

Vocabulary: Exercise 锻炼

You might think that to lose weight you need to do **strenuous** exercise – pedalling furiously on an exercise bike, for example, or doing **lengths** in your local pool. Well, you may be pleasantly surprised to learn that lying in a steaming bath can bring the same benefits as exercise, without the need to sweat **profusely** in the gym!



Fancy a hot bath in the open air?

These were the findings of an experiment comparing the relative benefits of exercise and hot baths that was carried out by Dr Steve Faulkner of Loughborough University. The volunteers first lay in a hot bath and then ate a light meal, while their blood sugar level was **monitored** and the number of calories they burnt was measured. The experiment was then repeated, but instead of having a bath, the participants did an hour's **vigorous** exercise on a bike. The results from both activities were compared with unexpected results.

“What we found”, said Dr Faulkner, “was an 80% increase in energy **expenditure**, just as a result of sitting in the bath for the course of an hour”. You burn 140 calories – not as many perhaps as if you had **worked out** on an exercise bike, but the same number as if you had been on a **brisk** walk. The real surprise, however, came in the blood sugar level results. The peak **glucose** output, the amount of blood sugar in the blood after a meal, was on average 10% lower after the bath compared to that after exercise.

Dr Faulkner's explanation for this **phenomenon** is that when you are in a hot bath, proteins, known as ‘heat shock proteins’ are released, which help **divert** the sugar from the bloodstream to the muscles. It's important to keep blood sugar levels down to avoid damage to the **arteries** and nerves.

Don't think, though, that you can hang up your trainers just yet! You should aim to do at least 150 minutes of moderate-**intensity** exercise a week. But, if you are one of those people who need to control their blood sugar levels – if you have type-2 **diabetes** for example or find it hard to exercise – why wait? Grab a towel and start running the hot tap!

词汇表

strenuous	费劲的
lengths	泳程，来回（游泳池的长度）
profusely	大量地
to monitor	监控，监测
vigorous	剧烈的
expenditure	耗费，消耗
to work out	锻炼身体
brisk	轻快的（步伐）
glucose	葡萄糖
phenomenon	现象
divert	转化
arteries	动脉
intensity	强度
diabetes	糖尿病

测验与练习

1. 阅读课文并回答问题。

1. True or false? *Having a hot bath is not good for your health.*
2. What was the difference between the first and second time the experiment was carried out?
3. How much energy did participants use up when they sat in a hot bath?
4. Why are high levels of sugar in the blood bad for you?
5. What idiom expresses the idea of not doing any more exercise?

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

1. Where the river rushes _____ through the narrow gorge, it is impossible to navigate.

slowly	furiously	peacefully	profusely
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2. The high _____ of fat and salt in takeaways is a serious cause of concern for health campaigners.

extent	increase	level	output
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3. The last-minute withdrawal of last year's winner from the race was totally _____.

unexpected	surprised	unexpected	expected
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4. The traffic is being _____ onto minor roads due to an accident on the stretch of motorway between junctions 5 and 6.

detoured	avoided	distracted	diverted
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5. Shall we _____ a bite to eat at the theatre cafe as we won't have time to make anything at home?

buy	grab	grasp	take
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1. 阅读课文并回答问题。

1. True or false? *Having a hot bath is not good for your health.*

False. Having a hot bath can bring some of the same benefits as doing exercise.

2. What was the difference between the first and second time the experiment was carried out?

The first time the experiment was carried out, the participants lay in a hot bath and then had a light meal. The second time they did the experiment, they did an hour's exercise on a bike and then had the meal.

3. How much energy did participants use up when they sat in a hot bath?

140 calories.

4. Why are high levels of sugar in the blood bad for you?

Because this can damage your nerves and arteries.

5. What idiom expresses the idea of not doing any more exercise?

Hang up your trainers.

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

1. Where the river rushes **furiously** through the narrow gorge, it's impossible to navigate.

2. The high **level** of fat and salt in takeaways is a serious cause of concern for health campaigners.

3. The last-minute withdrawal of last year's winner from the race was totally **unexpected**.

4. Traffic is being **diverted** onto minor roads due to an accident on the stretch of motorway between junctions 5 and 6.

5. Shall we **grab** a bite to eat at the theatre cafe as we won't have time to make anything at home?