

A holiday gift that no one wants. more weight

These cold, dark winter days make me want to curl up with a book, perhaps while *munching* on holiday cookies.

munch 大声咀嚼

One could describe my conduct this way: *sedentary* behavior combined with *snacking* on sugary treats. A regular practice of these things may well lead to weight gain.

sedentary 久坐的

snack 小吃; 点心

Is winter weight gain a thing? Yes, says Larry Cheskin, who chairs the nutrition department at George Mason University. "There is good evidence that it is a thing."

Research shows that people gain one to two pounds over the winter months. There is evidence that American adults gain one to two pounds each year. Winter weight gain may be a major *culprit*, so perhaps we should view the season as a particularly risky time for adding excess padding.

culprit 犯人; 罪犯

Some researchers have narrowed the time window to look at weight gain over the weeks spanning Thanksgiving through New Year's. In a study of 195 people at the National Institutes of Health, people gained 0.8 pounds, on average, during that period.

"The holidays are not insignificant," Cheskin says. There are more social events, an increase in the variety of foods and more drinking. Alcohol adds calories and undermines self-control.

But it's not just overeating at holiday parties that's to blame. When it's cold and snowy — or *slushy* or icy — outside, people spend more time indoors, which in turn can mean getting less physical activity.

slushy 泥泞的; 融雪的

So if wintertime in general, and the holidays in particular, are a *precarious* time for gaining weight, then what can be done? Be aware that winter weight gain can happen. Pay attention to your diet and try to keep your activity level up.

precarious 危险的