

Jogging to an early grave? 慢跑会导致英年早逝?

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Vocabulary: health: 词汇: 健康

If you think that running **marathons** will help you live a long and healthy life, new research may come as a shock. According to a recent scientific study, people who do very **strenuous** activities are as **likely** to die as people who do no exercise at all.



Running faster doesn't mean healthier

Scientists in Denmark have been studying over 1,000 joggers and non-joggers for 12 years. The death rates from the **sample group** indicate that people who jog at a **moderate pace** two or three times a week for less than two and a half hours in total are least likely to die. The best speed to jog at was found to be about 5 miles per hour (8km/h).

The research suggests that people who jog more than three times a week or at higher speeds of over 7mph (11km/h) die at the same **rate** as non-joggers. The scientists think that this is because strenuous exercise causes **structural** changes to the heart and **arteries**. Over time, this can cause serious injuries.

Peter Schnohr, a researcher in Copenhagen, said, "If your goal is to decrease risk of death and improve **life expectancy**, jogging a few times a week at a moderate pace is a good **strategy**. Anything more is not just unnecessary, it may be harmful."

The **implications** of this are that moderate forms of exercise such as tai chi, yoga and **brisk** walking may be better for us than 'iron man' events, **triathlons** and long-distance running and cycling. According to Jacob Louis Marott, another researcher involved in the study, "You don't actually have to do that much to have a good **impact** on your health. And perhaps you shouldn't actually do too much".

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. Which long distance running event may actually be bad for us?
2. How many people took part in the research?
3. How often did the group that was least likely to die go jogging?
4. What can cause changes to the heart?
5. Which three forms of exercise may be better than strenuous activities?

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. I went for a _____ climb up the mountain yesterday, so today my legs are really stiff.

marathon	strenuous	triathlon	moderate
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2. Your _____ carry blood away from your heart.

implications	structures	arteries	sample groups
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3. Our house suffered some _____ damage during the earthquake.

structural	brisk	impact	likely
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4. Closing the school will have _____ for everyone in the community.

pace	impact	strategies	implications
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5. At 87 years, women in Japan have the world's longest _____.

sample group	life expectancy	strategy	rate
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Answers and Glossary 答案与词汇

Quiz 小测验

1. Which long distance running event may actually be bad for us? **The marathon.**
2. How many people took part in the research? **1,000.**
3. How often did the group that was least likely to die go jogging? **Two or three times a week.**
4. What can cause changes to the heart? **Strenuous exercise.**
5. Which three forms of exercise may be better than strenuous activities? **Tai chi, yoga and brisk walking.**

Exercise 练习

1. I went for a **strenuous** climb up the mountain yesterday, so today my legs are really stiff.
2. Your **arteries** carry blood away from your heart.
3. Our house suffered some **structural** damage during the earthquake.
4. Closing the school will have **implications** for everyone in the community.
5. At 87 years, women in Japan have the world's longest **life expectancy**.

Glossary 词汇表

marathon	马拉松
strenuous	剧烈的
likely	很可能的
sample group	抽样组
moderate	中等的, 适度的
pace	步速, 节奏
rate	比率
structural	结构性的
artery	动脉
life expectancy	预期寿命
strategy	策略
implication	暗示
brisk	轻快的
triathlon	三项全能运动
impact	效果, 影响