



You Don't Really Need 10,000 Daily Steps to Stay Healthy

保持健康不必日行一万步

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489 Words

In 2022 I averaged 9,370 steps a day. I know. I counted. **Or rather** my iPhone counted. I carried it everywhere—**not so much** to catch every call **as** to catch every step. My daily aim? Ten thousand steps.

2022 年，我平均每天走 9370 步。我知道得这么清楚是因为我数过了，更确切地说是我的 iPhone 计数了。我随身带着手机，与其说是为了不错过每一个电话，不如说是为了不漏掉每一步。我每天的目标是多少？一万步。

Yet the concept of taking 10,000 steps a day to maintain health **is rooted** not **in** science but in a marketing **gimmick**. In the 1960s a company in Japan invented an early **pedometer**. Because the Japanese character for “10,000” looks like a person walking, the company called its device the 10,000-step meter.

然而，每天走一万步以保持健康的概念并无科学依据，而是一种营销噱头。20 世纪 60 年代，日本的一家公司发明了一种早期计步器。由于日语中的“万”字看起来像一个人在走路，该公司将其命名为“万步计”。

“It was just sort of a **catchy** phrase,” says I-Min Lee, an **epidemiologist** at Harvard Medical School and Brigham and Women's Hospital in Boston. Taking that many steps daily is challenging but **doable** for many people. “Sure, if you get 10,000 steps, it seems like a good goal. But there was not really any basis to it.”

哈佛医学院和波士顿布莱根妇女医院的流行病学家李爱民说：“这只是一个吸引人的词。”每天走那么多步不是易事，但对很多人来说是可以做到的。“当然，如果你走了 1 万步，这似乎是一个不错的目标。但实际上这么做没有任何依据。”

or rather 更确切地说 | In the end he had to walk—or rather run—to the office. 最后他不得不走着一—应该说是跑着——去办公室。

not so much ... as ... 与其说是……不如说是…… | She was not so much nervous as impatient for the journey to be over. 说她紧张，不如说她是不耐烦，希望旅途快点结束。

be rooted in sth. 起源于某事物 | The country's economic troubles are rooted in a string of global crises. 这个国家的经济困境是源于一连串的全球危机。

gimmick ['gɪmɪk] *n.* (为引人注意或诱人购买而搞的) 花招，把戏，噱头

pedometer [pe'dɑːmɪtər] *n.* 计步器

catchy ['kætʃɪ] *adj.* 容易记住的，引起兴趣的 | The songs were both catchy and original. 那些歌曲既上口，又富有原创性。

epidemiologist [ˌepɪˈdɪˌmiːˈɒlədʒɪst] *n.* 流行病学家

doable ['duːəbl] *adj.* 可做的，可行的 | We've got to think first whether this plan is doable. 我们得

The current physical activity guidelines from the U.S. Department of Health and Human Services, published in 2018, are still based on time. The experts recommended broad exercise ranges and not step counts: 150 to 300 minutes of weekly **moderate** activity (the **equivalent** of **brisk** walking) or 75 to 150 minutes of **vigorous** activity (for example, jogging) during the same period. A decade of consistently hitting that goal translates to about an extra year and a half of life, epidemiological studies **indicate**. There simply wasn't enough evidence to make a similar **determination** about steps.

美国卫生与公众服务部于 2018 年发布的现行体育活动指南仍基于时间。专家推荐的运动量较为宽泛，而不是精确到步数：每周 150 到 300 分钟的适度运动（相当于快走）或 75 到 150 分钟的剧烈运动（比如慢跑）。流行病学研究表明，坚持这一目标十年大约能延长一年半的寿命。对于步数则没有足够的证据来得出类似的结论。

Now evidence about steps is starting to come in. In 2019 Lee published one of the first studies specifically investigating the actual effects of meeting the 10,000-step goal. Several other large studies followed. The result? Some movement is good, and more is better, but the benefits **taper** at some point. Your personal peak depends on your age. People younger than 60 should indeed walk 8,000 to 10,000 steps a day to get the best benefits in terms of life expectancy and **cardiovascular** health. People older than 60 show the most benefit between 6,000 and 8,000 steps. (7,000 to 9,000 steps a day is **roughly** equivalent to 150 to 300 minutes of brisk walking each week, the target in the 2018 guidelines.)

如今关于步数的证据开始出现。2019 年，李爱民发表了首批专门调查日行一万步实际效果的研究之一。随后又有其他几项大型研究。结果表明走路有益健康，走得越多越好，但好处在某种情况下会减少。对你最有益的步数取决于你的年龄。60 岁以下的人确实应该每天走 8000 到 10000 步，

先考虑一下这计划是否可行。

moderate ['mɑːdərət] *adj.* 适度的，中等的；不极端的，温和的；有节制的，不过分的 | Moderate exercise, such as walking, is recommended. 建议适度锻炼，比如散步。

equivalent [ɪ'kwɪvələnt] *n.* 相等的东西，等量 *adj.* 相等的，相同的 | Breathing such polluted air is the equivalent of smoking ten cigarettes a day. 呼吸污染这么严重的空气等于每天抽十支烟。

brisk [brɪsk] *adj.* 快的，敏捷的；利落的；（生意）红火的 | They set off at a brisk pace. 他们踏着轻快的步伐上路了。

vigorous ['vɪɡərəs] *adj.* 精力充沛的；强壮的 | Your dog needs at least 20 minutes of vigorous exercise every day. 你的狗每天需要进行至少 20 分钟的剧烈运动。

indicate ['ɪndɪkeɪt] *v.* 表明，显示；象征，暗示 | Research indicates that eating habits are changing fast. 研究显示，饮食习惯正迅速改变。

determination [dɪ'tɜːrmɪ'neɪʃn] *n.* 结论；决心；决定 | The doctor's determination was made after he received a report on the tests. 医生的结论是在收到化验报告后作出的。

taper ['teɪpər] *v.* 减少，减弱；一端逐渐变得细小 *n.* 细蜡烛 | There are signs that inflation is tapering.

最有益于延长寿命和维持心血管健康。60 岁以上的人每天走 6000 到 8000 步效果最好。(每天走 7000 到 9000 步, 大致相当于每周快走 150 到 300 分钟, 符合 2018 年指南中的目标。)

The total number of steps you take does appear to **matter** more than the speed at which you take them. “The **relevant** question for me is, when two people walk the same amount, does it matter whether their steps are accumulated at a faster rate versus a slower rate?” Lee says. The answer so far is no.

你走的总步数似乎比速度更重要。李爱民说:“对我来说, 相关的问题是, 当两个人走的路程相同时, 他们的速度是快是慢重要吗?” 到目前为止, 答案是否定的。

Newer studies are moving beyond death rates to ask questions about the way steps may contribute to **diabetes** prevention or help to control blood pressure and weight. The goal, after all, is not just to live longer but to live healthier. Full results are not in yet, so Lee’s advice in the meantime is: “**Tailor** your steps according to what you are trying to achieve and according to who you are.”

新近的研究已经超出了步数对死亡率的影响, 开始探讨步数如何有助于预防糖尿病或控制血压和体重。毕竟, 我们的目标不仅仅是活得更久, 而是活得更健康。完整的研究结果还没有出来, 所以李爱民的建议是: “根据你想要达到的目标和你的年龄来调整你的步数。”

种种迹象显示, 通货膨胀率在逐渐下降。

cardiovascular [ˌkɑːrdioʊˈvæs kjələr] *adj.* 心血管的

roughly [ˈrʌfli] *adv.* 大约, 差不多; 粗暴地, 粗鲁地 | There were roughly 200 people there. 那儿大约有 200 人。

matter [ˈmætər] *v.* 要紧, 有重大影响 *n.* 事情, 问题; 物质 | The children matter more to her than anything else in the world. 对于她来说, 在这个世界上没有比孩子更重要的了。

relevant [ˈrɛləvənt] *adj.* 有关的, 切题的; 有价值的, 有意义的 | What experience do you have that is relevant to this position? 你有哪些和这个职位相关的经验?

diabetes [ˌdaɪəˈbiːtiːz] *n.* 糖尿病

tailor [ˈteɪlər] *v.* 根据特定需要制作, 定做 *n.* 裁缝 | Treatment is tailored to the needs of each patient. 治疗方案是针对各个病人的需要而制订的。

➤ 脉络梳理

- Para. 1-3 介绍“每天一万步”这个概念兴起的原因，指出其并无科学依据，只是营销噱头
- Para. 4 指出当前的运动指南只对活动时长给出建议，并没有具体的步数建议
- Para. 5-6 介绍相关研究，指出不同年龄段的人每天应该走的步数不同，走的步数比速度更重要
- Para. 7 提出建议：根据自身情况调整步数目标

➤ 长难句拆解

主语 | 后置定语，修饰 guidelines |

The current physical activity guidelines from the U.S. Department of Health and Human Services,

后置定语，修饰 guidelines | 谓语 |

published in 2018, are still based on time.