

中小學生英漢對照精彩閱讀



GOOD HEALTH

GUIDES

健

康

指

南

Exercise
Is Fun!

鍛煉其樂無窮



科学普及出版社

中小學生英漢對照精彩閱讀



Exercise
Is Fun!

鍛煉其樂無窮



江苏工业学院图书馆
藏书章

科学普及出版社

· 北 京 ·

图书在版编目(CIP)数据

锻炼其乐无穷 / (英) 费什著; 吴欢译. —北京:
科学普及出版社, 2004.6

(中小学生英汉对照精彩阅读)

ISBN 7-110-05919-7

I. 锻... II. ①费...②吴... III. 英语—阅读教学—
中小学—课外读物 IV. G634.413

中国版本图书馆 CIP 数据核字 (2004) 第 041171 号

著作权合同登记号: 01-2003-7880

责任编辑: 肖 叶 单 亭

封面设计: 汇文制作

责任校对: 林 华

责任印刷: 安利平

法律顾问: 宋润君

科学普及出版社出版

北京市海淀区中关村南大街 16 号 邮政编码: 100081

电话: 010-62103210 传真: 010-62183872

科学普及出版社发行部发行

中央民族大学印刷厂印刷

*

开本: 787 毫米×1092 毫米 1/16 印张: 3.5 字数: 80 千字

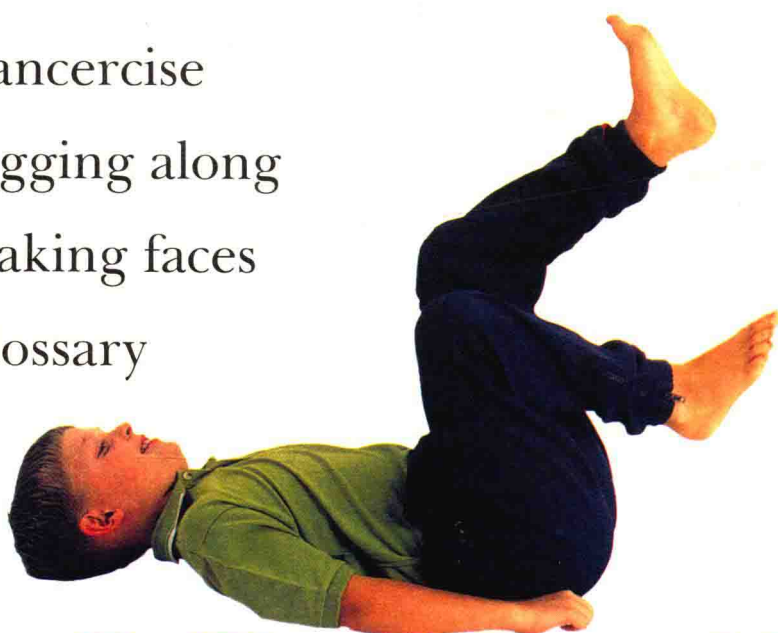
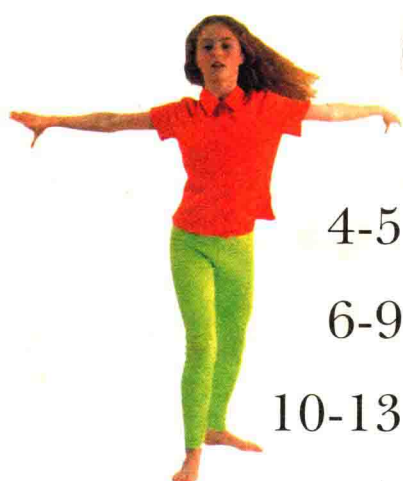
2004 年 8 月第 1 版 2004 年 8 月第 1 次印刷

印数: 1-5000 册 定价: 12.00 元

(凡购买本社的图书, 如有缺页、倒页、
脱页者, 本社发行部负责调换)

Contents

4-5	Introduction
6-9	Breathing in, breathing out
10-13	Stand tall, sit up!
14-17	The funky five
18-21	Exercising together
22-25	Take a seat
26-29	Fit feet
30-33	Don't skip this!
34-37	Yoga for kids
38-41	Animal antics
42-45	Dancercise
46-49	Jogging along
50-53	Making faces
54-55	Glossary



目 录

- 4-5 引言
- 6-9 吸进来，呼出去
- 10-13 站直了，坐正啦！
- 14-17 大汗淋漓的五分钟
- 18-21 一起来锻炼
- 22-25 坐下来锻炼
- 26-29 足部健康
- 30-33 别跳过这里！
- 34-37 少年瑜伽
- 38-41 动物模仿秀
- 42-45 跳舞锻炼
- 46-49 慢跑
- 50-53 扮鬼脸
- 54-55 术语表



中小學生英漢對照精彩閱讀



**Exercise
Is Fun!**

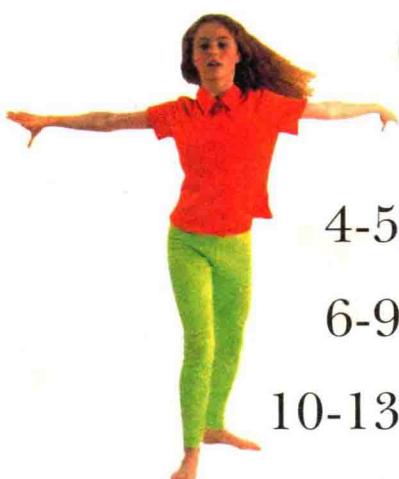
鍛煉其樂無窮



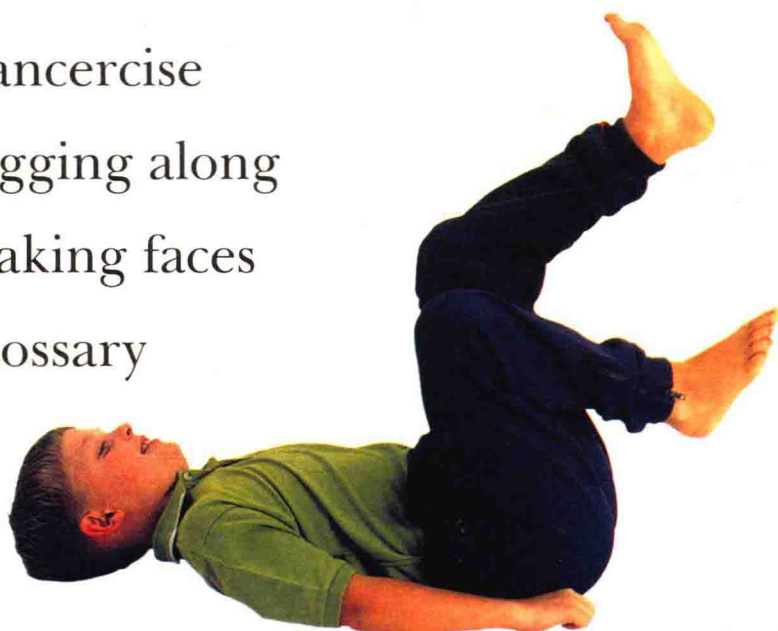
 科學普及出版社

· 北 京 ·

Contents



- 4-5 Introduction
- 6-9 Breathing in, breathing out
- 10-13 Stand tall, sit up!
- 14-17 The funky five
- 18-21 Exercising together
- 22-25 Take a seat
- 26-29 Fit feet
- 30-33 Don't skip this!
- 34-37 Yoga for kids
- 38-41 Animal antics
- 42-45 Dancercise
- 46-49 Jogging along
- 50-53 Making faces
- 54-55 Glossary



目 录

- 4-5 引言
- 6-9 吸进来，呼出去
- 10-13 站直了，坐正啦！
- 14-17 大汗淋漓的五分钟
- 18-21 一起来锻炼
- 22-25 坐下来锻炼
- 26-29 足部健康
- 30-33 别跳过这里！
- 34-37 少年瑜伽
- 38-41 动物模仿秀
- 42-45 跳舞锻炼
- 46-49 慢跑
- 50-53 扮鬼脸
- 54-55 术语表



Introduction

Do you like sports and exercise?
Or would you admit to being
a couch potato, preferring to
sit slouched in front of the
TV or staring at a computer
screen for hours on end?

Either way, this book is
for you. It is designed
for boys and girls who
already enjoy keeping
physically fit as well
as for those who need
a little encouragement
to start exercising.

Why is exercise so important?
Looking good and feeling good
don't often come naturally. You
have to work at them, and exercise
is one of the ways to do it.

If you try the exercises on the follow-
ing pages, you will discover that cer-
tain routines, practiced over time, make
you look and feel better. Some can
strengthen lung function; others tone
muscles or improve posture. Exercise
can help keep your mind alert, too. Each
routine in this book also offers a chal-

lenge for boys and girls who are already
very fit.

Exercise doesn't have to be
boring. Some of the workouts
presented in this book,
such as animal antics
and making faces, are
lots of fun. You don't
need expensive equip-
ment either, and any
kind of loose-fitting
clothing will do. Best of
all, you can exercise in
bare feet if you're on a level,
nonslip floor. Just be sure
not to exercise right after a
meal, and slow down, or stop
exercising, if you feel your-
self straining. Always take a
few minutes after exercising to
relax and cool down.

Whatever shape you're in, why not
spend just five minutes each day dis-
covering that EXERCISE IS FUN! You
might get a little hot and sweaty, but
working out is very cool!



引言

你喜欢体育活动或是锻炼吗？还是承认自己是一个懒惰的家伙，总是一连几个小时懒洋洋地斜坐在电视机前或者死死盯着电脑屏幕？

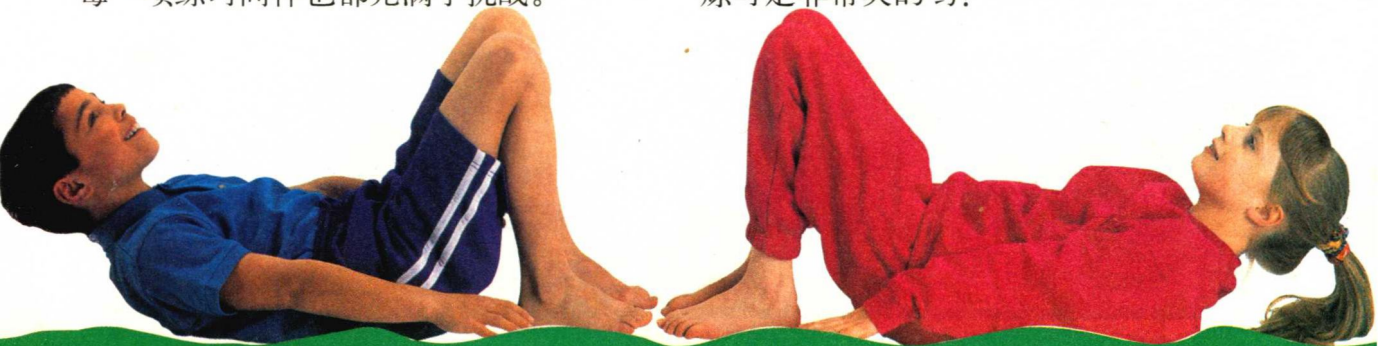
不管你是哪一种人，这本书都是为你写的。它既是为了那些已经从锻炼身体中得到乐趣的孩子们，也是为了那些还需要一些鼓励才会开始锻炼的孩子们所编写的。

那么，为什么锻炼是如此重要呢？看起来很不错和感觉上很不错并不总是轻而易举的。你必须努力才能做到，而锻炼恰恰就是实现这个方法之一。

如果你试着做一下接下来几页中的练习，你会发现在一段时间里进行固定的锻炼会使你看上去更棒，而且感觉也更棒。一些锻炼可以加强肺部的功能；其他一些锻炼可以改善肌肉状况或者改进你的仪态。练习还会帮助你保持反应敏捷。对那些已经很健康的男孩女孩们来说，这本书中的每一项练习同样也都充满了挑战。

锻炼并不一定是枯燥乏味的。这本书中所推荐的一些练习，比如说动物模仿秀和扮鬼脸，就是很好玩的。同样，你也不需要什么昂贵的器械，只要穿上比较松垮垮的衣服就可以了。最好你可以光着脚丫子在一块平整而且不滑的地板上进行锻炼。另外，一定要记住不要在饭后马上开始运动，而且如果你感到自己达到极限时，放慢或者索性停止练习。练习完之后，给自己几分钟放松一下，平静下来。

不管你现在体形如何，为什么不每天花上那么5分钟来发现锻炼的无穷乐趣呢？你可能会感到身体发热再出点汗，但是锻炼可是非常爽的哟！



Breathing in, breathing out

呼吸进来 呼出去

We all breathe, without even trying, twenty-four hours a day! Most of the time, we don't give breathing a thought. Yet breathing well is actually a skill that can be learned. Mastering this skill has many benefits.

一天24小时，我们都在不停地呼吸，甚至都不用花什么力气。大部分的时间，我们根本就不会去想呼吸这回事。但是呼吸实际上却是一门可以学到的技术。掌握这门技术会有许多的好处。

Try some of the following exercises to strengthen your diaphragm, help get rid of nervous tension, and increase stamina. Do these exercises at least twice a week. If you have asthma, check with your doctor first.

试着用以下几种练习来增强你的横膈膜，来摆脱紧张的情绪，并且增强耐力。每星期至少做两次这些练习。如果你有哮喘病的话，请先咨询你的医生。

2 Standing, sing a loud note. Hold it to a count of four. Repeat four times. Sitting, inhale, then exhale to a count of six. Repeat three times.

站着大声地唱某个音符。一边唱一边数到四。重复四次。坐着，吸气，然后呼气，同时从一数到六。重复三次。



1 Stand up straight, or sit straight in a chair. Inhale to a count of three and hold your breath for another count of three. Repeat to a count of four.

站直了,或者在椅子上坐直了。一边数到三,一边吸入空气,然后屏气再数到三。重复四次。

3

Standing, inhale deeply and stretch your arms up toward the ceiling as you count to four.

Exhale. Relax and shake out your arms. Repeat twice.

站立,深吸一口气,然后随着你从一数到四向天花板伸展手臂。呼气。放松并且甩手臂。重复两次。





4

Blow up a balloon, taking deep breaths to strengthen your lungs. CAUTION: Do not try this exercise if you have asthma.

吹气球，用深呼吸来锻炼你的肺部。注意：如果你有哮喘病的话就不要尝试这个练习了。

挑

CHALLENGE!

战!

Pretend you are an opera star! Can you sing a loud note and hold it to a count of ten? Start by practicing to a count of five. Then hold the note longer, increasing the count by one number each day for five days. Bravo!

假如你是一个歌剧明星!

你能唱一个音符并且数到十下吗?

先从数到五下开始练习起。然后再努力唱得更久，每天都增加一下，坚持五天。成功啦!



Standing, inhale. As you exhale, reach down toward your ankles. Don't stretch too hard; you don't have to touch your toes. Count to three. Inhale as you come back to an upright position.

5

站立，吸气。

在你呼气的时候，

弯下身子去够你的脚踝。不要伸得太厉害；你没有必要去够你的脚趾头。数到三。

边吸气，一边恢复到直立的

姿势。



6

Lie down
with your arms at your sides. Relax.
Inhale slowly through your nose as you
count to three. Exhale through your
nose. Relax.

躺下来,将手臂放在身
体两侧。用放松。鼻子慢慢
吸气,同时数到三。通过鼻
子呼气,再放松。

7

Breathe deeply
and slowly several times. When
you're nervous — before an exam,
perhaps — you might find yourself
taking shallow breaths, using only
the top of your rib cage. Breathe
deeply to calm down.

慢慢地深呼吸几次。当你紧张的
时候——比如说在考试之前——你会发现你
的呼吸又短又浅,你只是在用你胸腔
的顶部在呼吸。用深呼吸使自
己镇静下来。



8

Have a friend hold
some ribbon loosely
around your chest. Inhale.
The ribbon will tighten as
your chest expands. Count to
three. Exhale.

让一个朋友把
一根带子松松地绕在
你的胸上。吸气。带子
会随着你胸部的扩张
而收紧。数到三。
呼气。

Stand tall,

站直了，



Whatever your height, whatever your body shape, boy or girl, one thing is certain: you will always look your best if you have good posture. When you keep your back as straight as you can, good posture eventually becomes automatic.

Top models, film stars, and doctors agree: slouching just isn't pretty! Here are some golden rules that will help you look your most confident, fit, and attractive.

- 1 When you pick up something heavy, never — NEVER — bend at the waist to lift it. If you do, you could easily damage the muscle in your back. Always bend at the knees when you lift heavy things, and keep your back as straight as you can.

sit up!

坐 正 啦!

**不管你身高如何，也无论
你的体型是什么样，是男孩子
还是女孩子，有一点是肯定的：**

**如果你有很好的仪态，
你看上去就始终处在最佳状态。**

**当你尽可能的挺起
你的腰板时，好的姿态
自然就会成为一种习惯了。**

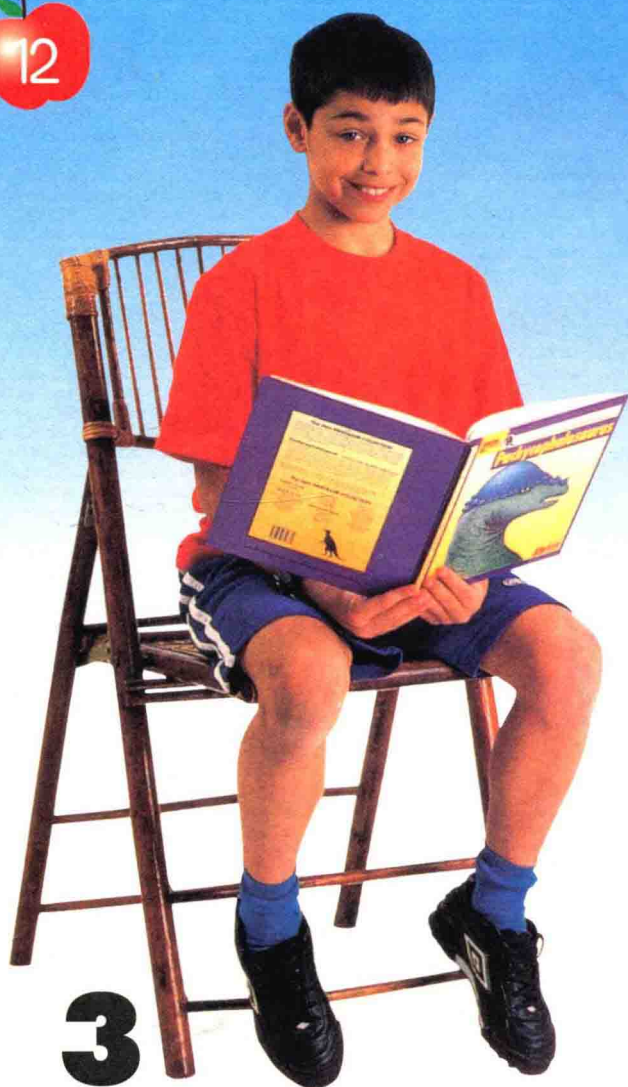
顶级的模特，电影明星，还有
医生们都同意：懒懒散散就是不
好看！这里有一些黄金准则，可
以帮助你变得更加自信，健康和
吸引人。

当你去拎起很重的东西时，不要一千万不
要一弯下腰去拿。如果你这么做的话，你很可
能会伤着你背部的肌肉。拿很重的东西时一定
要弯曲膝盖，而且要让你的腰尽可能地挺直。

2 When you have to
carry something heavy,
for example, when you're helping
with the grocery shopping, don't
strain one side of your body by car-
rying everything in one hand. Bal-
ance the load. Put the groceries into
two bags instead of one, and use both
arms to carry them.

当你必须要携带很重的东西时，比
如说你帮助别人去拎杂货，不要用一只
手拎所有东西，这样会拉伤你身体的一
侧的。平衡两边的负荷。把杂货放进两
个口袋而不是一个，然后用双臂来携带
它们。





3

At school, it's always tempting to bend over your desk, hunching your back, when you are reading or writing or, at home, to slouch in a chair when you are watching TV. Sitting like this, however, can quickly make you round-shouldered. People who stand tall and sit straight against the back of a chair look more attractive and actually feel more comfortable. If you practice sitting properly, it should soon come naturally to you.

CHALLENGE!

挑

战!

Stand with your back against a wall and straighten your back, without forcing it too much, so a friend cannot easily put his or her arm behind you. Standing this straight might be difficult at first, but keep trying. This exercise will gradually help you straighten and strengthen your back, which will improve your posture.



背靠墙壁站立，挺直背部，不过不要过分地强迫自己，这样你的朋友就不能轻易地把他或她的手臂放在你的背后了。这么站立刚开始可能会是挺困难的，但是努力坚持。这项练习会帮你渐渐地挺直起腰板，这样也就改进了你的仪态。

在学校里，当你看书或是写东西的时候，很容易在课桌前弯着腰，驼起背；而在家里当你看电视的时候，斜躺在椅子上是很舒服的。可是这样的坐姿，会马上使你变成圆肩膀的。紧紧靠在椅背上坐得很直的人看上去更吸引人，而且他们自己实际上也觉得更舒服。如果你正确地练习坐姿，用不了多久一切对你来说都会变得很自然的。