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A holiday gift that no one wants: More weight

一份没人想要的节日礼物: 胖三斤

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

在寒冷、阴暗的冬日里, 我只想蜷坐着看本书。有时候, 我会边看书边大口啃着圣诞饼干。

curl up: 蜷缩, 蜷坐, 蜷卧

相关词汇: curly (adj. 卷曲的)

搭配短语: red curly hair

相关词汇: curl (n. 卷发)

搭配短语: red curls

词性拓展: curl (v. 呈卷曲状; 蜷曲)

例句: Cats curled into a ball and went to sleep. 猫卷成一个球入睡了。

munch on: 大声咀嚼, 用力咀嚼

相关词汇: munch /mʌn(t)ʃ, / (v. 大口咀嚼)

搭配短语: to munch away at sth 大嚼某食物

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.

你可以这样描述我的行为——久坐不动, 再来点甜食作为小吃。经常这么做很可能导致发胖。

conduct /'kɒndʌkt/: n. 行为, 举止, 表现; v. 进行, 实施

搭配短语: to conduct a survey 进行调查

搭配短语: conduct oneself 行为; 表现; 做人; 举止

例句: She conducted herself properly at the dinner. 她在宴会上举止得体。

sedentary /'sed(ə)nt(ə)ri/ adj. 久坐的, 缺乏锻炼的

词根词缀: sed- (表示“坐”)

英文释义: spend a lot of time sitting down and take little physical exercise

搭配短语: a sedentary lifestyle 久坐的生活方式

snack on: 吃点心, 吃零食

例句: She likes to snack on yogurt. (v. 吃点心)

sugary treats: 含糖量高的食物

treat 作食物时, 常指不常吃到的食物

may well: (较大可能的) 推测

may 和 well 两个词都含有推测意味, 放在一起加强了推测的语气, 表示很可能发生某件事。

比如, The train may well be delayed (火车很可能晚点了)。

weight gain: 发胖

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.”

冬天真的会长胖吗? 是的, 乔治梅森大学营养学系系主任拉里·切斯基回答道, “有充分的证据表明确实是这样。”

Is that/something a thing?: (那种事) 真的存在吗? 是一种地道的, 表达强调的用法。

It is a thing: 确有其事

chair /tʃer/: v. 担任 (组织、委员会的) 主席

词性拓展: chair (n. 椅子; 主席, 委员长, 大学系主任)

搭配短语: to hold the chair of the nutrition department 担任营养学系的系主任

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**.

研究显示人们在冬季的几个月中会长胖 1 到 2 磅。还有证据表明，美国成年人每年增重 1 至 2 磅。冬天里增加的重量可能是他们变胖的罪魁祸首。因此，我们或许应该把冬季视为长赘肉的高危时间。

culprit/'kʌlprɪt/: n. 问题的起因；犯人，罪人

英文释义：a person or thing responsible for causing a problem

padding/'pæd.ɪŋ/: n. 衬垫，衬料，填料；冗词赘句（废话）

相关词汇：pad (n. 垫子，衬垫)

搭配短语：knee pads 护膝

例句：There is so much padding. 废话太多了

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.

一些研究人员缩短了这个时间段，调查人们在感恩节到新年这几周内的增重情况。在一项由美国国立卫生研究院发起、参与者达 195 人的研究中，受调查者们在感恩节到元旦期间平均增重了 0.8 磅。

narrow: v. 缩小

time window: 时间间隔

相关词汇：window (n. 开展行动的间隙)

英文释义：an interval for action

近义词：time interval; time span

搭配短语：a two-hour time window 两个小时间隔

span/spæn/: v. (时间) 持续，跨越

词性拓展：span (n. 一段时间)

搭配短语：time span

搭配短语：life span

例句：His acting career spanned almost six decades.

New Year's: 结尾加s，表示新年的这一段时间

"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.

切斯基表示：“节日期间至关重要。”节日里人们会有更多社交活动，享受更丰富的食物种类以及更大量的酒精。酒精会增加卡路里摄入，并且削弱人们的自控力。

not insignificant: 双重否定表肯定，至关重要

undermine/ˌʌn.dəˈmaɪn/: v. 削弱信心、权威等，损害

相关词汇：under (prep. 在...下面)

相关词汇：mine (v. 开采，采掘)

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.

不过我们长胖不仅是因为节日聚会上的胡吃海塞。当外面天寒地冻、大雪纷飞，或是雪泥堆积、路面结冰，人们会更常呆在室内。相应地，运动量也会减少。

it's ... that's to blame: ...是某件事发生的原因

例句：The hot weather is partly to blame for the water shortage. 炎热的天气是造成缺水的一部分原因。

slushy/ˈslʌʃ.i/: adj. (雪) 半融的

相关词汇：slush (n. 半融的雪；冰沙)

in turn: 反过来

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.

因而，如果总体上冬天（尤其节日期间）是长胖的危险时期，那我们应该做点什么呢？清醒地意识到冬天体重可能会增加，注意饮食，以及尽量加强运动。

precarious/priˈkeriəs/: adj. 不稳定的，不确定的，危险的

近义词：risky

搭配短语：in a precarious or risky position

原文：

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