果好。你能从蕃石榴和柚子中吸收到比苹果酱、罐头梨中多得多的营养物质,但即使是得分最低的水果,脂肪含量都是较低的,在这方面它们是绝对的胜者。

29. ['sɪrəp] n. 糖浆,果汁
30. [ˌæpl'sɔ:s] n. 苹果沙司,苹果泥
31. ['hændz'daʊn] a. 不费举手之劳便取得的,轻而易举的

26. Food : Eating Right to Fuel the Runner

正确地摄取锻炼所需的食物

正确的饮食可以帮助您延长高强度运动的时间,但是什么才是正确的饮食呢?本文首先列举了一些名人的言论,然后提出了一种适用于锻炼者的正确饮食方法。

Food is the fuel which allows our body to perform at a high level of activity for extended periods of time. The human body burns carbohydrates and fats in a way similar to the way car engines burn gasoline¹.

Today's nutritionists² tell us that a diet high in carbohydrates and low in fats is best. This kind of eating pattern makes a lot of sense in terms of general health. However, the premise that a "one size fits all" approach applies to every runner's performance is worth questioning.

An interview was done with Frank Shorter and Bill Rodgers. When asked what kind of diet he followed prior to winning medals in the 1972 and 1976 Olympic Marathons, Frank acknowledged a fondness for³ Schlitz beer and Ring-Dings. Bill Rodgers felt that leftover pizza topped liberally with mayonnaise⁴ made for a nice breakfast.

The rumor mill⁵ also had it that Portugal's 37 year old Carlos Lopes wolfed down⁶ a steak 2 hours prior to winning

食物是燃料,能让我们在较长时间内保持身体活动于较好状态,就像汽车发动机消耗汽油一样,人体消耗碳水化合物和脂肪。

当今的营养学家告诉我们,最好的食物是碳水化合物含量高而脂肪含量低的食物。从总体健康状况来说,这种饮食模式还是有道理的。然而,想将这一种模式应用于每个人身上的方法就值得商榷了。

1. ['gæsəli:n] n. (美)汽油
2. [nju:'tri:fənɪst] n. 营养学家
3. fondness for 喜好.....
4. [ˌmeɪə'neɪz] n. 蛋黄酱
5. rumor mill 谣言制造厂
6. wolf down 狼吞虎咽地吃

the Olympic Gold Medal in the 1984 games held in Los Angeles. In 1979, even one of our locals ran a 2:21 marathon⁷ after breakfasting on bacon & egg sandwiches for the previous year.

One thing we know for sure—running 100 + miles a week can cover a lot of sins⁸. Both Rodgers and Shorter each trained about 20 miles per day. With each mile of running consuming 100 calories, they burned 2,000 calories per day in addition to the 2,000 ~ 2,500 used up in simply existing each day. When we do the math, it becomes apparent why world class runners don't stay awake at night worrying about midriff⁹-bulge. But the basic question remains, what foods are best to eat if we wish to optimize athletic performance?

In her highly-acclaimed manual¹⁰, *The HEART RATE MONITOR BOOK*, author/triathlete¹¹ Sally Edwards suggests "The Best Fuel Test". It goes like this: Pick a day when the weather conditions are fair, and select a familiar course where you know your personal best time. Eat a high carbohydrate meal. Wait at least 2 hours, then go for a run keeping track of your time. Several days later, repeat the process, only this time, eat a high fat meal (I really liked this part of the test), and after a couple of hours, run another time trial. The results will tell you which fuel your unique engine prefers.

Finding the optimum diet mixture of carbohydrates¹² / fats could help fuel your body to better running performances.

只要我们算一下 就会很明显地看出 ,为什么世界级赛跑运动员不用在晚上睡在床上时担心腹部的凸起。但那个基本的问题还在 如果想有最佳的运动表现 ,最好吃什么样的食物 ?

7. ['mæɾəθən]n. [体] 马拉松赛跑(全长 42 ,1954 米)耐力的考验
8. [sin]n. 不合情理之事
9. ['midrif]n. 中腹部
10. highly-acclaimed manual 受欢迎的指南、手册
11. [traɪ'æθli:t]n. 参加三项全能比赛的运动员
12. [kɑ:bəu]n. (美口)碳水化合物食品 ,含糖食品

27. Get Rid of Your Gut

除去腹部赘肉

现代人,尤其是女性,往往很注意对腹部的保养和锻炼,而去除腹部的赘肉又是重中之重的一个问题。很多女性都希望找到一种除去腹部赘肉的方法,本文正是一篇关于有效去除腹部赘肉的介绍。

I am a healthy 20-year-old woman. All of my life I have had a lower abdominal storage of fat—almost like a second section¹ of my stomach :My stomach seems to end at my belly button², and a roll begins. I have tried to get rid of it to no avail³. I do a cardiovascular⁴ workout (30 minutes on the Precor, 10 minutes rowing) at least three times a week and weight-train when I have the chance.

Do you have any suggestion for exercises that target this area? It affects the clothing I wear, and I am getting frustrated. I heard that the “reverse crunch” would help (lie on back, legs in the air, and lower the legs but don't let them touch the ground), or using the tall chair-like machine (minus a seat) at the gym (where you rest your arms on pads and can raise and lower your legs).

This is a good, tough question because there are so many different theories about the correct way to work the abdominals. Some experts will tell you to work them every

一直以来我的下腹部都有脂肪堆积,我简直就像有两个胃:我的胃好像延伸到肚脐那儿,接下来就是一圈肉。我曾努力去摆脱它,可是没有用。我每周至少进行三次心血管锻炼,一有机会就去参加重力训练。

1. ['sekʃən]n. 部分
2. belly button n. 肚脐
3. no avail 无用处的,无效的
果的
4. [ˌkɑ:diəu'væskjʊlə]a.
心脏血管的

day , while others will tell you to work them twice a week. Some will tell you to do crunches⁵ and crunches only , while some say crunches are a waste of time. Even research on this topic is inconclusive.

I can tell you this : You will not be able to spot-reduce your lower abs—that is , magically zap⁶ fat off that area by exercising it. The body just doesn t work that way. You ll have to reduce overall body fat to reduce fat in that area , and even then I can t promise you ll lose enough there to make you happy. But don t despair. You can make that area look better by toning it up⁷. So let s talk about how to do that.

First , a little anatomy⁸ : You have four major abdominal muscles. The one that runs the length of your torso⁹ from your sternum¹⁰ to your pelvis¹¹ is called the rectus¹² abdominis. Because it is one long wide flat sheet of muscle , some scientists think it s a waste of time to do exercises to focus on the upper half of that muscle and other exercises to focus on the lower half. Me , I think that regular crunches do tend to hit the upper rectus fibers and reverse crunches tend to hit the lower fibers , so it s probably worth your while to do some of each. I will describe good form for both types of exercises shortly.

As for the high-chair exercises you mention , I don t recommend them , because they tend to emphasize a front hip muscle group known collectively as the hip flexors¹³.

有些专家会让你每天坚持，而另外一些会让你一周两次就够了。有人说只要踩踏运动。别人却说那是在浪费时间，其实这方面的研究目前也还没有定论。

我能告诉你的是：你不可能一蹴而就，即不可能通过运动，神奇地将那一块儿的脂肪去除。身体并不是这样工作的，你得通过减全身的脂肪来达到减那部分脂肪的成效。即使到那个时候，我也不能承诺你会减到一个让你满意的程度。但别灰心，通过使它更健康，便可以将那一部分变得好看起来。

先说一些解剖学知识：你有四块主要腹肌，那块从你的胸骨一直到骨盆的穿越躯干的肌肉叫做直肌，因为它是较长的宽平肌，一些科学家认为分别做运动来锻炼直肌的上半部分和下半部分是在浪费时间。

5. [krʌŋʃ] n. 嘎吱嘎吱地踩或压
6. [zæp] v. 攻击，消除
7. tone... up 使更健康、增强
8. [ə'nætəmi] n. 剖析，解剖学
9. ['tɔ:səu] n. 躯干
10. ['stə:nəm] n. [解] 胸骨，胸片，胸板
11. ['pelvis] n. [解] 骨盆
12. ['rektəs] n. 直肌
13. ['fleksə] n. [解] 屈肌

These muscles tend to be a little too strong to begin with , and if they get so strong they overpower the ab and lower-back muscles , you may begin to have chronic back problems. You're better off sticking to floor exercises such as crunches. Below , I describe basic " upper rectus " crunches and reverse " lower rectus " crunches. And since I'm in a good mood , I'm going to throw in a couple of bonus exercises : some twist crunches for the internal and external oblique¹⁴ muscles (the two muscle groups that interweave¹⁵ along the sides of your waist) and a lower-back strengthener (for the erector¹⁶ spinae muscles.) I believe you need to do at least one of each type of exercise for a complete " three-dimensional " middle body workout.

For beginners : Do one set of each exercise , 8 ~ 15 reps per set. Gradually increase to two sets of each. Remember to exhale as you exert effort , since the act of forceful breathing kicks in the fourth major abdominal muscle group , the transversus abdominis.

Basic Crunch

Lie on your back with your knees bent and feet flat on the floor , hip-width apart. Place your hands behind your head so that your thumbs are behind your ears. Don't lace¹⁷ your fingers together. Hold your elbows out to the sides but rounded slightly in. Tilt your chin slightly so that there's a few inches of space between your chin and your chest.

如果你坚持诸如踩踏运动的地面运动,你的体质会增强。下面我会描述基本的上直肌踩踏运动以及反向的下直肌踩踏运动。我现在情绪不错,再说几种额外的运动吧:锻炼内外斜肌(即交叉于腰两侧的两个肌肉群)的螺旋踩踏运动以及锻炼脊椎竖立肌的下背强健运动。我认为你至少要参加一项这样的锻炼来达到一个完整的“三维”身体中部锻炼。

基本运动

仰面躺着,弯曲膝盖,将脚平放放于地面,两腿间距离和臀部同宽,将手平放在头后面,这样拇指就放在耳后了,别将手指交叉在一起。将肘置于身体两侧,但稍稍靠内呈弧状,微微将下巴倾斜,这样它与胸部间就有几英寸的距离了。

14. [ə'bli:k] a. 倾斜的,间接的

15. interweave
[,intə'wi:v]
v. 交织,混杂

16. [i'rektə] n. 建设者,安装工

17. [leis] v. 扎系

Gently pulling your abdominals inward , curl up and forward so that your head , neck , and shoulder blades¹⁸ lift off the floor. Hold for a moment at the top of the movement , and then lower slowly back down.

Reverse Crunch

Lie on your back with your legs off the floor , your knees bent and positioned directly over your hips ; cross your ankles and drop your heels toward your butt. Rest your arms on the floor beside you. Rest your head on the floor , relax your shoulders , and pull your abdominals inward.

Lift your butt one or two inches off the floor so that your legs move directly up. Hold the position for a moment , and then lower slowly.

Crunch with a Twist

Lie on your back with your knees bent and your feet hip-width apart and flat on the floor. Place your hands behind your head so that your thumbs are behind your ears. Don't lace your fingers together. Bring your elbows out to the sides and round them slightly inward. Tilt your chin so that there is a few inches between your chin and your chest. Pull your abdominals inward.

As you curl your head , neck and shoulder blades off the floor , twist your torso to the right , bringing your left shoulder toward your right knee . Your shoulder doesn't

倒转运动

仰面躺着 ,腿离开地面 ,膝盖弯曲 ,直接靠臀部定位 ;环绕踝关节 将脚后跟落向臀部。将手臂放在体侧的地板上 ,脑袋置于地板上 ,放松肩部 ,将腹部内拉。

弯曲运动

仰面躺着 ,弯曲膝盖 ,将脚平放于地面 ,两腿间距离与臀部同宽 ,将手置于脑袋后面 ,这样拇指就置于耳后了 ,不要将手指交叉。将肘置于身体两侧 稍稍靠内呈弧状 ,下巴倾斜 ,与胸部保持几英寸的距离 ,收腹。

18. shoulder blades 肩膀的
侧面

need to actually touch your knee. Lower back down. On the next repetition , twist your torso to the left , bringing your right shoulder toward your left knee. Continue alternating sides.

Pelvic Tilt

Lie on your back with your knees bent and feet flat on the floor about hip-width apart. Rest your arms wherever theyre most comfortable. Gently press your back down and pull your abdominals in toward your spine. Don t tilt your head up and back.

Keeping your entire back against the floor , gently squeeze your butt , and tilt your hips up until your rear end curls an inch or two off the floor. Hold this position for a moment and then slowly lower your hips back down.

盆骨倾侧

尽量舒适地将手臂置于任意部位,轻轻地向下压你的背部,向脊椎方向收腹,不要将头向上或向后倾斜。保持整个背部贴地,轻轻地挤压臀部,向上提臀直至其与地面有一到两英寸距离,这样保持一段时间,然后慢慢将臀部复位。

28. Extend Yourself for Low-back Pain Relief

缓解后背疼痛的方法

由于现代社会的人常常是长时间坐在电视机前或坐在桌前，所以很多人有腰背疼痛的毛病，而如何缓解这一情况就成为很多人关注的问题。本文就为您推荐了缓解腰背疼痛的方法，即伸展你自己，希望对您有所帮助。

Your back may have “gone out¹” the moment you leaned over to pet your pooch², but don't blame poor Pluto for the agony you're now in. Most likely, your back has undergone years of abuse as you slouched³ in front of the TV and hunched over a desk. Though you may hate to admit it now, Mom was right when she pestered⁴ you to sit up straight. For most of us, low-back pain is a cumulative process, resulting from chronic poor posture⁵ and sedentary⁶ habits⁷. A flexed (or hunched over) back is bad news—it can stress or damage the disks⁸ that cushion⁹ the bones in your spine. Poor lifting and bending habits can also contribute to low-back pain.

Practice Proper Posture But it's never too late to heed Mom's advice. Practicing proper posture is crucial to prevent future bouts¹⁰ of back pain. That's because the lumbar¹¹ extensor muscles¹² you use to keep the arch in your

非常有可能你长年懒散地坐在电视机前、弯腰坐在书桌旁,这已造成了对背部的长期折磨。尽管你不想去承认,但是当妈妈不停地敦促你坐直时她还是对的。对我们很多人来说,后腰疼痛是一直积累的过程,是由于长期坐姿不对及久坐形成的。驼背可不是什么好消息,它会压迫或者损伤保护脊椎骨的圆盘。不好的起立和弓背习惯都可能导致下背疼痛。

1. go out 罢工
2. [pu:tʃ] n. (美俚)狗,杂种狗
3. [slautʃ] v. 懒散
4. ['pestə] v. 使苦恼,纠缠
5. ['pɔstʃə] n. 姿势
6. ['sedəntəri] a. 久坐的
7. ['hæbit] n. 习惯
8. [disk] n. 圆盘
9. ['kufən] n. 坐垫,靠垫
10. [baʊt] n. 回合,一场较量
11. ['lʌmbə] a. 腰部的 n. 腰动脉,腰神经
12. extensor muscles
[iks'tensə] n. 伸肌

back are probably the most underused in your body. Most people with chronic low-back pain can dramatically increase the strength of the lumbar extensor muscles, sometimes even tenfold. That's a pretty impressive gain when you consider that most women can only increase their bench press strength 50% and most men can only double theirs. So if you can only hold a correct seated posture for a few minutes at a time, that's OK. You can work up to longer sessions as your extensor muscles gain strength. Keep in mind that they can powerfully maintain the stability of your spine. Another option when you sit is to use a lumbar roll or cushion to help keep the curve in your lower back. This kind of passive conditioning can reduce your symptoms. But only active conditioning—when your muscles are actually working—will let you develop the muscle tone you need for maximum spinal stability.

Extension Education

When back pain strikes, your first impulse may be to take to your bed. But recent studies have found that activity is the better antidote¹³. For most people, low-back pain results from too much flexion, so exercises that place the back in the opposite position (extension) are best. But that's not true for everyone, so be sure to have your back evaluated by a physician before you begin an exercise program. For example, pregnant women usually have back pain because the baby's weight causes them to hyperextend their back. So

当你的伸肌力量增强时,你可以加长运动时间。要记住它们能有效地维持你脊椎的稳定性。还有一种做法是当你坐着的时候,在腰部放一个筒状物品或是坐垫,以保持你下背部分的弯形。这种被动的条件改变可以减轻你的症状。但只有主动的调整,即你的肌肉运动才能促进肌肉质量的发展,以达到最好的脊椎稳定性。

对大多数人来说,下背疼痛是由于弓背太多引起的,所以相反方向的运动,比如说伸展运动,就是最好的。

13. antidote ['æntidəut]
n. [医] 解毒剂, 矫正方法

extension exercises can make their pain worse.

Extension exercises are also inappropriate for people who have spinal stenosis¹⁴. For whatever reason, if an exercise increases your pain you should stop it immediately and consult your doctor. That many people with low-back pain do benefit from extension exercises was first discovered by Robin McKenzie, a New Zealand physical therapist. Perhaps you've felt the urge to counter the effects¹⁵ of sitting slouched over by getting up and arching your back. Extension exercises have many variations. The most basic extension exercise starts from a position lying on your stomach. As your lumbar extensor muscles grow stronger, you will be able to do more advanced versions of this exercise. Another exercise to try is in a standing position Back in Business Keeping your back healthy is something you want to work on every day—not just when pain strikes. And remember that regular aerobic exercise is an important part of any conditioning program. A regular walking or swimming program is an excellent choice for someone who has low-back pain. Of course, if exercise increases your pain, stop and consult your physician.

最基本的伸展运动是一开始趴着躺在地上。随着你腰部伸肌的增强,这项运动你可以做得更高级、复杂些。保持背部健康是你每天要做的事情,而不仅仅是疼痛袭来之时。记住有规律的有氧运动是任何健身计划中的一个重要部分。对于患有下背疼痛的人来说,定期的漫步或游泳计划是一种不错的选择。当然,如果这些运动加剧了你的疼痛,你得停下来,向医生咨询。

14. stenosis [sti'nəʊsɪs]
[器官] 狭窄
15. counter the effects 克服
影响

29. Making Time

节省时间

您常常为没有时间锻炼而苦恼吗？本文就提供了几点如何利用有限的时间达到良好锻炼效果的建议。

This article is for those of you who have very limited time to devote to exercise , but are serious about getting or staying in shape. Most fitness experts agree that even devoting 30 minutes to strength training two or three times a week is sufficient for strength and muscle development. Many people make the mistake of adding more exercises and sets to their program to make it harder. To increase intensity , do not look for ways to do more exercise , look for ways to do the same or even less , by efficiency. Try to increase the intensity and shorten your workout time by using the following methods.

1. Make sure exercise is convenient :Getting to your exercise equipment should be easy and convenient. If you have to drive a half an hour to get to your gym , you will view working out as a chore. If you spend more time traveling to the gym than you do in the gym , you might want to consider a program that you can do in your home. Muscles don't care where the resistance comes from—they are going to respond. Resistance can be from body weight

这篇文章是供那些运动时间非常有限、然而又非常重视获得和保持体形的人看的。许多健身专家都赞同,即使每周只锻炼两到三次,而每次也只有30分钟,对于体能及肌肉发展都足够了。许多人错误地通过加大运动量及增加组数使其变得难度增大。要增加强度,不用去做更多的运动,而应该寻找方法高效地去完成同样多、甚至还少一些的锻炼计划。试试运用以下方法来增加运动强度,缩短运动时间。

1. 保证锻炼是便利的。

(push-ups) , Thera-band (r) (rubber resistance) , free weights , machines , or a combination of any of these.

2. Work several muscles in one exercise : Another way to fit weightlifting into your busy schedule is to choose exercises that work several major muscle groups at the same time. Squats or the Leg Press works the quadriceps , hamstrings , buttocks , and calves. Essentially , you will be training four muscle groups at the same time with these exercises.

3. Limit resting time : Skip the usual minute or so of resting time between exercises. You can do this by doing Supersets , which involves doing two or more successive exercises for a given muscle group without rest in between. This can be done one of two ways : The first is to do two or more exercises in a row for the same muscle group without any rest in between. For example , do a set of the Shoulder Presses and follow them immediately with a set of Lateral Raises. This saves time and forces a lot more blood into the shoulders and provides a more intense and effective training stimulus for the shoulder muscles. The second way to do supersets is to train two opposing muscle groups without any rest in between. You can use this superset style of training for two different muscle groups , but only if they have an agonist/antagonist relationship with each other. In other words , on any given lift one muscle is contracting and

2. 在某个锻炼中同时活动几块肌肉。另一种将举重运动插入你繁忙日程中的方法是选择一种能同时锻炼几个主要肌肉组的运动。

3. 减少休息时间。省掉锻炼中间的几分钟休息时间。你可以进行超级锻炼计划,针对一个指定的肌肉组,连续进行两次或更多次的锻炼,中间不休息。

the other muscle is relaxing (such as the biceps and triceps when performing a biceps curl). Choose muscle groups that are physically close together such as biceps and triceps, or chest and back, or quadriceps¹ and hamstrings.

4. Have alternate exercises for each muscle group : This is especially important for those who are pressed for time. Often there will be someone working on the piece of equipment you want to use. You should always have a back-up² plan, an alternate exercise that trains the same muscle group. Your greatest challenge is not learning new exercises or the proper technique ; it s not learning how many sets or reps to do or how much weight to use. Nor is it deciding when or how to change your routine. The greatest challenge facing you at this moment is deciding whether you are willing to take action and make time for yourself and make strength training a priority.

4. 对每个肌肉群实行交替的锻炼。这对于那些时间紧张的人来说尤其重要。经常你想要用的健身器材已经有人在用了:你应该准备一个补救计划,即能锻炼同样肌肉群的另一运动。你最大的挑战并不在于学会一种新运动或合适的技能,也不在于要做几组,重复做几次,用多大力气,甚至与决定何时、怎样去改变你的时间计划也无关。你目前面临的最大挑战是决定你是否愿意采取行动,安排时间,将体能训练提上日程。

1. ['kwɔːdrɪseps]n. 四头肌
2. back-up 倒退,支持