
BBC LEARNING ENGLISH

Take Away English 隨身英語



Is there a best time to exercise? 一天中有沒有最佳的鍛鍊身體時間？

詞彙：*exercise* 鍛鍊，運動

With our already busy lives, finding time to exercise can feel like one more thing on our 'to do' list. So maybe it would help if there was 'a best time' to exercise? Could exercising at certain times help maximise our **fitness goals**? The answer is 'yes', but it's easier than you think – no matter who you are, or when you like to **work out**.

There are clear **benefits** to exercising in the morning. Many of us have more free time compared to later in the day, and it may therefore be easier for us to **stick to** a morning **workout** routine. A study published in *Medicine and Science in Sports and Exercise* found that **participants** who exercised in the morning, **increased** their **physical activity throughout the day**, were less **distracted** by food, and slept better. Exercising on an empty stomach before breakfast could also **burn** more **fat** and increase **metabolism**, which means you'll continue to burn calories throughout the day.

So, good news for early birds, but what if you're not a morning person? Working out in the afternoon or evening also has benefits, just different ones. For example, your body's ability to perform **peaks** in the afternoon, according to a 2010 study by the *Scandinavian Journal of Medicine and Science in Sports*. Also, in the afternoon and evening, your **reaction time** is quickest, and your **heart rate** and **blood pressure** are lowest, which **reduce** your chance of **injury** while improving **performance**.

But does any of this change depending on whether you're a man or a woman? Our bodies are different, after all, so the best time to exercise may be different too. A 2022 study from Skidmore College, New York, looked at exactly this question and the results showed that there are some differences. Want to reduce your blood pressure and you're a woman? Exercise in the morning. Want to improve your heart health and you're a man? Evening is better for you. But, ultimately, the study found that there are clear benefits for both sexes to exercising at either time of day.

So what time is best? It seems the answer is: whatever time is best for you!

詞彙表

fitness goal

健身目標

work out	鍛鍊身體
benefit (n)	優勢，好處
stick to	堅持
workout	鍛鍊
participant	參與者
increase	提高
physical activity	體育活動
throughout the day	一整天
distracted (adj)	注意力分散的
burn	燃燒
fat	脂肪
metabolism	新陳代謝
peak (v)	達到巔峰
reaction time	反應時間
heart rate	心率
blood pressure	血壓
reduce	降低
injury	傷，損傷
performance	表現，技能

測驗與練習

1. 閱讀課文並回答問題。

1. Why is it easier for some people to stick to a morning exercise routine?
2. True or False? *Exercising in the morning means you are lazy later in the day.*

3. When is the body most able to perform – morning or afternoon?
4. True or False? *You can hurt yourself less exercising in the afternoon or evening.*
5. I am a man and I want to make my heart healthier. When should I exercise according to a study from Skidmore College, New York?

2. 選擇意思恰當的單字或片語來完成下列句子。

1. I know that if I want to play the guitar well, I have to _____ it.

stick to	work out	increase	perform
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2. It helps to have a fitness goal when you start a _____ routine.

physical activity	benefit	workout	work out
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3. When I have a big breakfast, I usually need to eat less _____.

metabolism	throughout the day	burn	reduce
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4. There's a _____ rain. Bring your umbrella.

throughout the day	increase	chance of	performance
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5. The dancers practised every day for weeks until their _____ improved.

perform	performance	participant	benefit
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答案

1. 閱讀課文並回答問題。

1. Why is it easier for some people to stick to a morning exercise routine?

Because many people have more free time in the morning than later in the day.

2. True or False? *Exercising in the morning means you are lazy later in the day.*

False. Exercising in the morning can increase physical activity throughout the day.

3. When is the body most able to perform – morning or afternoon?

The body's ability to perform peaks in the afternoon.

4. True or False? *You can hurt yourself less exercising in the afternoon or evening.*

True. In the afternoon and evening, your reaction time is quickest, and your heart rate and blood pressure are lowest, which reduce your chance of injury.

5. I am a man and I want to make my heart healthier. When should I exercise according to a study from Skidmore College, New York?

Evening. Evening exercise helps improve heart health in men according to a study from Skidmore College, New York.

2. 選擇意思恰當的單字或片語來完成下列句子。

1. I know that if I want to play the guitar well, I have to **stick to** it.

2. It helps to have a fitness goal when you start a **workout** routine.

3. When I have a big breakfast, I usually need to eat less **throughout the day**.

4. There's a **chance of** rain. Bring your umbrella.

5. The dancers practised every day for weeks until their **performance** improved.