

胖——已不再是福

宽宽是北京的一名11岁小学生，身高4.9英尺，体重130多磅。他爬楼梯呼吸带喘，体育课项目也常不及格。为了减肥，宽宽参加了一家减肥俱乐部的减肥训练，与他一同减肥的还有20多名小胖子。

像宽宽这样的肥胖青少年在中国越来越多。据一项统计显示：目前中国的肥胖者数量已远远超过



8000万，超重者高达2亿。肥胖儿童的数量也在近10年间增长了28倍以上。

医学专家认为，生活的富足，食用高热量、高脂肪食物的无节制，过多地乘坐汽车，缺少运动，以及长时间保持坐姿等生活方式是造成中国肥胖者队伍悄然壮大的主要因素。

中国医学科学院的武阳丰教授说：“中国曾是拥有最瘦人群的国家之一，如今中国的肥胖人群正在迅速赶上西方国家，而这一切是在很短时间内发生的。”

肥胖队伍的迅速壮大，一方面反映了中国人的生活越来越富足、舒适了，而另一方面也提醒人们要养成健康的生活习惯。肥胖带来的健康问题已愈来愈引起中国社会各方面的广泛关注。专家们呼吁，要改变不良生活方式，控制膳食热量和脂肪摄入量，增加体力活动和体育锻炼，这样才能有效削减和抑制肥胖人群的增长。

Being Fat — No Longer Bliss

Kuankuan, an 11-year-old pupil in Beijing, is 4.9 feet high and weighs over 130 pounds. He often fails his P.E. tests at school, and would even become out of breath when climbing the stairs. In order to lose weight, he has registered for a program in a Weight-loss Club



along with twenty other obese children.

Nowadays, China has more and more obese adolescents like Kuankuan. Statistics shows that at present, the number of obese people in China has far exceeded 90 million, while the number of overweight people has reached 200 million. The number of obese children has increased by 28 times over the past 15 years.

Medical experts believe that the dramatic increase in the prevalence of obesity in China is mainly caused by an unhealthy lifestyle, including the increasing availability of labor saving appliances, indulgence in foods with high calorie and fatty content, overuse of automobiles, lack of physical activities, and remaining in a sitting position for long periods of time.

Professor Wu Yangfeng of Chinese Academy of Medical Sciences commented: "China used to be a country with the thinnest people. However, within a very short period of time, China's obese population is quickly catching up with that of developed countries."

The rapid increase in obesity would then seem to be the result of an on-going change in the lifestyle of Chinese people whose lives are becoming more and more affluent and comfortable. At the same time, health problems caused by obesity have called great attention of all aspects of Chinese society. Experts advocate that people should correct their unhealthy lifestyles, eat less, eat more healthy foods, and get more exercise. Only by doing these may the obesity problem be effectively controlled and even reduced. However, while diet, medical treatment, and physical activities may

be a solution for the already overweight and obese, it is most important for children and adolescents to develop healthy lifestyles and behaviors from an early age.

吃面包还是吃馒头

漫步中国都市的街头，你不时地会发现装修精美的面包店。中国北方人曾给人偏爱吃馒头、包子等面食的印象，而现在这种习惯正被逐渐改变。如今西式的面包店越开越多，相比之下，卖馒头、包子的店铺却难觅踪迹了。

在一些新崛起的中产阶级看来，面包专卖店的



繁荣，已成为大都市的一道靓丽的“国际风景线”。据了解，北京市政府计划在2008年奥运会前，让西餐厅翻番，奥运会和国际化，让喜爱面食文化的人士更为惬意。随着西餐厅的

面包成为流行，面包店是城里的年轻人和新中产阶级。在一家面包店里，一对年轻情侣正悠然品尝着面包。女孩儿说，虽自小吃中式主食，但西方饮食却是她的偏爱，她喜欢面包被咬在口中那种软软的、香香的感觉。从中式到西式的口味转换，她没感觉任何不适。至于价钱，她的男友说：“这在我们承受的范围之内。”

北京清华大学东门附近，新开张的一家面包店成了大学生的休闲好去处。下课后，三三两两的年轻人大聚到这里，要一杯香浓的咖啡，手捧精致的西式小甜点，优雅地和朋友聊着天，自然、惬意。

人们也因此从过去偏爱热闹、喧哗，逐渐转变为现在的平人化、安静、悠闲和注重隐私。

