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# BBC LEARNING ENGLISH

## Take Away English 随身英语

### Virtual exercise in the gym

### 利用虚拟现实技术的新健身体验

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Vocabulary: exercise 词汇: 运动

Going to the gym can be something that many people find a **gruelling experience**. It takes time and effort, it often hurts, and it can be extremely **tedious**. Most **weight-related exercises** are a combination of **sets** and **reps**. In order to see any significant change from any one exercise, it will probably need to be repeated six to eight times, for a minimum of three sets, for about three months. Then there's **cardio**. For some, there's nothing more boring than endless miles spent running on a **treadmill**.

But what if there were a way to alleviate the boredom of exercise while still getting a good **work out**? Luckily for us, there's virtual reality.

In the past, “playing video games was a **sedentary** experience,” says Jo Stauffer of the VR Health Institute, “but VR changes all of that”. He says that the room-scale experience engages your body in full.

Many VR games are played while standing. In order to play properly, the player is forced to move around **swinging** their arms or using their legs. After an hour of this on a regular enough basis, it's not surprising that many people unexpectedly find themselves a little **fitter**. There are already a number of virtual reality games which, deliberately or not, result in their player '**getting a good sweat on**' if played for enough time. For example, there's a first person shooter which forces the player to **sidestep**, **duck** and **dodge** incoming projectiles. That's cardio. Or there's a music game which forces players to **shadowbox** in order to hit the notes – that's an **upper-body** workout.

The potential for VR to help people get fit has been noticed by one company. They want to take the whole experience into the gym. They are making a bespoke **resistance machine**, designed to be used in combination with a VR headset. Players challenge a virtual opponent in a series of games, which results in a 30-minute **full-body** work out. However, the cost of the equipment is expensive and there are safety concerns to be worked out, says J P Gownder from the consultancy Forrester. So **don't hang up your gym shorts** just yet.

Although it's early days, for those of us who struggle to overcome the tedium of exercise, a new solution could be coming. And a world where a person can exercise and have fun at the same time might be something that many people would want – virtual or not.

## 词汇表

<b>a gruelling experience</b>	一个使人精疲力尽的艰苦经历
<b>tedious</b>	单调乏味的
<b>weight-related exercises</b>	重量练习
<b>set</b>	(一) 组 (练习)
<b>rep</b>	(一个) 重复 (动作)
<b>cardio</b>	有氧运动
<b>treadmill</b>	跑步机
<b>work out</b>	锻炼身体
<b>sedentary</b>	久坐不动的
<b>swing</b>	挥动
<b>fit</b>	健康的
<b>get a sweat on</b>	做一段高强度的运动
<b>sidestep</b>	侧向跨步
<b>duck</b>	猛低头 (躲避)
<b>dodge</b>	闪躲
<b>shadowbox</b>	与假想敌人作拳击练习
<b>upper-body</b>	上半身
<b>resistance machine</b>	对抗器材
<b>full-body</b>	全身的
<b>don't hang up your gym shorts</b>	“挂起健身时穿的短裤”，放弃

## 测验与练习

### 1. 阅读课文并回答问题。

1. According to the article, why do many people not want to go to the gym?
2. According to Jo Stauffer, what is the problem with video games in the past?
3. True or false? *Many VR games unintentionally cause their players to work out.*
4. Which word used in the article means 'size or level of something'?
5. What two criticisms of the 30-minute VR full-body work out does J P Gownder have?

### 2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Mum, please don't make us go to grandma's. It's so \_\_\_\_\_! She has nothing to do!

a gruelling experience	tedious	sedentary	bespoke
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2. I'm getting fat! I'll have to diet a bit and do more \_\_\_\_\_.

set	rep	cardio	full-body
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3. I can't believe how close that ball came to my head. If I hadn't \_\_\_\_\_, I'd be hurt!

ducked	alleviated	shadowboxed	alleviated
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4. Why is applying for a visa always \_\_\_\_\_? There are so many forms to fill in!

a gruelling experience	weight-related exercises	get a sweat on	swing
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5. I know the best tailor in town. All of my suits are made \_\_\_\_\_ to my size.

work out	upper body	dodge	bespoke
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## 答案

1. 阅读课文并回答问题。

1. According to the article, why do many people not want to go to the gym?  
**It takes time and effort, it often hurts, and it can be extremely tedious.**
2. According to Jo Stauffer, what is the problem with video games in the past?  
**In the past, “playing video games was a sedentary experience.”**
3. True or false? *Many VR games cause their players to work out.*  
**True. There are already a number of virtual reality games which, deliberately or not, result in their player ‘getting a good sweat on’ if played for enough time**
4. Which word used in the article means ‘size or level of something’?  
**Scale. (He says that the room-scale experience engages your body in full.)**
5. What two criticisms of the 30-minute VR full-body work out does J P Gownder have?  
**The cost of the equipment and safety concerns.**

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Mum, please don’t make us go to grandma’s. It’s so **tedious!** She has nothing to do!
2. I’m getting fat! I’ll have to diet a bit and do more **cardio.**
3. I can’t believe how close that ball came to my head. If I hadn’t **ducked,** I’d be hurt!
4. Why is applying for a visa always **a gruelling experience.** There are so many forms to fill in!
5. I know the best tailor in town. All of my suits are made **bespoke** to my size.