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Amsterdam tackles child obesity
阿姆斯特丹解决儿童肥胖危机新倡议

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本集内容

Amsterdam tackles child obesity 阿姆斯特丹解决儿童肥胖危机新倡议

学习要点

和"health and fitness 健康与健身"有关的词汇

边看边答

How does Amsterdam intend to force obesity rates down?

文字稿

Meet Tyrell. A typical nine-year-old, but struggling with weight - caught up in the global childhood obesity crisis. With one in five of its children **overweight**, Amsterdam is determined to help kids like Tyrell.

这是泰瑞尔，一个典型的九岁孩子，但他的体重超标，被"卷入"了一场全球儿童肥胖的危机中。每五名儿童中就有一名**超重**，阿姆斯特丹决定要帮助像泰瑞尔这样的孩子们。

Janice Van Der Wees, Tyrell's mother
He won't feel fit - and your condition has to be OK. So I've tried to make him aware already, like 'just think about your health.'

詹妮丝·范德维 泰瑞尔的母亲
"这样下去他会感到自己不健康，而我们应保持良好的体格。所以我已经试着提醒他，比如：'想一下你的健康吧。'"

The Amsterdam initiative means every child is **put through their paces**. Weighed, but also tested for strength, endurance and balance to see who needs help.

阿姆斯特丹的这个倡议要求每个孩子都需要**接受体能测试与训练**。称体重、测力量、耐力及平衡，从而判定谁需要帮助。

For Tyrell, that means regular home visits from **dieticians** advising on healthy eating, and then there's the gym. Free sessions twice a week with other children on the programme. They're having fun, **getting fit** and crucially, losing pounds.

对于泰瑞尔来说，这意味着会有**营养师**定期去家中拜访，提供健康饮食相关的建议，他还需要去健身房锻炼。每周和其它孩子一起参加两节免费训练课。课上他们可以开心得玩、还能锻炼体魄，关键是可以减重。

The children of Amsterdam are on the move, on the ice, **burning calories**. It's free entry here and in other city sports facilities. Exercise, helping to force obesity rates down.

阿姆斯特丹的孩子们已经动了起来，通过滑冰**燃烧卡路里**。这个溜冰场和城市里的其它运动设施都免费开放。运动锻炼，能够帮助降低肥胖率。

In Amsterdam it's all about the children – lessons here perhaps for other cities hoping to build a better, **leaner** future.

在阿姆斯特丹，一切为了儿童。这也为其它希望建设一个更好、**更瘦且更健康**未来的城市提供经验。

词汇

put through their paces 接受体能测试和训练

dieticians 营养师

getting fit 变得更健康

leaner 更瘦、更健康的

burning calories 燃烧热量、卡路里

视频链接：**https://bbc.in/2rMS7BR**

你知道吗？

According to Guinness World Records, the heaviest person ever recorded weighed 560kg or 1,235lb in 2006. The Mexican man, named Manuel Uribe, died aged 48 in 2014, weighing 394kg after losing weight.

据吉尼斯世界纪录记载，2006 年世界最重的人体重为 560 公斤（即 1235 磅）。这个墨西哥男子曼纽尔·乌里布于 2014 年去世，当时 48 岁的他通过减肥将体重减少到了 394 公斤。

问题答案

Amsterdam intends to force obesity rates down by providing free entry to city sports facilities.