

Lesson 4 - Keeping fit (diet, exercise, health)

【例句可直接背诵】

1. obesity (n.) 肥胖症

The consumption of processed foods is a major contributor to the rising rates of obesity. (加工食品的消费是肥胖率上升的一个主要原因。)

Governments should **implement policies**, such as a sugar tax, to **combat childhood obesity**. (政府应实施诸如糖税之类的政策来对抗儿童肥胖症。)

2. a balanced diet (n.) 均衡饮食

Maintaining a balanced diet is fundamental to both physical and mental well-being. (保持均衡的饮食对身心健康都至关重要。)

Public health campaigns should educate people on how to achieve a balanced diet without great expense. (公共卫生运动应教育人们如何在不花费巨大的情况下实现均衡饮食。)

3. processed foods (n.) 加工食品

Many people are unaware of the **high levels of salt and preservatives** in processed foods. (许多人没有意识到加工食品中高含量的盐和防腐剂。)

To improve public health, we need to **reduce our reliance on convenient but unhealthy processed foods**. (为了改善公共卫生，我们需要减少对方便但不健康的加工食品的依赖。)

4. sugary drinks (n.) 含糖饮料

Replacing sugary drinks with water is a simple yet effective step towards better health. (用水替代含糖饮料是迈向更健康的一个简单而有效的步骤。)

I support the idea of **imposing a higher tax on** sugary drinks to discourage their consumption. (我支持对含糖饮料征收更高的税以抑制其消费。)

5. essential nutrients (n.) 必需营养素

A varied diet ensures that we get all the essential nutrients our body needs to function properly. (多样化的饮食能确保我们获得身体正常运作所需的所有必需营养素。)

Lack of essential nutrients in one's diet can **lead to fatigue and a weakened immune system**. (饮食中缺乏必需营养素会导致疲劳和免疫系统削弱。)

6. a sedentary lifestyle (n.) 久坐的生活方式

Office workers who **lead a sedentary lifestyle** are advised to **incorporate movement into their daily routine**. (建议过着久坐生活方式的办公室职员将运动融入他们的日常生活中。)

The prevalence of sedentary lifestyles, exacerbated by modern technology, is a serious public health issue. (受现代科技加剧的久坐生活方式的普及是一个严重的公共卫生问题。)

7. physical activity (n.) 体育活动

Regular physical activity is crucial for maintaining a healthy weight and reducing stress. (规律的体育活动对于保持健康体重和减轻压力至关重要。)

Urban planners should **create more green spaces** to encourage outdoor physical activity among residents. (城市规划者应创造更多的绿地以鼓励居民进行户外体育活动。)

8. chronic diseases (n.) 慢性病

Obesity is a known risk factor for many chronic diseases, such as type 2 diabetes and heart disease. (肥胖是许多慢性病 (如 2 型糖尿病和心脏病) 的已知风险因素。)

Preventive healthcare plays a key role in reducing the incidence of chronic diseases and associated healthcare costs. (预防性医疗在降低慢性病发病率及相关医疗成本方面起着关键作用。)

9. preventive measures (n.) 预防措施

Regular **health check-ups** are important preventive measures for early detection of health issues. (定期健康检查是早期发现健康问题的重要预防措施。)

Rather than just treating illnesses, more focus should be placed on preventive

measures like vaccination and health education. (与其只是治疗疾病, 更应侧重于像疫苗接种和健康教育这样的预防措施。)

10. mental well-being (n.) 心理健康

Physical exercise is not only good for the body but also significantly enhances mental well-being. (体育锻炼不仅对身体有益, 也能显著提升心理健康。)

Companies should prioritize the mental well-being of their employees by providing a supportive work environment. (公司应通过提供支持性的工作环境来优先考虑员工的心理健康。)

11. hydration (n.) 水分补充

Proper hydration is essential, especially during and after intense physical exercise. (适当补充水分是必要的, 尤其是在高强度体育锻炼期间和之后。)

Many people confuse the feeling of thirst with hunger, which highlights the importance of maintaining adequate hydration. (许多人将口渴感与饥饿感混淆, 这凸显了保持充足水分的重要性。)

12. moderate portions (n.) 适量的份食

Eating moderate portions helps to control calorie intake and prevent overeating. (吃适量的份食有助于控制卡路里摄入并防止暴饮暴食。)

A useful tip for weight management is to serve food on smaller plates to create the illusion of moderate portions. (体重管理的一个有用建议是用小盘子盛装食物, 以营造适量份食的错觉。)

13. overweight (adj.) 超重的

Being overweight can put extra strain on one's joints and increase the risk of various health conditions. (超重会给关节带来额外压力, 并增加患各种健康问题的风险。)

The number of overweight children is increasing at an alarming rate in many urban areas. (在许多城市地区, 超重儿童的数量正以惊人的速度增长。)

14. nutritious (adj.) 有营养的

It is more cost-effective in the long run to buy fresh and nutritious ingredients than to eat out. (从长远来看, 购买新鲜有营养的食材比外出就餐更划算。)

Schools have a responsibility to provide nutritious meals to students to support their growth and concentration. (学校有责任为学生提供有营养的膳食, 以支持他们的成长和注意力集中。)

15. lethargic (adj.) 无精打采的, 嗜睡的 /ləˈθɜːr.dʒɪk/

After consuming **a heavy, greasy meal**, I often feel lethargic and unable to focus. (吃完一顿油腻的大餐后, 我常常感到无精打采, 无法集中注意力。)

A sedentary lifestyle can make people feel lethargic and unmotivated to engage in any physical activity. (久坐的生活方式会让人感到无精打采, 没有动力进行任何体育活动。)

16. moderate-intensity (adj.) 中等强度的

Brisk walking is a form of moderate-intensity exercise that is suitable for people of all ages. (快走是一种适合所有年龄段的中等强度运动。)

Health experts recommend at least 150 minutes of moderate-intensity aerobic activity per week. (健康专家建议每周至少进行 150 分钟的中等强度有氧运动。)

17. vigorous-intensity (adj.) 高强度的

Vigorous-intensity exercises, like running and swimming, are excellent for improving cardiovascular fitness. (高强度运动, 如跑步和游泳, 对改善心血管健康非常有益。)

For those who are already fit, incorporating vigorous-intensity interval training can yield greater benefits. (对于已经身体健康的人, 加入高强度间歇训练可以产生更大的效益。)

18. physically fit (adj.) 身体健康的

Even as we age, it is important to stay physically fit to maintain our independence and quality of life. (即使随着年龄增长, 保持身体健康以维持独立性和生活质量也很重要。)

Many young people nowadays are less physically fit than the previous generation

due to lifestyle changes. (由于生活方式的改变, 现在的许多年轻人比上一代身体状况要差。)

19. ****boost one's immune system (v.) 增强免疫系统****

Consuming foods rich in Vitamin C, such as oranges and bell peppers, can help boost your immune system. (食用富含维生素 C 的食物, 如橙子和甜椒, 有助于增强你的免疫系统。)

Adequate sleep and manageable stress levels are crucial for boosting one's immune system. (充足的睡眠和可控的压力水平对于增强免疫系统至关重要。)

20. **incorporate movement (v.) 融入运动**

People with desk jobs should make a conscious effort to incorporate movement into their day, such as taking the stairs. (伏案工作的人应该有意识地努力将运动融入一天当中, 比如走楼梯。)

A simple way to incorporate movement is to set a reminder to stand up and stretch every hour. (融入运动的一个简单方法是设置一个每小时站起来伸展的提醒。)

21. **aerobic exercise (n.) 有氧运动**

Regular aerobic exercise, such as cycling or swimming, strengthens the heart and lungs. (规律的有氧运动, 如骑自行车或游泳, 可以增强心肺功能。)

For effective weight loss, combining aerobic exercise with strength training is often recommended. (为了有效减肥, 通常建议将有氧运动与力量训练结合起来。)

22. **cardiovascular health (n.) 心血管健康**

Poor diet and lack of exercise can have a detrimental effect on one's cardiovascular health. (不良饮食和缺乏运动会对人的心血管健康产生不利影响。)

Activities that get your heart rate up are beneficial for maintaining good cardiovascular health. (能让心率加快的活动有利于维持良好的心血管健康。)