

BBC Learning English – Ask About Britain

About this script

Please note that this is not a word for word transcript of the programme as broadcast. In the recording and editing process, changes may have been made which may not be reflected here.

关于台词的备注:

请注意这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。

Healthy Lifestyle 健康生活方式

Yang Li: 大家好, 欢迎收听英国问答, 这是 BBC 英语教学部专门为中国听友和网友设立的一档节目, 解答文化和习俗方面的提问。今天我的搭档是 William Kremer.
Hi William, aren't you in for a treat today?

William: Hello Li, am I in for a treat with your AAB question?

Yang Li: Of course always. Listen to the question and you will love it.

Insert

I am interested in good health. Could you introduce some ways of staying fit and healthy? What's healthy lifestyle for British people? Thanks.

Yang Li: 山东的 Julia, 想了解英国人的健康生活方式是什么, 他们都有哪些保健的方法和建议。Healthy lifestyle 健康的生活方式。

William: Tips on staying fit and healthy? I'm sure we can help Julia find out some answers if not all the answers, because different people have different lifestyles.

Yang Li: 我采访了 7 位英国人, 他们就各自对健康生活方式的话题各抒己见。首先他们都强调了健康饮食的重要性。

Insert

(The) most important thing for healthy lifestyle I believe is planning. Why planning? I look at people who are overweight, and the thing that strikes me most is they wait till the last minute before they eat, they don't pre-plan things, they don't look at what is the calorific, nutritional and dietary requirement that they have and they just eat for the wrong reason. They eat because they're depressed, they eat... they're lonely, they have all the other issues and that forces them to food.

William: That's Fias. His tips are: plan and don't wait till the last minute before you eat.

Yang Li: 要有计划，不要等到最后一分钟才决定吃什么。

William: People who are overweight should look at their calorific, nutritional and dietary requirement beforehand.

Yang Li: 超重的人应该看看他们对热量，营养和规定食物的需要量是什么。

William: Don't eat for the wrong reason. This can happen when people are feeling depressed or lonely.

Yang Li: 不要借助吃来排解压抑和孤独，那是错误的。

William: Next let's listen to Nicolas's tips on ways of staying healthy.

Insert

The first thing you know is that you have to think about the sort of food you're going to eat: about proteins, carbohydrates and fats. And exercise is quite important as well because going to the gym regularly and being active for at least 30 minutes a day increases your metabolic activities. It keeps your blood flowing and especially when you're getting older exercise helps you build up your muscles, exercise enables you to develop better bone mass as well.

Yang Li: Nicolas 也建议大家要注意摄取的食物成分，其中包括蛋白质，碳水化合物和脂肪。 In English they are.

William: Proteins, carbohydrates and fats. The second tip is going to the gym regularly. This increases your metabolic activities, helps build up your muscles and enables you to develop better bone mass as well.

Yang Li: 每天去健身房锻炼 30 分钟就会增加新陈代谢，塑身强肌，加强骨质。

Sting:

William: The right food and the right amount of exercise. What else is important?

Insert

My suggestion is that people first, they should check on what they are eating, reduce the quantity of what they are eating, eat the right food. Then they should next go to reducing their calories, making sure they have (a) busy lifestyle, being active, joining a gym or make sure they do some exercise every day, also socialise with people because I'm always very interested in people's inner health than the outer health.

Well I do yoga but not just really to stay slim, to actually lift your spirit and to open your heart and reach out to people, it's like... ideally it's a spiritual practice as well. One of the effects is it can, it can slim your body a little.

William: So here both ladies stressed the importance of well-being as opposed to just physical fitness.

Yang Li: 强调相对于体魄健美的精神健康。 **Inner health** 内在的，心理的健康。

William: One of them talked about yoga as a way to lift her spirit, to open her heart and to reach out to people.

Yang Li: 瑜伽 **yoga**. 提升精神，开阔心胸。这对一个人的心理健康来说太重要了。 I couldn't agree more on this point.

William: That's right. And another similar concept is work-life balance, as we're about to hear from Clive.

Insert

Well people talk about the work-life balance. I would change that round and talk about the life-work balance. So it's not a question of putting work first, it's a question of putting life first and it's a question of understanding what your priorities are.

William: So here we have a good example of how if you change the word order you can change the meaning slightly.

Yang Li: 是的，通过变化词序来改变意思。

William: Clive changed the phrase work-life balance to life-work balance. He was emphasizing the importance of putting life before work.

Yang Li: **Work-life balance** 强调的是工作先于生活的平衡，而 **life-work balance** 强调的则是生活先于工作。 **Emphasizing** 强调。

William: So it's a question of understanding what your priorities are.

Yang Li: 要明白自己的首要事情是什么 **priorities**. 我觉得这些建议都很好，关键是自己能不能坚持。

William: Well I've certainly learnt a thing or two today and I hope that we've given you some ideas on what people think a healthy lifestyle should be.

Yang Li: Well we've got a few more voices on the topic of having a healthy life style. 下面是我采访到的更多的建议。这里有几个单词提示: a few words and expressions you will hear shortly.

William: Boost your levels of daily activities.

Yang Li: 提高每天的活动量。

William: Laughter and martial arts.

Yang Li: 笑声和武术。



William: Doctor, carer and dietician.

Yang Li: 医生, 护理和营养师。

William: Well good luck everyone and enjoy the clips.

Insert

I would say boosting your levels of daily activities keeps you going and that actually keeps you looking young and slim because you spend more time outside. And also my secret of looking slim and young is because of laughter, I never go to the gym because I find (the) gym boring but I do do a little bit of martial arts because it relaxes you.

I exercise every day: weights, running, sometimes classes, spin classes, a little bit swimming.

Good health begins with yourself. You are your best doctor, you are your best carer, you are your best dietician and if you want to live longer it will depend entirely on you.

Glossary

lifestyle 生活方式	to lift one's spirit 提升精神
calorific, nutritional and dietary 热量的, 营养的和饮食的	life-work balance 生活与工作的平衡
proteins, carbohydrates and fats 蛋白质, 碳水化合物和脂肪	priority 首要/最重要的事情
metabolic activities 新陈代谢	slim 苗条的