**Dialogue Interpreting-Obesity**

K1: 下午好金女士!你今天看起来非常精力充沛!  
C1: Good afternoon doctor! I am doing exercise these days. You told me that I had obesity last time and asked me to do exercises.

K2: 是的。你这几天感觉怎么样？体重呢？  
C2: I was just going to tell you. I insisted on jogging for a month and using the recipe you gave me last time. I measured my weight yesterday and I’ve lost 2 kilograms. But I don’t like the food in the diet.

K3: 我明白我给你开的饮食配方口感不那么好。但是它是为保证你摄入充足的营养并且 限制卡路里而定制的。你应该意识到减肥是一项艰巨的任务。  
C3: Ok, another problem is that I don't like jogging. I know that many scientific studies have proved the advantages of it, but I just think it is too boring.

K4: 慢跑了一段时间觉得无聊是很正常的。你可以增加一些别的像瑜伽这样的运动。底 线就是你要跟足我给你的饮食配方和坚持运动，要不然你可能会得别的疾病，像是充 血性心力衰竭，糖尿病或是阿尔兹海默症。  
C4: Oh, it’s so serious, I’ll follow your diet formula. If I practice yoga, is there anything that I should be aware of? Or how can I get the best result from it.

K5: 瑜伽中轻轻的拉伸和冥想不会像慢跑一样燃烧你的脂肪。但是新的研究表明，瑜伽可以帮助人们改掉暴饮暴食的毛病。所以我的建议就是把瑜伽和慢跑或游泳结合起来。

C5: Then I’ll try. Does the study specifically say how yoga can help to get rid of obesity? I always think that yoga does not consume calories and has no effect on losing weight.

K6: 是的，瑜伽可以帮助人们平衡身体和饮食习惯，并且意识到自己的不良习惯，像是 因为压力，无聊或是抑郁而吃东西。研究表明练瑜伽的人更加避免自己吃垃圾食品或 是过度进食，因为他们更希望善待自己的身体。  
C6: I understand that yoga can make people live regularly, so that they can better stick to weight loss diet and other sports.