

健康生活—运动

先认识一些名词：

公园 gōng yuán Park	户外运动设施 hù wài yùn dòng shè shī Outdoor fitness corner
室内体育场 shì nèi tǐ yù chǎng Indoor Sports Hall	健身房 jiàn shēn fáng Gym
篮球场 lán qiú chǎng Basketball court	足球场 zú qiú chǎng Soccer field
体育课 tǐ yù kè PE Lessons	运动会 yùn dòng huì Sports Meet
越野赛跑 yuè yě sài pǎo Cross Country Run	马拉松赛 mǎ lā sōng sài Marathon
跑步 pǎo bù Jog	游泳 yóu yǒng Swim
打羽毛球 dǎ yǔ qiú Play Badminton	骑脚踏车 qí jiǎo tà chē Cycle

一、阅读练习

(一) 运动对我们有益，我们应该养成定期运动的习惯。 我们每个星期应该至少运动三次，每次半小时。 定期运动会使我们身体强壮，帮助我们保持身材。 缺乏运动的人往往身体比较弱，精神比较差。	Exercise is good for us, we ought to cultivate the habit of exercising regularly. We should exercise at least three times a week, for half an hour each time. Regular exercise will make us fit, help us to maintain our figure. People who lack exercise are usually weaker, and not as alert.
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(二) 运动除了可以使我们强身健体，让我们更有精力应付学业和工作，也能帮我们减压。 运动之后，我们往往会觉得精神更好。 研究显示，运动会使我们心情愉快，对我们的心理健康非常有益。	Exercise not only makes our body stronger, give us more energy to meet the demands of studies and work, it also helps us distress. We usually feel more alert after exercising. Studies have shown that exercising will boost our moods, it is very beneficial to our mental health.
(三) 教育部非常重视学生的健康和体能。 为了帮助学生培养运动的习惯，教育部增加了体育课的节数。学生也必须通过体能测验。 然而，很多人开始工作之后就减少运动。这是一个严重的问题，我们必须鼓励国人保持活跃和健康。	Ministry of Education (MOE) places a lot of emphasis on students' health and physical fitness. MOE increased the number of PE lessons to help students cultivate the habit of exercising. Students are also required to pass their physical fitness test. However, many people exercise less after they started working. This is a serious problem, we have to encourage people to be physically active and healthy.

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为了鼓励国人保持活跃和健康，保健促进局推出了“计步挑战”，鼓励人们通过多走动累积分数，换取礼券。

为了方便人民运动，我国政府在每个组屋区设立健身房、户外运动设施和室内体育场。这些运动设施也很适合乐龄人士使用。

教育部也在晚上和周末开放学校的运动设施，让公众使用。

To encourage people to stay physically active and healthy, Health Promotion Board introduced the “Steps Challenge”, to encourage people to accumulate points through moving around, to redeem vouchers.

Singapore government set up gyms, outdoor fitness corner and indoor sports stadium in every HDB housing estate, to make it convenient for people to exercise. These sports facilities are very suitable for elderly as well.

MOE also allow members of the public to use schools' sports facilities in the evenings and on weekends.