

Fewer than 5,000 steps a day enough to boost health

研究表明每天走五千步即足以改善健康

长久以来，人们一直认为要保持身体健康，需要达成“每天一万步”这个“神奇”的目标，但一项新的研究表明，每天走不到 **5000** 步可能就足以给健康带来好处。

For years, thousands of us have been **pounding the pavements**, trying to reach that **magic goal** of 10,000 steps a day to stay fit and healthy, but new research has found that walking just half of that could also save lives.

多年来，成千上万的人不停地奔走，试图达到“每天一万步”这个被视为有奇妙功效的目标，从而保持身体健康，但一项新的研究发现，每天走路的步数只要达到这个数字的一半就有益于生命健康。

Researchers from the Medical University of Lodz in Poland and John Hopkins University School of Medicine in the US followed 227,000 people for seven years to **complete** their study.

为完成研究，波兰罗兹医科大学和美国约翰霍普金斯大学医学院的研究人员们对 22.7 万人进行了为期七年的跟踪调查。

What they found was that walking at least 2,300 steps a day was really good for the heart and **blood vessels**, and the more people walked, the more they reduced the risk of dying from **cardiovascular disease**.

他们发现，每天至少走 2300 步对心脏和血管都有很大的好处，而且走得越多，死于心血管疾病的风险就越低。

And every 1,000 steps above the 4,000 steps **mark**, **brings down** the risk of dying early by 15%.

调查还显示，当达到 4000 步的指标后，每多走 1000 步，过早死亡的风险就降低 15%。

1. 词汇表

pounding the pavements	走路
magic goal	被视为有奇妙功效的目标
complete	完成
blood vessels	血管
cardiovascular disease	心血管疾病
mark	目标，指标
brings down	降低

2. 阅读理解：请在读完上文后，回答下列问题。（答案见下页）

1. Why have thousands of people been 'pounding the pavements' for years?

2. How long did the study last?

3. What is really good for the heart and blood vessels?

4. True or False? *At 2,300 steps, the risk of dying early is lowered by 15%.*

3. 答案

1. Why have thousands of people been 'pounding the pavements' for years?

Because they are trying to reach that magic goal of 10,000 steps a day to stay fit and healthy.

2. How long did the study last?

It took researchers seven years to complete their study.

3. What is really good for the heart and blood vessels?

They found that walking at least 2,300 steps a day was really good for the heart and blood vessels.

4. True or False? *At 2,300 steps, the risk of dying early is lowered by 15%.*

False. Every 1,000 steps above the 4,000 steps mark, brings down the risk of dying early by 15%.