

摆脱久坐不动的生活方式 Beating a sedentary lifestyle

Hello and welcome to 6 Minute English.

大家好，欢迎收听六分钟英语。

I'm Catherine.

我是凯瑟琳。

And I'm Dan.

我是丹。

Now Dan, would you say you had a sedentary lifestyle at all?

那么丹，你觉得你过得是久坐不动的生活吗？

If I only went to work, yes, I would have a pretty sedentary life.

如果我只是去上班，那么是的，我是过着久坐不动的生活。

I sit on the tube, I sit at my desk or in the studio for most of the day.

我一天大部分时间都是坐在地铁里，我坐在我的办公桌前，或者在演播室里。

But because I know that's not good for my health, I do also like to go to the gym a couple of times a week and I'll do some exercise, like a bike ride or playing football at the weekend.

但是因为我知道这对我的健康不好，所以我确实每周会去几次健身房，并且我会锻炼一下，例如在周末骑自行车或踢足球。

So, my job is pretty sedentary, but not my life.

所以说我的工作要求久坐不动，但是我的生活并非如此。

Nice answer, Dan.

回答得很好，丹。

And our topic today is about how one country in particular has been very successful in dealing with the problem of a sedentary population.

我们今天的话题就是关于某个国家是如何成功地处理久坐人口这个问题的。

But before we find out more, here is today's question.

但是在我們进一步了解之前，以下是今天的问题。

According to a recent survey, how long does the average person in the UK spend sitting down every day?

根据最近的一项调查，英国一般人每天会花多长时间坐着？

Is it: a) between 6 and 7 hours, b) between 7 and 8 hours or c) between 8 and 9 hours?

是 A. 6到7小时，B. 7到8小时，还是 C. 8到9小时？

So, Dan, what do you think?

那么丹，你怎么看？

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Based on my day, it would be between 8 and 9 hours, but I don't know if I am an average person!

依据我的经验，应该是8到9小时，但是我不知道我属不属于一般人！

So I'm interested to learn the answer for myself.

所以我自己对答案很感兴趣。

We'll find out the answer later in the programme.

我们会在稍后的节目中揭晓答案。

Now, 40 years ago Finland was perhaps the unhealthiest country in the Western world.

那么，40年前，芬兰可能是西方世界上最不健康的国家。

But now, it's one of the healthiest.

但是现在，它是最健康的国家之一。

Death by heart disease in Finland has fallen by 80% and life expectancy, the age at which the average person lives until, has risen by 10 years.

芬兰的心脏病造成的死亡下降了80%，并且预期寿命，即一般人的寿命上升了10年。

How has this been achieved?

这是怎么做到的呢？

This was investigated on BBC Radio 4's You and Yours programme and one of the ways Finland has improved the health of the nation is by a lot of state involvement.

BBC电台4频道的《You and Yours》节目对此进行了调查，芬兰改善国家健康的方法之一就是大量的国家参与。

BBC reporter John Laurenson describes in a humorous way how this works.

BBC的记者约翰·劳伦森以一种幽默的方式描述了这是如何起作用的。

How does he describe someone with many health problems?

他如何描述有很多健康问题的人的？

If you're an exercise shirker because you're fat or old or asthmatic or chained to your computer or just plain lazy or all of those things rolled into one super-health disaster zone, they will come to you in the form perhaps, of a stern lady with a clipboard and make some firm suggestions.

如果你因为胖，或年纪大，或有哮喘，或沉迷电脑，或只是懒，或者是集所有那些东西于一身的超级健康灾难区而成为一个逃避锻炼的人，那么他们会以一个手拿写字板的严厉的女士的形式找到你，然后提出一些很强硬的建议。

They won't actually drag you off your PlayStation, out of your nursing home or out of the pub but they do get quite close.

他们并不会强迫你不要玩你的游戏机，或让你离开理疗室或酒吧，但是他们确实会做类似这样的事情。

How did he describe someone with a lot of health problems, Dan?

他如何描述一个有很多健康问题的人的，丹？

Well, he wasn't very complimentary, and we should emphasise that this report is quite tongue-in-cheek, which means that it's meant to be funny and shouldn't be taken seriously but he called the people with many health problems 'super-health disaster zones'.

恩，他并没有用恭维的话去描述，并且我们需要强调的是这篇报道是在调侃，也就是说只是为了开玩笑，并且不应该上纲上线，不过他把那些有许多健康问题的人成为“超级健康灾难区”。

'Super-health disaster zones'.

“超级健康灾难区”。

So what other vocabulary can we pick from what he said?

那么我们还能从他的话中获得哪些其他的词汇？

He talked about being an exercise shirker.

他谈到了逃避锻炼的人。

A shirker is someone who avoids doing something usually because they are being lazy.

逃避者指的是逃避做某事的人，经常是因为他们犯懒。

It's also a verb, to shirk.

它也是一个动词，逃避工作。

Laurenson says that if you are an exercise shirker or indeed a super-health disaster zone, someone from the authorities will come and visit you.

劳伦森说如果你是一个逃避锻炼的人，或事实上是一个超级健康灾难区，一些来自官方部门的人会来拜访你。

In another tongue-in-cheek description he says that this visitor might be a stern lady with a clipboard.

他又使用了一个调侃式的描述，即拜访者可能会是一个拿着写字板的严厉的女士。

Stern is an adjective which means very serious and strict, someone without a sense of humour who might be quite angry.

“严厉的”是一个形容词，意思是非常严肃且严格，没有幽默感的人，并且很容易生气的人。

And in his description the reporter says that this stern lady will have a clipboard.

并且记者在他的描述中说道，这位严厉的女士会有一个写字板。

It's a hard board you can attach papers to so you can write on the paper while you are moving around.

它是一个硬板子，你可以在它上面放上纸，这样你就可以在走路的时候在纸上写字了。

So we have this image of an angry lady arriving at your house to tell you off for your health habits and make you live a healthier life.

所以我们会看到这样一个画面，一位生气的女士来到你的家里，因为你的健康习惯而斥责你，并且让你过上更健康的生活。

But he does point out that they won't actually drag you out of your house to do exercise.

但是他确实指出了他们并不会真的强迫你离开你的家去锻炼。

However, in the report he goes on to say that there is a lot of encouragement, even from school age, to eat well and take regular exercise.

不过他在报道中继续说会经常鼓励大家健康饮食和规律锻炼，甚至是从学龄阶段开始。

Well, before a stern lady with a clipboard comes and tells us off for not finishing on time, let's get the answer to today's quiz.

好的，在一位手拿写字板的严厉的女士来因为我们没有按时结束节目而斥责我们之前，我们来揭晓今天问题的答案吧。

According to a recent survey, how long does the average person in the UK spend sitting down every day?

根据一项最近的调查，英国一般人每天会坐多久？

Is it: a) between 6 and 7 hours, b) between 7 and 8 hours or c) between 8 and 9 hours?

是 A. 6到7小时，B.7到8小时，还是 C. 8到9小时？

And I said I had no idea.

我说的是我不知道。

Well, the answer was c), Dan - between 8 and 9 hours.

恩，答案其实是 C，丹——8到9小时。

In fact, it was 8 and a quarter hours.

事实上是8小时一刻钟。

By comparison, in Finland, it's less than 6 hours.

而在芬兰这个时间少于6个小时。

I guess we are a lot more sedentary in Britain.

我想英国的人更倾向于久坐不动。

And sedentary is the first word in our vocabulary review.

而久坐不动的是我们今天要复习的第一个词汇。

It's an adjective used to describe a lifestyle which involves a lot of sitting and not much exercise.

它是一个形容词，描述的是一种经常坐着而不怎么锻炼的生活方式。

And if you are very sedentary, it can lead to a lower life expectancy.

如果你经常久坐不动，那么它会缩短你的预期寿命。

Life expectancy-the age to which you are expected to live.

预期寿命——你能够活到的平均年龄。

Next we had the word shirker for someone who avoids doing something they don't like, usually because they are lazy.

接下来我们说到了逃避者这个词，指的是逃避做他们不喜欢的事情，往往是因为他们很懒。

For example, an exercise shirker avoids exercise.

例如逃避锻炼的人会逃避锻炼。

Something that is said tongue-in-cheek is meant to be humorous and not taken seriously.

调侃的东西指的是为了表现得幽默，并且不要上纲上线。

If you are stern though, you want to be taken seriously.

不过如果你是个很严厉的人，你会希望被认真对待。

It's an adjective that means serious and strict.

这是个形容词，意思是严肃的且严格的。

And finally there's clipboard.

最后是写字板。

A board you attach papers to so you write on them as you walk around.

你可以在上面放纸的板子，这样你就可以在走路的时候在上面写字了。

Well, Dan, it's time for us to go and get some exercise.

好的，丹，我们该离开去做一些锻炼了。

Join us again next time and remember you can find us on Instagram, Facebook, Twitter, YouTube and of course our website bbclearningenglish.com. See you soon, bye.

请收听我们的下一期节目，并且记住你们可以在Instagram，脸书，推特，YouTube上找到我们，当然还有我们的网站bbclearningenglish.com。再会。

Bye!

再见。
