

英国：长期减肥成新趋势 PDF转换可能丢失图片或格式，建议阅读原文

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，英国超过三分之一的减肥人士开始将减肥视为一种长期、持续的生活方式的改变，而不是试图快速减掉体重。然而，PruHealth保险公司对英国3292名成年人开展的一项调查发现，从今年1月1日至3月18日，普通减肥者仅有78.6天在坚持减肥。据调查显示，超过三分之二（69%）的英国女性曾立下新年决心，打算开始改善自己的饮食结构或准备开始健身。PruHealth保险公司的营销总监凯蒂·罗斯韦尔说：“如今越来越多的人开始崇尚一种长期的健康生活方式，而不再选择流行饮食计划等不健康的快速减肥法，这是件好事。”“然而，很显然，保持劲头、激励自己坚持长期生活方式的改善也十分重要。” Vocabulary: run out of steam:失去劲头；没有精力 quick fix:速效对策；快速解决问题的办法 A-lister:指“一线演员” Atkins:阿金饮食法；一种少吃淀粉多吃肉的减肥法 100Test 下载频道开通，各类考试题目直接下载。详细请访问 [www.100test.com](http://www.100test.com)