

词汇: health 健康

Everyone gets tired – it's a normal part of human existence. It can make us **grouchy** and **grumpy** at the end of the day, but a good night's sleep will often leave us feeling **well rested**. However, sometimes we feel more than just general tiredness. We can get **overtired** and feel a bit **run-down** which may affect our daily lives – but what can we do about it? Here are some things that may stop you getting overtired.

Being very tired frequently could be the result of lifestyle choices: poor diet, lack of exercise, or an inefficient routine. For some people, changes to their habits and routines could help them to **beat bouts** of extreme tiredness. First, let's look at physical health. According to the UK National Health Service (NHS) website, eating healthy meals and snacks regularly, around 3-4 times per day, could improve your energy levels. Giving your body the **fuel** it needs could help you to be more **energised**, and therefore, less tired. If you're feeling overtired, you might not want to exercise. However, regular physical activity may actually mean you are less tired in general. Activities like jogging or cycling could also help you get fitter. And being more active could help you to lose weight, which can also aid you in the battle against tiredness. Those extra kilos from being overweight put a **strain** on your heart, which can lead to you feeling more tired.

Another thing that can leave us feeling **weary** and **drained** is stress. Reducing your stress levels may help you to feel less tired on a regular basis. **Taking up** an activity like yoga or going for a walk could help you to **unwind** and feel more **refreshed**. And you may think if you're feeling tired, that a good cup of coffee will **perk you up**. However, the Royal College of Psychiatrists recommends anyone feeling tired to **cut down** on their caffeine intake, especially after mid-afternoon, to get better sleep at night.

Finally, if you do find yourself feeling overtired constantly for days or weeks, you may be suffering from **fatigue** or **exhaustion**. If so, it could be a good idea to visit the doctor in case it's a symptom of an **underlying** health issue. However, for most of us, the odd day of feeling overtired might be fixed with a change in lifestyle and a few good nights' sleep.

词汇表

grouchy	满腹牢骚的
grumpy	脾气不好的
well rested	休息好的，精力充沛的
overtired	过度疲劳的
run-down	(尤指因工作过度) 精疲力竭的
beat	战胜，克服
bout	一阵
fuel	能量，燃料
energised	精神焕发的
strain	负担
weary	(尤指长时间工作后) 疲惫的
drained	精疲力竭的，疲惫不堪的
take up	开始从事(活动)，参加
refreshed	神清气爽的
unwind	放松
perk somebody up	使(某人)精神焕发
cut down	减少
fatigue	疲惫
exhaustion	精疲力竭
underlying	潜在的

测验与练习

1. 阅读课文并回答问题。

1. What can cause tiredness?
2. According to the NHS, how often should we eat?
3. What are the effects of being overweight?
4. How can we reduce stress?
5. Why should you see a doctor if you think you might have fatigue?

2. 选择意思恰当的单词或词组来完成下列句子。

1. Buying a second car put a _____ on our finances.

draining	fatigue	strain	cut down
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2. I'm just so stressed! I can't _____ at the moment!

cut out	exhaustion	fuel	unwind
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3. I went to the countryside for a weekend to help me feel more _____.

draining	refreshed	perk up	weary
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4. The doctor said I need to _____ on the number of sugary drinks I consume.

drain	cut down	weary	fuel
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5. I think he's tired! He's in a bad mood and really _____.

grouchy	refreshed	strain	unwind
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答案

1. 阅读课文并回答问题。

1. What can cause overtiredness?

Being very tired frequently could be the result of lifestyle choices: poor diet, lack of exercise, or an inefficient routine.

2. According to the NHS, how often should we eat?

According to the NHS website, we should eat healthy meals and snacks regularly, around 3-4 times per day.

3. What are the impacts of being overweight?

Those extra kilos from being overweight put a strain on your heart which can lead to you feeling more tired.

4. How can we reduce stress?

Taking up an activity like yoga or going for a walk could help you to unwind and feel more refreshed.

5. Why should you see a doctor if you think you might have fatigue?

Because it could be a good idea to visit the doctor in case it's a symptom of any underlying health issues.

2. 选择意思恰当的单词或词组来完成下列句子。

1. Buying a second car put a **strain** on our finances.

2. I'm just so stressed! I can't **unwind** at the moment!

3. I went to the countryside for a weekend to help me feel more **refreshed**.

4. The doctor said I need to **cut down** on the number of sugary drinks I consume.

5. I think he's tired! He's in a bad mood and really **grouchy**.