久坐有害健康 why sitting is bad for health

Hello. This is 6 Minute English from BBC Learning English. I'm Phil. And I'm Georgie. We all know how important exercise is to stay fit and reduce the risk of heart disease.

大家好。这里是BBC英语六分钟。我是菲尔。我是乔吉。我们都知道锻炼对于保持健康和降低心脏病风险至关重要。

Do you exercise much, Phil? I try to. I ride my bike at the weekend. But to be honest I do spend a lot of time sitting down.

菲尔，你运动量多吗？我努力多锻炼，周末骑自行车，但说实话，大多数时间我确实都是坐着的。

Sitting too much is becoming an increasing problem in the modern world.

久坐正成为现代世界日益严重的问题。

Maybe you take the bus or train to work, then sit at a desk all day, then go home feeling tired and just sit in front of the television all evening as well. Added together, that's hours of sitting every single day.

也许你乘公共汽车或火车去上班，然后整天坐在办公桌前，回家感到疲倦，整个晚上也坐在电视机前。加起来，就是每天坐着的时间。

In this programme, we'll be finding out exactly how much sitting is too much. And, of course, we'll be learning some useful new vocabulary.

本期节目中，我们将准确了解久坐的时间有多长。当然，还将学习一些有用的新词汇。

But first, are you sitting comfortably, Phil? Because I have a question for you. On average, how many hours a day do British adults spend sitting down?

但首先，你坐得舒服吗，菲尔？我有个问题要问你。英国成年人平均每天坐多少小时？

Is it: a) 7 hours? b) 9 hours? or, c) 12 hours? I'll guess it's 7 hours. OK, Phil, I'll reveal the correct answer later.

是7小时、9小时，还是12小时呢？我猜是7小时。好的，菲尔，我稍后会揭晓正确答案。

Charlotte Edwardson is a professor of health and behaviour studies who has investigated the link between sitting and health problems in her lab at Leicester University.

夏洛特·爱德华森（Charlotte Edwardson）是一位健康和行为研究领域的教授，她在莱斯特大学的实验室研究了久坐与健康问题之间的联系。

Here, she talks to BBC Radio 4 programme, Inside Health: If we think about our daily activities, a lot of activities are done sitting down.

她接受了BBC广播4台节目"健康内部"的采访：如果我们思考一下我们的日常活动，就会发现很多都是坐着完成的。

Movement in our everyday lives has really been engineered out with advances in technology, and our bodies just weren't designed to sit this much, so it's going to cause problems with our health.

随着技术的进步，我们日常生活中的运动确实减少了，而我们的身体并不是用来久坐的，所以这会影响我们的健康。

So when you sit down you're not using the largest muscles in your body. So, these are the ones in your legs and your bum.

因此，当你坐下时，你并没有使用腿和屁股上最大的肌肉。

So, that means that your muscle activity goes down. When your muscle activity goes down, your blood circulation reduces.

这意味着肌肉活动下降。肌肉活动下降时，血液循环就会减少。

Throughout history, humans have always walked and moved their bodies. Now, modern technologies like motorised vehicles and office jobs, mean we spend more and more time sitting.

纵观历史，人类一直在行走和移动他们的身体。现在，机动车辆和办公室工作等现代技术意味着我们坐着的时间越来越多。

Modern life has engineered out the need for us to move. When you engineer something out, you design things in such a way that it is no longer required.

现代生活已经消除了我们运动的需求。当你设计出某些东西时，你是以不再需要它的方式设计的。

For example, CD drives have been engineered out of laptops because downloads are more popular.

例如，由于下载更受欢迎，光盘驱动器已从笔记本电脑中被淘汰。

Charlotte says humans are not used to sitting this much. Here, the words this much mean in such large amounts.

夏洛特说，人类不习惯坐得这么久。此处"this much"一词的意思是"数量如此之大"。

It's a negative thing, one negative being the harm to blood circulation, the flow of blood through the heart and blood vessels which carries oxygen around the body.

这是一件负面的事情，其中一个负面影响是对血液循环的伤害，在血液循环中，血液流经心脏和血管，将氧气输送到全身。

When we sit, we stop using important muscles. This reduces blood circulation and causes a range of other effects like increased levels of glucose and fat, and decreased energy levels.

当我们坐着时，我们就停止使用重要的肌肉。这会减少血液循环并导致一系列其他影响，例如葡萄糖和脂肪水平升高以及能量水平降低。

The body uses 20% more energy when simply standing than when sitting down, and walking uses 92% more energy.

站立时身体消耗的能量比坐下时多20%，步行时消耗的能量多92%。

And that's not to mention the damage sitting too much causes to muscle movement and blood pressure. But the hard truth is that sitting is a big part of modern life.

更不用说久坐对肌肉运动和血压造成的损害。但残酷的事实是，久坐是现代生活的重要组成部分。

Everything is geared around sitting, it's organised towards that particular activity, and that makes it hard to stop.

一切都围绕着坐，它是针对特定的活动而组织的，这使得人们很难停下来。

Here's Professor Edwardson again, talking with James Gallagher, presenter of BBC Radio 4 programme, Inside Health:

爱德华森教授再次与BBC广播4台"健康内部"节目主持人詹姆斯·加拉格尔(James Gallagher)进行对话：

How much do you feel like you're just swimming against the tide with all of this? Like the whole of society is like driving us more and more towards, you know, sitting down all the time, and you're like, 'please don't!'

面对这一切，你有多少感觉像是在逆流而上？整个社会就像在驱使我们越来越倾向于久坐，而你会说，"请不要久坐！"

Sitting is so much part of our everyday activities. You know, you go into a meeting and someone's, 'Come and take a seat', you're going to your GP surgery, 'Come and take a seat'.

坐是日常活动的一部分。你去参加一个会议，有人说，"过来坐下"，你要去全科医生诊所，医生会说"过来坐下"。

Everything's geared around sitting, and as technology advances and it tries to make our life easier, it then leads to us sitting even more.

一切都是围绕着坐而展开的，随着技术的进步，它试图让我们的生活变得更轻松，然后它会导致我们坐得更多。

James asks if Charlotte is swimming against the tide of modern life. If you're swimming against the tide, you're doing the opposite of what most people are doing.

詹姆斯问夏洛特是否正在逆现代生活的潮流而行。如果你逆流而上，你所做的就是与大多数人所做的相反。

He also says that society is driving us towards sitting more. To drive someone towards something means pushing them to accept a new situation, even when the situation isn't so good.

他还表示，社会正在促使我们久坐。drive someone towards something意味着推动他们接受新的情况，即使情况不太好。

Luckily, there's some simple advice to help. Break up periods of sitting 30 minutes or more with a few minutes of walking or moving your arms.

幸运的是，有一些简单的建议可以提供帮助。将久坐30分钟或更长时间改为几分钟的步行或活动手臂。

Also try to spend less than half of your waking hours sitting down. Good to know. Now how about your question, Georgie.

还应尝试将醒着的时间少于一半用于坐。很高兴知道这。乔吉，是时候揭晓问题答案了。

Right, my question was how long does the average British adult spend sitting each day. Phil guessed it was 7 hours which was...close, but not right, I'm afraid.

好的，我的问题是英国成年人平均每天坐多长时间。菲尔猜是7小时，这很接近，但恐怕不正确。

In fact, on average we spend 9 hours per day sitting down, that's about 60% of our waking life. So, remember to take regular breaks, even just a minute or two.

事实上，我们平均每天花9个小时坐着，大约占我们清醒时间的60%。因此，请记住定期休息，哪怕只是一两分钟。

OK, let's recap the vocabulary we've learned, starting with, to engineer something out, meaning to design or plan in such a way that something is no longer needed.

让我们回顾一下学过的词汇，首先是"engineer something out"，意思是以不再需要某些东西的方式进行设计或规划。

The phrase this much or so much means in such large amounts. Blood circulation is the movement of blood through the heart and blood vessels which carries oxygen around the body.

"this much"或"so much"的意思是"如此之多"。Blood circulation是血液通过心脏和血管的运动，将氧气输送到全身。

If things are geared around a certain activity or purpose, they're organised to support it. The idiom to swim against the tide means to not follow what most people are doing.

如果事情是围绕某个活动或目的进行的，那么它们就会被组织起来支持它。swim against the tide这个俚语的意思是不追随大多数人正在做的事情。

And finally, to drive someone towards a new situation means to push them towards accepting it. Once again, our six minutes are up!

drive someone towards a new situation意味着推动他们接受新的情况。六分钟时间又到了！

Remember to join us again next time for more topical discussion and useful vocabulary, here at 6 Minute English. Goodbye for now! Bye!

记得下次继续收听，了解更多话题讨论和有用词汇。暂时再见了！再见！