



Intensive Reading for Postgraduates

研究生英语 精读教程 (上)

主 编 王 蕙 杨 静 孙建中
副主编 张 华 李敦之 尚亚宁



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前言

Foreword



本教程是为了适应研究生英语教学改革和发展而编写的。教程是按照国家教育部最新制定的教学目标编写而成，全面培养学生的英语读、写、译等语言应用技能，提高学生综合应用语言的能力。

《研究生英语精读教程》(上、下)共两册，每册有8个单元和2套模拟试题。每个单元有A、B两篇文章以及写作或翻译技巧介绍，其中A篇用于教师课堂教学，B篇用于学生课后自主学习。《非英语专业研究生英语(第一外语)教学大纲》要求非英语专业研究生应该掌握和运用阅读技能、写作技能、翻译技能。依据此要求，该教程在上册每单元中设计了写作技巧、下册每单元中设计了翻译技巧。希望通过写作技巧和翻译技巧以及各种练习提高学生的读、写、译综合语言能力。

本教程的课文素材选自近年国外出版的杂志、报刊和书籍，内容丰富多彩，涉及家庭教育、互联网、低碳经济、反恐技术、中西文化、生命健康、自然灾害、科学技术，以及名家作品欣赏等。语言素材新，有较强的时代气息，具有可读性和思辨性，能够引起研究生的关注与反思，便于讨论启发式教学。这些文章语言规范，难度适当，适合研究生语言实际能力的训练。

本教程练习题的设计丰富多彩，紧扣课文，能够充分调动学生的积极性，逐步提高语言综合应用能力。

本教程由西安工业大学资助出版。在此，笔者对给予我们无私帮助的各级领导及各位同事表示诚挚的谢意。

由于编者水平有限，书中难免有纰漏之处，恳请广大师生提出宝贵意见。



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UNIT 1



Hospitals Shift Smoking Bans to Smoker Ban

By A. G. Sulzberger

Smokers now face another risk from their habit: it could cost them a shot at a job.

An article in the NY Times reports that hospitals and medical businesses in some states are now banning those who smoke from applying for a job, claiming increased worker productivity as a primary reason. Some employers have gone even further and include in the ban those who wear a nicotine patch. Twenty-eight states and the District of Columbia have enacted laws protecting smokers, but in nearly half the country, kicking smokers to the curb is perfectly legal. How far may such hiring bans go in the future? Could those who drink in private someday face the same employment ban?

More hospitals and medical businesses in many states are adopting strict policies that make smoking a reason to turn away job applicants, saying they want to increase worker productivity, reduce health care costs and encourage healthier living.

The policies reflect a frustration that softer efforts — like banning smoking on company grounds, offering cessation programs and increasing health care premiums for smokers — have not been powerful-enough incentives to quit.

The new rules essentially treat cigarettes as an illegal narcotic. Applications now

explicitly warn of “tobacco-free hiring,” job seekers must submit to urine tests for nicotine and new employees caught smoking face termination.

This shift — from smoke-free to smoker-free workplaces — has prompted sharp debate, even among anti-tobacco groups, over whether the policies establish a troubling precedent of employers intruding into private lives to ban a habit that is legal.

“If enough of these companies adopt these policies and it really becomes difficult for smokers to find jobs, there are going to be consequences,” said Dr. Michael Siegel, a professor at the Boston University School of Public Health, who has written about the trend. “Unemployment is also bad for health.”

Smokers have been turned away from jobs in the past — prompting more than half the states to pass laws rejecting bans on smokers — but the recent growth in the number of companies adopting no-smoker rules has been driven by a surge of interest among health care providers, according to academics, human resources experts and tobacco opponents.

There is no reliable data on how many businesses have adopted such policies. But people tracking the issue say there are enough examples to suggest that the policies are becoming more mainstream, and in some states courts have upheld the legality of refusing to employ smokers.

For example, hospitals in Florida, Georgia, Massachusetts, Missouri, Ohio, Pennsylvania, Tennessee and Texas, among others, stopped hiring smokers in the last year and more are openly considering the option.

“We’ve had a number of inquiries over the last 6 to 12 months about how to do this,” said Paul Terpeluk, a director at the Cleveland Clinic, which stopped hiring smokers in 2007 and has championed the policy. “The trend line is getting pretty steep, and I’d guess that in the next few years you’d see a lot of major hospitals go this way.”

A number of these organizations have justified the new policies as advancing their institutional missions of promoting personal well-being and finding ways to reduce the growth in health care costs.

About 1 in 5 Americans still smoke, and smoking remains the leading cause of preventable deaths. And employees who smoke cost, on average, \$3,391 more a year each for health care and lost productivity, according to federal estimates.

“We felt it was unfair for employees who maintained healthy lifestyles to have to subsidize those who do not,” Steven C. Bjelich, chief executive of St. Francis Medical Center in Cape Girardeau, Mo., which stopped hiring smokers last month. “Essentially that’s what happens.”

Two decades ago — after large companies like Alaska Airlines, Union Pacific and Turner Broadcasting adopted such policies — 29 states and the District of Columbia passed laws, with the strong backing of the tobacco lobby and the American Civil Liberties Union, which



prohibit discrimination against smokers or those who use “lawful products”. Some of those states, like Missouri, make an exception for health care organizations.

A spokesman for Philip Morris said the company was no longer actively working on the issue, though it remained strongly opposed to the policies.

Meghan Finegan, a spokeswoman for the Service Employees International Union, which represents 1.2 million health care workers, said the issue was “not on our radar yet”.

One concern voiced by groups like the National Workrights Institute is that such policies are a slippery slope — that if they prove successful in driving down health care costs, employers might be emboldened to crack down on other behavior by their workers, like drinking alcohol, eating fast food and participating in risky hobbies like motorcycle riding. The head of the Cleveland Clinic was both praised and criticized when he mused in an interview two years ago that, were it not illegal, he would expand the hospital policy to refuse employment to obese people.

“There is nothing unique about smoking,” said Lewis Maltby, president of the Workrights Institute, who has lobbied vigorously against the practice. “The number of things that we all do privately that have negative impact on our health is endless. If it’s not smoking, it’s beer. If it’s not beer, it’s cheeseburgers. And what about your sex life?”

Many companies add their own wrinkle to the smoking ban. Some even prohibit nicotine patches. Some companies test urine for traces of nicotine, while others operate on the honor system.

While most of the companies applied their rules only to new employees, a few eventually mandated that existing employees must quit smoking or lose their jobs. There is also disagreement over whether to fire employees who are caught smoking after they are hired. The Truman Medical Centers, here in Kansas City, for example, will investigate accusations of tobacco use by employees. “In one recent case a new employee returned from a lunch break smelling of smoke and, when confronted by his supervisor, admitted that he had been smoking,” said Marcos DeLeon, head of human resources for the hospital. “The employee was fired.”

Even antismoking advocates have found the issue tricky to navigate. The American Lung Association, the American Cancer Society and the World Health Organization do not hire smokers, citing their own efforts to reduce smoking.

But the American Legacy Foundation, an antismoking nonprofit group, has warned that refusing to hire smokers who are otherwise qualified essentially punishes an addiction that is far more likely to afflict a janitor than a surgeon. (Indeed, of the first 14 applicants rejected since the policy went into effect in October at the University Medical Center in El Paso, Tex., one was applying to be a nurse and the rest for support positions.)



“We want to be very supportive of smokers, and the best thing we can do is help them quit, not condition employment on whether they quit,” said Ellen Vargyas, chief counsel for the American Legacy Foundation. “Smokers are not the enemy.”

Taking a drag of her cigarette outside the University of Kansas School of Nursing, just beyond the sign warning that smoking is prohibited on campus, Mandy Carroll explained that she was well aware of the potential consequences of her pack-a-day habit: both her parents died of smoking-related illnesses. But Ms. Carroll, a 26-year-old nursing student, said she opposed any effort by hospitals to “discriminate” against her and other smokers.

“Obviously we know the effects of smoking, we see it every day in the hospital,” Ms. Carroll said. “It’s a stupid choice, but it’s a personal choice.”

Others do not mind the strict policy. John J. Stinson, 68, said he had been smoking for more than three decades when he decided to apply for a job at the Cleveland Clinic, helping incoming patients, nearly three years ago.

It turned out to be the motivation he needed: he passed the urine test and has not had a cigarette since. “It’s a good idea,” Mr. Stinson said.

(1,216 words)

The New York Times, February 10, 2011

New Words

cessation	[sə'seɪʃən]	n.	a stopping
premium	['pri:miəm]	n.	payment for insurance
incentive	[in'sentɪv]	n.	a positive motivational influence
narcotic	[nɑ:'kɒtɪk]	n.	[药] 麻醉药; 镇静剂; 起麻醉作用的事物
urine	['juərɪn]	n.	liquid excretory product 尿
nicotine	['nikəti:n, -tɪn, nɪkə'ti:n]	n.	[有化] 尼古丁; [有化] 烟碱
termination	[.tə:mi'neɪʃən]	n.	the act of ending something
precedent	[pri:'si:dənt, 'presi-]	n.	an example that is used to justify similar occurrences at a later time
intrude	[ɪn'tru:d]	vt.	enter uninvited or unlawfully on someone's property
legality	[li'gæləti]	n.	lawfulness by virtue of conformity to a legal statute
champion	['tʃæmpiən]	vt.	protect or fight for as a champion 支持; 拥护



justify	['dʒʌstɪfaɪ]	vt.	1) show to be right by providing justification or proof 2) defend, explain, clear away, or make excuses for...by reasoning
well-being	['wel'bi:ŋ]	n.	a contented state of being happy and healthy and prosperous
subsidize	['sʌbsɪdaɪz]	vt.	secure the assistance of...by granting a subsidy, as of nations or military forces
backing	['bækɪŋ]	n.	the act of providing approval and support
lobby	['lɒbi]	n.	the people who support some common cause or business or principle or sectional interest
embolden	[ɪm'bəʊldən, em-]	vt.	give encouragement to
muse	[mju:z]	v.	reflect deeply on a subject
obese	[əu'bi:s]	adj.	excessively fat or overweight
wrinkle	['rɪŋkl]	n.	a clever method of doing something (especially something new and different)
patch	[pætʃ]	n.	a piece of soft material that covers and protects an injured part of the body
mandate	['mændeɪt]	vt.	give an official instruction or command
accusation	[ækju:'zeɪʃən]	n.	a formal charge of wrongdoing brought against a person
advocate	['ædvəkeɪt, 'ædvəkət]	n.	a person who pleads for a cause or propounds an idea
tricky	['tri:ki]	adj.	having concealed difficulty
navigate	['nævɪgeɪt]	vt.	direct carefully and safely
addiction	[ə'dɪkʃən]	n.	上瘾, 沉溺; 癖嗜
afflict	[ə'flɪkt]	vt.	cause great unhappiness for; distress
janitor	['dʒænɪtə]	n.	someone employed to clean and maintain a building

Phrases and Expressions

on average

平均

make an exception

例外, 破例

a slippery slope

灾难性的急剧下滑

drive down on
take a drag

打击, 制裁, 镇压、压低
吸烟

Notes

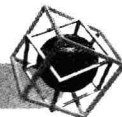
1. nicotine patch: 尼古丁贴片
2. (smoking) cessation: 戒烟
3. Public Health: 公共卫生; 公共卫生设施
4. health care: 卫生保健
5. health care providers: 医疗服务人员
6. Union Pacific (Union Pacific Railroad): 联合太平洋铁路, 是现今全美国最大的铁路网络之一, 横跨美国中部及西部地区。
7. American Civil Liberties Union: (1920年成立的) 美国公民自由联盟 (略作ACLU, A.C.L.U.)
8. Philip Morris: 菲利普莫里斯 (公司总部设于美国, 主要经营烟草食品)
9. Service Employees International Union: 服务业员工国际联合会
10. human resources: 人力资源
11. chief counsel: 首席顾问; 首席律师

Exercises

1. Reading Comprehension

Answer the following questions according to the text.

- (1) What's the reason for some companies and hospitals adopting the policies of smoker ban?
- (2) What may result from the shift — from smoke-free to smoker-free workplaces?
- (3) Although some people are well aware of the potential consequences of smoking, why do they keep smoking?
- (4) What do people think about the policies of smoker ban?
- (5) Why do people say that the policies are a slippery slope?
- (6) What do non-smokers think about smokers?
- (7) Many companies add their own wrinkle to the smoking ban. What does “wrinkle” mean here? And what is their wrinkle to the smoking ban?
- (8) Is such a ban on hiring smokers discriminatory? What's your opinion?



2. Vocabulary

Fill in the blanks with the words you have learned in the text. The first letter for each word is given.

- (1) Though funding from the IMF, the World Bank, the United States and other donors has made it possible to s_____ treatment and prevention methods in Africa, local governments also have a key role to play in mobilizing their populations and eradicating malaria in the long term.
- (2) Other industry groups see any government intervention and oversight in their policies as a s_____ slope toward government control of the Internet.
- (3) The U.N. Secretary General said his role would be as an a_____ for the world's poorest people, who he fears will suffer the most if donor countries reduce their international assistance or do not fulfill their aid commitments.
- (4) Our m_____ is to collect anything that relates to this railway accident, and this is an important event.
- (5) Entrepreneurs are a powerful force for change. They improve the business climate in their own countries and c_____ necessary policy reforms. And they improve practices in global markets.
- (6) And leaders are having to make tough choices about how to n_____ through this economic storm.
- (7) When deflation strikes, it's hard to e_____ consumers and businesses to spend.
- (8) Both firms have an i_____ to undercut the other firm, driving down profits for both.
- (9) Government aid to film and television, however, need not be j_____ in solely economic terms.
- (10) The people of the whole world are attentively following this war, which has no p_____ in the history of the East, and which will go down as a great war in world history too.

3. Cloze

Choose an appropriate word or phrase from the following list to fill in each of the following blanks. Each word can be used only ONCE. Change the form where necessary.

implementation	unemployment	cessation	innovative	premise
screen	budget	advocate	incentive	distraction
disparate	substantially	implication	wellness	impractical
a slippery slope	spot	unleash	explosion	ill

Smoking ban or Smoker-ban?

How Far Should Employers Go to Have a Healthy Workforce?

We all know now that smoking is a sure killer and a (1)_____ buster for families, employers and the entire healthcare coverage system. That explains the (2)_____ in efforts at every level and in every sector to get people to quit.

Employers now are banning smoking in work areas and even in many cases on their (3)_____ or on all work time; and many are creating (4)_____ to quit like reimbursement for (5)_____ program fees or patches. But when employers choose to ban the hiring of smokers, are they going a step too far? What are the (6)_____ of a ban not on smoking but on smokers themselves?

There are 3 real reasons why the ban on hiring smokers may be (7)_____ advised:

- This is (8)_____ with no logical endpoint; will the next set of interview questions be about diet? Will there be (9)_____ for obesity? What about other risky behaviors? We know speeding kills pedestrians and don't even start with the dangers and costs to employers from alcohol usage. Finally, if (10)_____ of smoker bans win out on a large scale, does this mean adding 46 million smokers to the (11)_____ lines? Most who smoke want to quit and are struggling. Won't these policies have a (12)_____ impact on the poor, minorities, and youth, all of whom smoke (13)_____ more than the average?

- Banning smokers rather than smoking is an (14)_____, irrelevant idea to the vast majority of American businesses. Is it creating a culture of snitches when someone (15)_____ a smoking co-worker on the weekend?

- And finally, this proposal is a (16)_____ from what we really need: to see full (17)_____ of healthcare reform so that a wide range of (18)_____ and cost containment strategies can be (19)_____; and to see wide adoption of aggressive, (20)_____ best practices for worker and worksite wellness.

4. Translation

(1) Translate the following paragraphs into Chinese.

Smoking Ban for College Campuses less Productive than Intended

Although the intention of a university-wide ban in helping smokers to potentially quit is admirable, forcing smokers to take their habit elsewhere is a less effective way of advocating a healthy lifestyle than an attempt to actually inform them about the effects of smoking and the benefits of cessation.

A ban would most likely just result in students taking tobacco use underground or disregarding the ban altogether. Not to mention that there are already restrictions on smoking indoors, in residential buildings, and within certain distances of eateries and campus buildings to rightly protect nonsmokers.

The promotion of a smoke-free community is progressive, but an outright ban is



regressive. There are more productive ways of trying to establish a smoke-free campus that would not damage the importance of personal choice and individual freedom.

As an educational institution, it would make more sense for a university to increase the presence of cessation assistance programs on campus. Or why not establish a university goal for a smoke-free campus, instead of forcing students to comply with an overbearing rule against smoking?

(2) Translate the following sentences into English.

- 1) 中国政府致力于打击各行各业的腐败现象。(crack down on)
- 2) 研究发现, 烟民倾向于集体戒烟, 这意味着以小组形式组织的戒烟活动比个人单独戒烟更见成效。(cessation program)
- 3) 随着ATC协议于2005年1月1日终止, 纺织品服装贸易将最终纳入世贸组织自由贸易体制中。(termination)
- 4) 它还能帮助你更好地控制自己的情绪和思想, 帮助你改善态度和健康状况并提升幸福感。(sense of well-being)
- 5) 我通常都不会接受迟到的申请, 既然你病得厉害, 我今天就破例。(make an exception)
- 6) 这些著名大学并未禁止所有游客进入, 仅仅是对特定访客团队的人数增加了一些限制。(turn away)
- 7) 我的发现为两种说法都提供了一些想法。(add...wrinkle to)
- 8) 由于2007年底政府竭力避免经济出现过热, 银行贷款较为疲弱, 因此很难对数据进行比较。(tricky)



Weighing the Evidence on Exercise

By Gretchen Reynolds

How exercise affects body weight is one of the more intriguing and vexing issues in physiology. Exercise burns calories, no one doubts that, and so it should, in theory, produce weight loss, a fact that has prompted countless people to undertake exercise programs to shed pounds. Without significantly changing their diets, few succeed. "Anecdotally, all of us have been cornered by people claiming to have spent hours each week walking, running, stair-stepping, etc., and are displeased with the results on the scale or in the mirror," wrote Barry



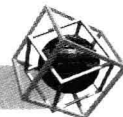
Braun, an associate professor of kinesiology at the University of Massachusetts at Amherst, in the American College of Sports Medicine's February newsletter.

But a growing body of science suggests that exercise does have an important role in weight loss. That role, however, is different from what many people expect and probably wish. The newest science suggests that exercise alone will not make you thin, but it may determine whether you stay thin, if you can achieve that state. Until recently, the bodily mechanisms involved were mysterious. But scientists are slowly teasing out exercise's impact on metabolism, appetite and body composition, though the consequences of exercise can vary. Women's bodies, for instance, seem to react differently than men's bodies to the metabolic effects of exercise. None of which is a reason to abandon exercise as a weight-loss tool. You just have to understand what exercise can and cannot do.

"In general, exercise by itself is pretty useless for weight loss," says Eric Ravussin, a professor at the Pennington Biomedical Research Center in Baton Rouge, La., and an expert on weight loss. It's especially useless because people often end up consuming more calories when they exercise. The mathematics of weight loss is, in fact, quite simple, involving only subtraction. "Take in fewer calories than you burn, put yourself in negative energy balance, lose weight," says Braun, who has been studying exercise and weight loss for years. The deficit in calories can result from cutting back your food intake or from increasing your energy output — the amount of exercise you complete — or both. When researchers affiliated with the Pennington center had volunteers reduce their energy balance for a study last year by either cutting their calorie intakes by 25 percent or increasing their daily exercise by 12.5 percent and cutting their calories by 12.5 percent, everyone involved lost weight. They all lost about the same amount of weight too — about a pound a week. But in the exercising group, the dose of exercise required was nearly an hour a day of moderate-intensity activity, what the federal government currently recommends for weight loss but "a lot more than what many people would be able or willing to do," Ravussin says.

At the same time, as many people have found after starting a new exercise regimen, working out can have a significant effect on appetite. The mechanisms that control appetite and energy balance in the human body are elegantly calibrated. "The body aims for homeostasis," Braun says. It likes to remain at whatever weight it's used to. So even small changes in energy balance can produce rapid changes in certain hormones associated with appetite, particularly acylated ghrelin, which is known to increase the desire for food, as well as insulin and leptin, hormones that affect how the body burns fuel.

The effects of exercise on the appetite and energy systems, however, are by no means consistent. In one study presented last year at the annual conference of the American College of



Sports Medicine, when healthy young men ran for an hour and a half on a treadmill at a fairly high intensity, their blood concentrations of acylated ghrelin fell, and food held little appeal for the rest of that day. Exercise blunted their appetites. A study that Braun oversaw and that was published last year by the *American Journal of Physiology* had a slightly different outcome. In it, 18 overweight men and women walked on treadmills in multiple sessions while either eating enough that day to replace the calories burned during exercise or not. Afterward, the men displayed little or no changes in their energy-regulating hormones or their appetites, much as in the other study. But the women uniformly had increased blood concentrations of acylated ghrelin and decreased concentrations of insulin after the sessions in which they had eaten less than they had burned. Their bodies were directing them to replace the lost calories. In physiological terms, the results “are consistent with the paradigm that mechanisms to maintain body fat are more effective in women,” Braun and his colleagues wrote. In practical terms, the results are scientific proof that life is unfair. Female bodies, inspired almost certainly “by a biological need to maintain energy stores for reproduction,” Braun says, fight hard to hold on to every ounce of fat. Exercise for many women (and for some men) increases the desire to eat.

Thankfully there has lately been some more encouraging news about exercise and weight loss, including for women. In a study published late last month in the *Journal of the American Medical Association*, researchers from Harvard University looked at the weight-change histories of more than 34,000 participants in a women’s health study. The women began the study middle-aged (at an average of about 54 years) and were followed for 13 years. During that time, the women gained, on average, six pounds. Some packed on considerably more. But a small subset gained far less, coming close to maintaining the body size with which they started the study. Those were the women who reported exercising almost every day for an hour or so. The exercise involved was not strenuous. “It was the equivalent of brisk walking,” says I-Min Lee, a researcher at Harvard Medical School and Brigham and Women’s Hospital and the lead author of the study. But it was consistently engaged in over the years. “It wasn’t something the women started and stopped,” Lee says. “It was something they’d been doing for years.” The women who exercised also tended to have lower body weights to start with. All began the study with a body-mass index below 25, the high end of normal weight. “We didn’t look at this, but it’s probably safe to speculate that it’s easier and more pleasant to exercise if you’re not already heavy,” Lee says.

On the other hand, if you can somehow pry off the pounds, exercise may be the most important element in keeping the weight off. “When you look at the results in the National Weight Control Registry,” Braun says, “you see over and over that exercise is one constant among people who’ve maintained their weight loss.” About 90 percent of the people in the