

题目: Why sitting is bad for you

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Right now, you're probably sitting down to watch this video and staying seated for a few minutes to view it is probably okay. But the longer you stay put, the more **agitated** your body becomes. It sits there counting down the moments until you stand up again and take it for a walk.

**agitate**  
v. 煽动,  
使焦虑

现在, 你可能坐着看这个视频, 花上几分钟, 坐着看完这个视频好像没什么问题。但是你坐得越久, 你的身体就越焦躁不安。你的身体坐着数倒计时, 直到你重新站起来 带着你的身体走两步。

That may sound **ridiculous**. Our bodies love to sit, right? Not really. Sure, sitting for brief periods can help us recover from stress or **recuperate** from exercise. But nowadays, our lifestyles make us sit much more than we move around, and our bodies simply aren't built for such a sedentary existence. In fact, just the opposite is true. The human body is built to move, and you can see evidence of that in the way it's structured.

**ridiculous**  
adj. 荒谬的

**recuperate**  
v. 恢复, 复原

这听起来可能很荒谬。我们的身体喜欢坐着, 不是吗? 不是的。的确, 短时间地坐一会, 能帮我们从紧张的情绪中恢复过来, 或在运动后恢复体力。但是如今, 我们的生活方式使我们坐的时间远远大于我们活动的时间, 然而我们的身体并不仅是为了久坐而构建的。事实恰好相反。人类的身体生来是为了运动。并且你能从人类的身体构造的方式中找到证据。

Inside us are over 360 joints, and about 700 **skeletal muscles** that enable easy, fluid motion. The body's unique physical structure gives us the ability to stand up straight against the pull of **gravity**. 我们全身有超过360个关节, 还有大约700块骨骼肌 这让我们能够轻松流畅地做各种动作。人类身体独特的构造使我们能够 对抗地心引力, 笔直地立在天地之间。

**skeletal muscles**  
骨骼肌

**gravity**  
n. 地心引力

Our blood depends on us moving around to be able to **circulate** properly. Our nerve cells benefit from movement, and our skin is **elastic**, meaning it molds to our motions. So if every inch of the body is ready and waiting for you to move, what happens when you just don't?

我们的血液需要我们活动 才能合理地循环。身体活动同时也会给神经细胞带来好处。而且我们的皮肤是有弹性的，它会随着我们的动作而变化。所以，我们身体的每一寸都准备好了并期待着你去多活动 但如果你偏偏不动，我们身体到底会发生什么事？

Let's start with the **backbone** of the problem, literally. Your spine is a long structure made of bones and the **cartilage** discs that sit between them. Joints, muscles and **ligaments** that are attached to the bones hold it all together. A common way of sitting is with a curved back and **slumped** shoulders, a position that puts uneven pressure on your spine.

让我们先来看看脊椎部分。你的脊椎是一个长形的结构，骨骼和软骨交错其中。附着在骨骼上的关节，肌肉和韧带 把它们紧紧地连结在一起。最常见的坐姿是弯着的背和下榻的肩膀，这个姿势往往给你的脊椎施加了不平均的压力。

Over time, this causes wear and tear in your spinal discs, overworks certain ligaments and joints, and puts strain on muscles that stretch to **accommodate** your back's curved position. This hunched shape also shrinks your chest cavity while you sit, meaning your lungs have less space to expand into when you breath. That's a problem because it temporarily limits the amount of **oxygen** that fills your lungs and filters into your blood.

日积月累，它会磨损你的腰间盘，使一些关节和肌肉过度劳损，肌肉也紧绷着去迎合弯曲的背部。驼背坐着同时也缩小了你胸腔的空间，这意味着，呼吸时肺部舒张没有足够的空间 这样就形成了一个问題，因为它暂时性地限制了 填充肺部的，和滤进血液里的氧气容量。

circulate

v. 循环

elastic

adj. 有弹性的

backbone

n. 脊椎

cartilage

n. 软骨

ligament

n. 韧带

slumped

adj. 弯着身子坐

accommodate

v. 提供空间

oxygen

n. 氧气

Around the skeleton are the muscles, nerves, arteries and veins that form the body's **soft tissue layers**. The very act of sitting **squashes**, pressurizes and compresses, and these more delicate tissues really feel the brunt. Have you ever experienced **numbness** and **swelling** in your limbs when you sit?

骨架的周围都是肌肉，神经，和动静脉，形成了人体的软组织层。这种坐姿，无时无刻不在向身体施加压力，而这些更为精细的组织真实地感受到了这种冲击。当你久坐的时候，你有过四肢肿胀或者肢体麻木的感觉吗？

In areas that are the most compressed, your nerves, arteries and veins can become blocked, which limits nerve signaling, causing the numbness, and reduces blood flow in your limbs, causing them to swell. Sitting for long periods also temporarily deactivates **lipoprotein lipase**, a special **enzyme** in the walls of blood **capillaries** that breaks down fats in the blood, so when you sit, you're not burning fat nearly as well as when you move around.

这是因为在那些被挤压的最厉害的部位，你的神经，动脉和血管会慢慢堵塞，这阻断了神经信号的传导，引起麻木；并且这种堵塞减缓了你肢体中血液流动的速度，使你四肢肿胀。同时，长时间的坐着会导致脂蛋白脂肪酶暂时性失效，这是一种存在于毛细血管壁中降低血液中脂肪含量的一种特殊酵素。所以当你坐着的时候，你的体内几乎没有像你活动时那样分解脂肪。

What effect does all of this stasis have on the brain? Most of the time, you probably sit down to use your brain, but **ironically**, lengthy periods of sitting actually run counter to this goal. Being **stationary** reduces blood flow and the amount of oxygen entering your blood stream through your lungs.

这种停滞和郁积对人的大脑又有什么影响呢？在很多时候，你大概都是坐着去思考问题，但是讽刺的是，长时间的坐着却让你和你的初衷背道而驰。坐着不动使血液流动放缓，使通过肺部进入血液中的氧气减少。

soft tissue  
layers  
软组织层

squash  
v.挤压

numbness  
n.麻木

swelling  
n.肿胀

lipoprotein  
n.脂蛋白

enzyme  
n.酶

capillary  
n.毛细血管

ironically  
adv.讽刺地

stationary  
adj.静止的

Your brain requires both of those things to remain alert, so your concentration levels will most likely dip as your brain activity slows. Unfortunately, the ill effects of being seated don't only exist in the short term. Recent studies have found that sitting for long periods is linked with some types of cancers and heart disease and can contribute to **diabetes**, kidney and liver problems. 你的大脑需要所有这些东西去保持灵敏，随着你的大脑活动减慢，你的注意力集中程度有很大的可能性会降低。偏巧的是，这种不良影响在短期内并不会发生。近期研究发现，长期坐着与某些癌症和心脏病存在特殊的联系，并且可能促成糖尿病，引起肾脏和肝脏的病变。

**diabetes**  
n. 糖尿病

In fact, researchers have worked out that, worldwide, inactivity causes about 9% of **premature** deaths a year. That's over 5 million people. So what seems like such a harmless habit actually has the power to change our health.

**premature**  
adj. 过早的，仓促的

事实上，研究者已经发现，每年世界上过早死亡的案例中，不活动占据了9%的死因，总数超过500,000人。这个看起来并没有多大害处的习惯，实际上却有影响我们健康的能力。

But luckily, the solutions to this **mounting** threat are simple and intuitive. When you have no choice but to sit, try switching the **slouch** for a straighter spine, and when you don't have to be bound to your seat, aim to move around much more, perhaps by setting a reminder to yourself to get up every half hour. But mostly, just appreciate that bodies are built for motion, not for stillness. In fact, since the video's almost over, why not stand up and stretch right now? Treat your body to a walk. It'll thank you later.

**mounting**  
adj. 增长的

**slouch**  
n. 没精打采地站的姿势

幸好，解决这个威胁的方法非常简单。当你只能坐着的时候，试着去抬头挺胸，当你不需要被绑在座椅上时就更不用说了，试着去到处走走活动活动。或者你可以给自己设一个提示，每隔半个小时起来一下。更多的时候，我们要感激人类的身体是为运动而生，而不是寂静。其实，这个视频也快到尾声了，为什么不趁现在起来走走？把一走当作对你身体的小奖赏，它会在日后感谢你的。