

锻炼能延长预期寿命

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1. 延年益寿的好办法

A little exercise each week can lead to big gains 获益 in life expectancy 预期寿命. And that’ s true **regardless of** 不论 your current weight, according to a new review study that included more than 650,000 people.

The World Health Organization recommends (V.)建议 two-and-a-half to five hours of brisk 轻快的 walking per week, or less time spent (v.) at a more vigorous 剧烈的 activity. People who got the full recommended 被推荐的 amount of exercise saw 看到 an average 3.4-year gain in life expectancy. People who got half as much 只有一半,一半那么多 exercise /still lived an average 1.8 years longer. The findings are in the journal PLoS Medicine (n.)医学.

In fact, exercise was a bigger factor **than** body weight in many cases. People who were normal weight but were inactive /actually lived an average of 3.1 fewer years **than** obese 过分肥胖的,臃肿的 people who kept up 保持 high levels of activity.

每周坚持锻炼一小会，寿命会大大延长。一项新的、调查对象超过65万人次的回顾性研究表明：不论你目前的体重如何，坚持锻炼就会延长寿命。

世界卫生组织建议人们每周快走2.5至5个小时，或减少更剧烈的运动时间。那些完全按照建议行动的人平均寿命增加了3.4年。运动量只有建议一半的人平均寿命增加了1.8年。这项研究发表在《公共科学图书馆医学》期刊上。

实际上在许多情况下，锻炼是比体重更重要的因素。相比体型肥胖但活动量持续偏高的人，体重正常但不经常活动的人的平均寿命要短3.1年。

Example 1. 标题
PLoS

the Public Library of Science 美国科学公共图书馆

2. <pure> 延年益寿的好办法

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