健康类

1. Today’s sedentary lifestyle and stressful working conditions mean that physical activity is no longer part of either our work or our leisure time.

如今久坐不动的生活方式和紧张的工作环境意味着体育活动不再是我们工作或休闲时间的一部分。

2. It is true that nowadays many people do not have enough time to cook and that convenience foods present an attractive option. These foods have improved significantly in terms of quality and availability and the range for sale in the average supermarket is quite impressive. It is possible to find even very sophisticated ready-prepared microwavable meals.

确实现在很多人没有足够的时间做饭，方便食品提供了一个有吸引力的选择。这些食品在质量和可获得性 方面都有了显著的改善，在普通超市的销售范围也相当可观。甚至可以找到找到制作工艺纯熟的半成品可 微波餐食。

3. High tax penalties could be imposed on high-fat food products, tobacco and alcohol, as excessive consumption of any of these contributes to poor heath.

可以对高脂肪食品、烟草和酒精征收高额税收，因为过度消耗任何一种都会导致健康状况不佳。

4. Public health campaign or television advertising can explain and show long-term consequences of eating too much fast food in order to help people change their eating habits fundamentally.

公共健康运动或电视广告可以解释和展示吃太多快餐的长期后果，以帮助人们从根本上改变他们的饮食习 惯。

5. The vast majority of car journeys are for less than two miles, that is, distances that can easily be covered on foot. In short, when people own cars, they tend to walk less, thus removing a major means by which people maintain day-to-day fitness.

绝大多数汽车旅行的距离都在两英里以内，也就是步行很容易走完的距离。简而言之，当人们拥有汽车时， 他们倾向于减少步行，从而消除了人们维持日常健康的主要手段。

6. A less expensive and more environmentally sound option is to create a network of cycle lanes and other facilities for cyclists, such as safe weather-proof shelters for parking bicycles. This has the additional advantage of encouraging people to keep fit whilst allowing them the flexibility of autonomous travel.

一个更便宜、更环保的选择是为骑自行车的人建立一个自行车道网络和其他设施，比如安全的防风雨的停 放自行车的场所。这还有一个额外的好处就是鼓励人们保持健康，同时允许他们灵活地自主旅行。

7. One possible approach is to make cars expensive to own and use, for example, by taxing them at the point of purchase or annually through a road tax. Certain types of car use, for instance short journeys within already congested cities, can also be discouraged through road pricing schemes such as that operating in London.

一种可能的方法是使汽车的拥有和使用变得昂贵，例如，通过在购买时征税或每年征收道路税。某些类型的汽车使用，例如在已经拥挤的城市内的短途旅行，也可以通过道路收费计划(如在伦敦实施的计划)加以劝阻。

8. Sugary products include some types of food that we eat everyday, such as bread or pasta. These foods, particularly the first one, are really important in our diet, so making them more expensive will influence not only our lifestyle, but also some people would not be able anymore to buy the most important food for them. Just think for example to poor people, who can maybe afford a few loads of bread per day: what would they eat if we increased bread price?

含糖产品包括我们每天吃的一些食物，如面包或意大利面。这些食物，尤其是第一种，在我们的饮食中非 常重要，所以让它们更贵不仅会影响我们的生活方式，而且一些人将无法再为他们购买最重要的食物。举 个例子，想想穷人，他们可能每天都能买得起一些面包:如果我们提高面包价格，他们吃什么呢?

9. Physical activity could be encouraged relatively cheaply, for example by installing exercise equipment in parks, as my local council has done. This has the added benefit that parents and children often use them together just for fun, which develops a positive attitude to exercise at an early age.

可以相对便宜地鼓励体育活动，例如通过在公园安装健身器材，就像我的当地市政局所做的那样。这还有 一个额外的好处，那就是父母和孩子经常一起使用它们来娱乐，这可以在很小的时候培养积极的锻炼态度。

10. If there were easy-to-reach local sports centers, we would be more likely to make exercise a regular part of our lives, rather than just collapsing in front of a screen every evening. The variety of sports that could be offered would cater for all ages, levels of fitness and interests: those with painful memories of PE at school might be happier in the swimming pool than on the football pitch.

如果有容易到达的当地体育中心，我们将更有可能让锻炼我们生活中的一部分，而不是每天晚上瘫倒在屏 幕前。多样的运动种类，能适合所有年龄、健身水平和兴趣的人:那些对学校体育有痛苦回忆的人在游泳 池里可能比在足球场上更快乐。

11. Healthy life balance and exercise are strongly promoted by the NHS, and therefore any kind of spare time charity work will prevent from sitting and doing nothing. It could also possibly reduce the crime level in the high school age group. If students have activities to do, they will not be bored and come up with silly ideas which can be dangerous for them or their surroundings.

英国国家医疗服务体系 NHS 大力提倡健康的生活平衡和锻炼，因此任何形式的业余慈善工作都会防止坐着 无所事事。 它还可能降低高中年龄段的犯罪率。如果学生有活动要做，他们就不会感到无聊并出现可能对 他们或周围环境造成危险的愚蠢想法。