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The six-pack can wait: how to set fitness goals you will actually keep

6 块腹肌可以再等等：如何建立你可以切实履行的健身目标

fitness /'fɪtnəs/ : n. 健康

搭配短语: a fitness class

Most of us have, at some point in our lives, looked in the mirror and decided we need a **radical** image **overhaul** – especially in January. Then, when we don't achieve the desired six-pack within a month, we tumble off the fitness **bandwagon**. But is there a way to set **realistic**, useful fitness goals that will keep you motivated as the nights draw in and the **prospect** of an extra hour in bed **trumps** a **workout**?

在我们人生的某一刻，大多数人都会看着镜子，决定要给自己的形象来个彻底改造——特别是在一月。然后当我们在一个月内未能练成预期的 6 块腹肌，我们便从健身大潮中败下阵来。

但有没有一个方法，能让我们建立切实有效的健身目标？这样的健身目标能使你在天黑得越来越早、多躺一小时的想法打败了锻炼身体时，依旧保持动力。

radical/'rædɪkəl/: adj. 过激的，极端的；根本的，彻底的，完全的

搭配短语：radical views 激进的观点

搭配短语：radical changes 根本（彻底的）的改变

搭配短语：radical differences 根本的不同

overhaul/'oʊvə'hɔ:l/ n. 改造

搭配短语：a complete overhaul 全面的检修

搭配短语：a radical overhaul 彻底的改变

tumble/'tʌmbəl/ v. 滚下，坠落

例句：He slipped and tumbled down the stairs.

bandwagon/'bænd,wægən/ n. 流行，浪潮，时尚

英文释义：an activity that more and more people are becoming involved in

搭配短语：bandwagon effect 从众效应

搭配短语：jump/climb on the bandwagon 跟风，随大流

realistic: adj. 切实可行的

draw in: （天黑得）渐早；（白昼）渐短

英文释义：to become dark earlier in the evening as winter is coming

prospect/'prɒspɛkt/: n. 前景；展望；设想

英文释义：an idea of what might or will happen in the future

搭配短语：prospect of sth./doing sth. 做某事的前景

例句：The prospect of becoming a father filled him with excitement. 成为父亲的设想使他兴奋不已。

trump/trʌmp/: v. 打败，赢

例句：They were trumped by their main competitor.

workout: n. 锻炼；训练

First of all, think about the goals not to make – keep in mind that exercise alone won't change your body shape. If you are looking for major fat loss, you will have to look at diet, too. "People **underestimate** the amount of effort physical **transformations** take," says Hannah Lewin, a personal trainer. She advises clients to focus on **positive** fitness goals instead – running 5km or **deadlifting** 30kg – rather than **aesthetic** goals that will require **drastic** lifestyle overhauls.

首先，注意那些不应该被制定的目标——记住只运动是不会改变你的体型的。如果你寻求的是大幅减重，你也必须考虑饮食。私人教练汉娜·勒温表示：“人们低估了体型改变所需要的努力。”她建议客户们把注意力放在那些有建设性的健身目标上——跑 5 千米或者硬拉 30 公斤，

而非投入精力 在那些需要大幅改变生活方式的“美观”目标上。

underestimate: v.低估 ; n.低估

transformation: n.变化 ; 改变

positive/'pɒzɪtɪv/: adj. 建设性的;积极的;怀有希望的

近义词 : effective; useful

例句 : We must take positive steps.

deadlift: n.硬拉

aesthetic/i:z'θetɪk/: adj. 美观的;艺术的

例句 : Their furniture was more aesthetic than functional. 他们的家具比起实用性更具有艺术性。

词性拓展 : aesthetics n. 美感

drastic: adj.极端的 ; 严厉的 ; 猛烈的 ; 激烈的

Next, the personal trainer Ruby Tuttlebee advises starting small and building up.

Something **straightforward**, such as a press-up, is a better **bet** than aiming for a **triathlon** right off the bat. She also suggests having a series of goals. When you have mastered a perfect press-up, set a new goal of five press-ups in a row, then 10, then 20.

其次，私人教练鲁比·塔特尔比建议从小目标开始着手，再逐步加码。比起一开始就以铁人三项为目标，从一些容易的事情，比如俯卧撑开始，就更可能成功。她也建议设定一系列的目标。当你完美做好了 1 个俯卧撑，就设一个新目标——连续做 5 个俯卧撑，接着连续 10 个、连续 20 个。

build up: n.逐步的增长 ; (对某活动的) 宣传，造舆论;

straightforward/streɪt'fɔ:wəd/: adj. 容易理解的，简单的 ; 坦诚的，直率的

搭配短语 : a straightforward person

press-up: 俯卧撑

bet/bet/: n. 有可能成功的人选(或备选行动)

例句 : I'm not your best bet.

triathlon: 铁人三项

right off the bat: 一开始;立刻

英文释义 : at the very beginning; immediately

例句 : I found what I wanted right off the bat. 我立马找到了我想要的东西。

例句 : We have to deal with the issue right off the bat. 我们必须立即处理这个问题。

in a row: 接连地，连续地

例句 : They sat in a row. 他们坐成一排。

例句 : This is her third win in a row. 这是她连续第三次获胜。

Always reward yourself for achieving your goals, however small. "Even if just walking through the door of your gym is your first goal, you've achieved it – so well done," says Tuttlebee. Above all, remember that your goals are yours alone, she says. "Make it your own. **Tailor** it to you."

无论目标多小，完成了就要奖励你自己。塔特尔比认为：“即便通过健身房那道门就是你的第一个目标，你也完成了它——这就很棒。”她还表示，最重要的是要记住你的目标只属于你，“将它变成你专属的，为自己量身定制目标。”

tailor/'teɪlə/: v. 专门制作，使适应特定需要； n. 裁缝

搭配短语：tailor sth. to sb. ; tailor sth. to do sth. 使某事物适合某人

搭配短语：to tailor travel arrangements to meet individual requirements 调整旅行安排以满足个人需求

原文：

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—The Guardian: The six-pack can wait: how to set fitness goals you will actually keep