



第五十一期

Eating Healthy V.S. Exercise

健康飲食 V.S. 運動

Q: What's a better choice, doing no exercise and eating healthy, or doing lots of exercise and eating unhealthily?

-Amos Brown

問題：哪一選擇較佳，不做運動加上健康飲食，或是多做運動加上飲食不健康？

A: I have been a **nutritionist** for 21 years and I've heard this question many times before.

答：我當營養學家21年，曾聽過這問題很多次。

The truth of the matter is that this question gives the **illusion** of choice; neither option is a **viable** method for a healthy lifestyle. The only way to be healthy is to eat healthful foods AND do exercise regularly. 事實是--這個問題的選項只是假象，這兩種都不是健康生活的可行辦法。保持健康的唯一法則就是食用健康的食品，當然還有---規律運動。

Having said that, if I had to choose one or the other, I would say that healthy eating is more important. The food that one consumes provides the **vital** nutrition, vitamins, **protein**, energy, and so forth that one needs to survive. There really is truth to the saying, "You are what you eat."

儘管所言如此，假如我一定得從中擇一，我會覺得健康飲食比較重要。一個人吃下去的食物提供維持生命所需的養分，維生素、蛋白質、精力等等。有句諺語說的真對：「吃什麼就是什麼」。

Even if you never do any sports or work out, most people still walk and move around throughout the day, so your body is still getting an amount of exercise, whether you realize it or not. It is highly unlikely that a



normally functioning person could just sit on the couch and not move all day, every day.

即便你從來不運動、也不打球，大多數的人依然會走路、也會活動，不論你是否有意注意到，你的身體依然有在運動。一名健康功能正常的人不可能有辦法一整天都坐在沙發上。

Consider this example: it takes about 5 km of jogging to burn off the fat from one chocolate bar. So if you ate unhealthful food all the time, imagine how much exercise you'd have to do to make up for it! Wouldn't it be easier to just eat healthier food in the first place?

思考一下這個例子：要跑五公里才能消耗一條巧克力的熱量。因此，如果你一直都吃不健康的食物，想想你得要做多少運動才能補足！一開始就吃健康食物不是比較容易嗎？

Again, this is not to suggest that you should neglect exercise. Eating healthy and doing some exercise is always the best choice.

-Amanda Symington

重申一次，這意思不代表你應該忽略運動。健康飲食以及運動永遠是最佳的選擇。

Vocabulary 好字精選

1. nutritionist (n) a nutrition expert 營養學家

Nutritionists advise that we start every day with a healthful breakfast.

營養學家建議我們的一天要從健康的早餐開始。

2. illusion (n) a deceptive appearance, something seems like what it is not 錯覺，假象

World peace is just an illusion; it would be impossible to achieve.

世界和平僅僅只是假象罷了，要達成是不可能的。

3. viable (adj) able to work (胎兒)能養活的，可發育的，可實行的

Did your team come up with any viable solutions to the problem?

你的團隊想出任何可行的解決辦法了嗎？

4. vital (adj) very important or necessary for life 極重要的，維持生命所需的，充滿活力的

Several of the man's vital organ's were damaged in the accident.

那名男子數個重要器官都在這場意外中受損。

5. protein (n) a compound made of amino acids that is important in the diet 蛋白質

Beans, nuts, and peas are healthful non-animal sources of protein.

豆類、核果類以及碗豆類都是健康的非動物性蛋白質。

Phrases and Sentence Patterns句型解析

1. The truth of the matter is that + S + V (sentence pattern) The true thing about this matter is that 事實上 Kelly told her friends that she was sick but the truth of the matter was that she just didn't feel like going out. Kelly 告訴朋友她生病了，但事實上，她只是不想出去。

2. having said that (phr) despite what was just said 儘管如此

Mr. Thompson is really excited for the conference. Having said that, he still hasn't prepared his speech.
Thompson 先生對這場會議感到十分興奮。儘管如此，他依然還沒為演講做準備。

3. and so forth (phr) and so on 等等...

Jane is trying to lose weight by eating less candy, cheese, bread, cake, and so forth.
Jane 少吃糖果、起司、麵包、蛋糕等等食物試著要減肥。

4. work out (phrasal verb) to do exercise, especially lifting weights or using exercise machines 健身

J.P. has been working out every day because he wants to build his muscles.
JP 每天都去健身，因為他想要長肌肉。

5. make up for (phr) to balance a bad thing with a good thing 彌補，補償

Jenna has to have class today to make up for missing it last week.
Jenna 今天得要上課來彌補上周漏掉的那堂課。

6. in the first place (phr) at first, before something else 一開始，首先，起初

You shouldn't have even mentioned the story to her in the first place.
你一開始就不應該跟她提起那個故事。

7. this is not to suggest/say that + S + V (sentence pattern) what was just said does not mean that....意思不代表...

This is not to suggest that Kim is ugly, but I really don't like that sweater on her.
意思不代表 Kim 很醜，但我真的不喜歡她穿那件毛衣。

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