

词汇: *fitness* 健康

Do you like to **keep fit**? We're always told that regular **exercise** is good for our body and mind. More and more people are taking up activities that improve their fitness. But is there a risk some of us might get obsessed and overdo it?

Well, for some people, fitness has become an **obsession** as they aim for **perfection**. And **fitness trackers** and apps can add to this **addiction**, especially if someone is driven by **achievement** and **perfectionism**. And sharing data on social media means exercising becomes public and **competitive**, which could cause problems in someone who is vulnerable.

Experts say this can lead to a medical condition called **orthorexia nervosa**, or addiction to 'healthy' eating and over-exercise. Untreated, it can lead to **malnutrition** and mental health complications. According to a BBC Worklife article: "Research from scientists at University College London in 2017 found that higher Instagram usage was associated with increased likelihood of developing orthorexia, especially among followers of the 'healthy eating' influencers."

Too much exercise can also **take its toll** on someone's physical health as well. Symptoms of over-exercising include injuries such as **stress fractures**, **tendinitis** and a **low immune system**. So how much exercise is too much? Research by the Journal of the American College of Cardiology found the ideal pace to **jog** was about eight kilometres per hour – and that it was best to jog no more than three times a week or for 2.5 hours in total, showing that moderate jogging is possibly more beneficial than being **inactive** or undertaking **strenuous** jogging.

If you're more of a **couch potato** than a **sprinter**, this might sound like good news. But for **amateur** athletes who can't help but push their bodies **to the limit**, the advice from Martin Turner, a sports and exercise psychologist, is, "it's all about **letting go**, not being obsessed, learning not to control everything, saying, 'You don't need to be perfect.'"

词汇表

keep fit	健身，保持健康
exercise	运动，锻炼
obsession	痴迷，念念不忘的事情
perfection	完美
fitness tracker	健身追踪器
addiction	上瘾，沉溺
achievement	成绩，成就
perfectionism	完美主义
competitive	有竞争性质的
orthorexia nervosa	健康食品强迫症
malnutrition	营养不良
take its toll	造成伤害
stress fracture	疲劳性骨折，应力性骨折
tendinitis	肌腱病变，肌腱炎
low immune system	免疫力低下
jog	慢跑
inactive	不活动的
strenuous	费力的，剧烈的
couch potato	喜欢窝在沙发上看电视的人
sprinter	短跑运动员
amateur	业余的
to the limit	最大限度地，到极限
letting go	放下，不再想

测验与练习

1. 阅读课文并回答问题。

1. What is thought to add to people's fitness addiction?
2. When might healthy eating and over-exercise lead to malnutrition and mental health complications?
3. True or false? *According to research, being inactive is better for you than moderate jogging.*
4. Which verb used in the article relates to athletes doing something to their body's limit?
5. Who might prefer to hear the news that it's best to jog no more than three times a week or for 2.5 hours in total?

2. 选择意思恰当的单词或词组来完成下列句子。

1. My boyfriend strives for physical _____ and spends hours at the gym.

perfect	perfection	perfecting	perfections
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2. After being _____ for a few days, my legs have seized up, and now it's hard to walk.

strenuous	keep fit	addiction	inactive
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3. I'm test-driving a new sports car, and I'm going to push it _____.

to a limit	to the limit	in the limit	at the limit
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4. Too much eating and drinking at Christmas has _____ – I've put on so much weight!

taking its toll	take it tolls	taken my toll	taken its toll
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5. Learning how to speak a new language fluently in just a few months is a great _____.

malnutrition	achievement	perfection	amateur
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答案

1. 阅读课文并回答问题。

1. What is thought to add to people's fitness addiction?

Fitness trackers and apps can add to the addiction of exercising.

2. When might healthy eating and over-exercise lead to malnutrition and mental health complications?

If untreated, it can lead to malnutrition and mental health complications.

3. True or false? *According to research, being inactive is better for you than moderate jogging.*

False. Research suggested that moderate jogging is possibly more beneficial than being inactive or undertaking strenuous jogging.

4. Which verb used in the article relates to athletes doing something to their body's limit?

The word is 'push'. "Amateur athletes who can't help but push their bodies to the limit..."

5. Who might prefer to hear the news that it's best to jog no more than three times a week or for 2.5 hours in total?

If you're more of a couch potato than a sprinter, this might sound like good news.

2. 选择意思恰当的单词或词组来完成下列句子。

1. My boyfriend strives for physical **perfection** and spends hours at the gym.

2. After being **inactive** for a few days, my legs have seized up, and now it's hard to walk.

3. I'm test-driving a new sports car, and I'm going to push it **to the limit**.

4. Too much eating and drinking at Christmas has **taken its toll** – I've put on so much weight!

5. Learning how to speak a new language fluently in just a few months is a great **achievement**.