

本集内容

UK model goes to gym for the first time as an amputee 英国模特截肢后首次独自去健身房锻炼

文字稿

Sian Green

"I might be confident in a lot of other areas in my life, but in this I'm not."

莎恩·格林

“我可能在生活中的其它方面都很自信，但在这方面却不行。”

Sian Green has set herself the target to go to the gym independently for the first time since having her leg amputated.

莎恩·格林给自己设定了独自去健身房锻炼的目标，在她的左腿被截肢后，她一直未能独自前往健身房。

"I was in New York in 2013 with my friend. You know, we were just walking, enjoying the sights. A cyclist came on to the pavement and a taxi driver followed him. He hit the cyclist and then he hit me severing off my left leg below the knee. The fact that I get to wave that flag for body positivity is everything to me."

“2013年，我和朋友在纽约。我们当时只是在散步、看风景。一个骑自行车的人骑到了人行道上，一辆出租车跟在他后面。出租车司机先是撞上了骑自行车的人，然后又撞到了我，把我的左腿从膝盖以下全部压断了。我能够倡导人们积极地看待自己的身体，这对我来说意义重大。”

Sian is a model, motivational speaker and content creator.

莎恩是一名模特、励志演说家和内容创作者。

"When I'm modelling, I feel amazing. I feel really glamorous. I feel just really powerful. And knowing that I'm just owning everything about my body whilst doing it is amazing."

“当我从事模特工作的时候，我感觉棒极了。我觉得自己很迷人。我觉得自己很强大。在做模特时，我知道我可以接受自己身体的一切，这真的很棒。”

To help her confidence, Sian practised exercises in a public space with a personal trainer.

为了增强自信，莎恩在一位私人教练的陪同下在公共场所锻炼身体。

"I thought Tyler was an absolute breath of fresh air. Especially having a limb difference and being a PT [personal trainer], you know, it really gave me that inspiration I needed."

“泰勒宛如一股清风，给我注入了活力。特别是我们的肢体情况不同，而且他是一名私人教练。和他一起训练激励了我勇敢向前。”

She was also shown how to use the equipment in a gym before going alone.

在独自去健身房之前，莎恩还学习了如何使用健身房里的器材。

"I feel like I'm walking into a bit of a lion's den. I think it's very common to feel that way about going into the gym, even if you don't have a disability."

“我感觉自己走入了一个虎穴。好像大家去健身房都会有这种感觉，即使你没有残疾也是如此。”

This is the moment Sian entered a gym on her own for the first time since losing her leg in an accident.

这是莎恩在事故中失去左腿后第一次独自进入健身房的一刻。

"Hey, how are you? I feel OK. That's really hard. I have finally done it. I have been to the gym without anyone around me, without my husband, without my friend, any assistance, anything and I feel great. I feel really great."

“你好吗？我还好。这个器材真的很难。我终于做到了。我独自一人去了健身房锻炼，身边没有任何人陪伴，没有我丈夫，没有我朋友，没有任何帮助，我感觉很棒。我感觉好极了。”

视频链接

<https://www.bbc.co.uk/learningenglish/chinese/features/lingohack/ep-230727>