

Couch-potatoes have short lives 久坐不动势必短命

Vocabulary: *physical activity* 词汇: 身体运动

Lack of exercise could be causing as many deaths around the world as smoking, according to an article in the science magazine *The Lancet*.

As thousands of Olympic athletes prepare to **push their bodies to the limit**, most of us sit **inactive** for hours in front of a TV set.

But the scientists say they are not suggesting difficult **gym sessions**. As Pamela Das from *The Lancet* puts it: "It is not about running on a **treadmill**, whilst listening to your iPod."



Why do so many people prefer to watch TV rather than do exercise?

The aim is to encourage everyone to think about **fitness** and **build physical activity into** their daily lives, such as **brisk walking**, gardening or any energetic **pursuit**.

Despite the **familiarity** of the message, one in three adults worldwide fails to do the recommended 150 minutes of **moderate** aerobic physical activity per week.

So, rather than stressing the **health benefits** of a good **workout**, *The Lancet* researchers have decided to show the harm caused by inactivity. They estimate lack of exercise is responsible for about 5.3m deaths a year: about the same number as smoking.

Sitting around doing nothing can lead to **coronary heart disease**, Type 2 diabetes, and breast and bowel cancers.

The data might lack **muscle** as scientists have had **to rely on** questionnaires sent out to 122 countries in which people report their own levels of activity. It must also be difficult to separate the impact of **obesity** from the figures.

But Dr I-Min Lee, from Harvard Medical School, says they were very cautious: "Our estimates of **ill-health** from lack of physical activity are on the low side."

The researchers say the problem of inactivity has reached pandemic levels, with far-reaching health and social consequences. They call for a radical re-think in how to deal with the issue.

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. According to the article, what are most people doing while Olympic athletes compete?
2. What's the objective of this research?
3. Is this true, false or not given? *The researchers interviewed people from 122 countries.*
4. What phrase in the article suggests that the results of the research aren't strong?
5. What phrasal verb means 'to depend on something or someone'?

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. Last week my grandmother had to suspend her travel plans because of _____ which she said was triggered by the cold weather.

| | | | |
|-------------|-------------|-----------------|------------|
| sick-health | evil-health | benefits-health | ill-health |
|-------------|-------------|-----------------|------------|

2. The company gave up on trying to expand overseas due to the _____ of money.

| | | | |
|-------|------|-------|-------|
| fault | lack | empty | brisk |
|-------|------|-------|-------|

3. There have been scenes of joy in the Large Hadron Collider near Geneva. The team says its latest study is pushing the accepted principles of science to the _____.

| | | | |
|--------|-----------|-------|------|
| margin | perimeter | limit | wall |
|--------|-----------|-------|------|

4. Adam is always full of energy. He's always keen to have a good _____.

| | | | |
|---------|----------|---------|-----------|
| workout | workover | work-on | work-into |
|---------|----------|---------|-----------|

5. Evidence suggests hunting was a popular leisure _____ for Ancient Romans, as were board games.

| | | | |
|-------|---------|--------|---------------|
| chase | pursuit | search | investigation |
|-------|---------|--------|---------------|

Answers and Glossary 答案与词汇

Quiz 小测验

1. According to the article, what are most people doing while Olympic athletes compete? Sitting inactive in front of the TV.
2. What's the objective of this research? To encourage people to be more active every day.
3. Is this true, false or not given? *The researchers interviewed people from 122 countries.* False. The researchers had to send questionnaires to these countries.
4. What phrase in the article suggests that the results of the research aren't strong? The data might lack muscle.
5. What phrasal verb means 'to depend on something or someone'? To rely on (something or someone).

Exercise 练习

1. Last week my grandmother had to suspend her travel plans because of ill-health which she said was triggered by the cold weather.
2. The company gave up on trying to expand overseas due to the lack of money.
3. There have been scenes of joy in the Large Hadron Collider near Geneva. The team says its latest study is pushing the accepted principles of science to the limit.
4. Adam is always full of energy. He's always keen to have a good workout.
5. Evidence suggests hunting was a popular leisure pursuit for Ancient Romans, as were board games.

Glossary 词汇表

| | |
|--|------------|
| to push (their bodies) to the limit | 把（身体）推到了极限 |
| inactive | 不活跃的 |
| a gym session | 一次健身课 |
| a treadmill | 一台跑步机 |
| fitness | 健身 |
| physical activity | 体力活动，锻炼 |
| a brisk walk | 快步行走 |
| a pursuit | 一个追求 |
| familiarity | 熟悉 |
| moderate | 温和的 |
| health benefit | 健康益处 |
| a workout | 一次锻炼 |
| coronary heart disease | 冠心病 |
| muscle | （肌肉）此处指可信度 |
| to rely on | 依靠于 |
| obesity | 肥胖症 |
| ill-health | 不健康，身体不好 |
