

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

https://www.100test.com/kao_ti2020/496/2021_2022__E8_8B_B1_E5_9B_BD_EF_BC_9A_E9_c85_496946.htm Is your New Year dieting resolution running out of steam? Many New Year dieting resolutions is now running out of steam in Britain, a survey shows, despite a trend towards longer-term dieting as opposed to celebrity-inspired quick fixes. Weight-loss plans advocated by A-listers -- such as the maple syrup, Atkins or cabbage soup diet -- are becoming less widely followed, with over a third of British dieters now seeing efforts to shed the pounds as an ongoing, permanent lifestyle change rather than an attempt to quickly shed extra pounds. However, the poll of 3,292 British adults by insurer PruHealth also found that the average dieter sticks to a regime for only 78.6 days -- often from January 1 to March 18. Over two thirds of British women (69 percent) planned to embark on a new diet or fitness regime at the start of the year, according to the survey. Katie Roswell, marketing director at PruHealth, said: "Its encouraging to see a common move towards long-term healthy lifestyles, rather than people opting for more short-term fixes, such as unhealthy, fad diet plans." However, its also clear how important it is to maintain momentum and motivation to stick to a permanent lifestyle change." 跟明星倡导的快速减肥法不同，长期减肥已渐渐成为一种新潮流。尽管如此，一项调查显示，很多英国人的新年减肥决心已开始慢慢动摇。目前，采用明星倡导的快速减肥法（比如：枫浆减肥、阿金饮食法、或白菜汤瘦身）的人越来越少

，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