

A Short Walk Can Keep You Healthy

What do you usually do after you eat? Sit down and read a book? Or maybe you take a short nap.

Well guess what? Doctors say taking a short walk after eating helps your body control your blood sugar.

醫生說，吃飽後走走路可以降低血糖。

When most people think about sugar, they think about candy or ice cream or cake. -Sweet things have lots of sugar in them, right?

Well, actually, many foods have sugar in them. There is sugar in milk, in tomatoes, in carrots, and even in onions!

不只是糖果蛋糕，牛奶、番茄、紅蘿蔔，還有洋蔥裡面也有糖！

Sugar from food gives us energy. We need sugar. But, too much sugar can be bad for our blood.

我們需要糖分，但太多糖對身體不好。

Too much sugar in your blood can give you diabetes.

"Diabetes" 就是糖尿病，太多糖很容易造成糖尿病。

Doctors say people should take a short walk after eating,

because it will help control their blood sugar.

Doctors say you only need a short walk, it could be only 2 minutes! Just 2 minutes of walking around after you eat can help you stay healthy.

醫生說，只要吃飽後走兩分鐘就可以控制血糖，保持健康！

I think I'm going to try it! I'm going to take a 2-minute walk after I finish my lunch today!

Vocabulary

醫生說吃飽了不要坐著，要走一走。

1. control 控制。
I'd love to walk around after lunch. 我很樂意吃過午飯後走走。
But sometimes I can't control work. 但有時候我沒辦法控制工作。
I can't control my life. 我還沒辦法控制人生呢。

2. minute 分鐘。
Besides, it only takes 2 minutes. 而且只需要兩分鐘。
Right, I can at least stand up for 2 minutes. 對，至少我可以站起來兩分鐘。

3. blood 血液。
What did your doctor say? 妳的醫生怎麼說?
He will take my blood first. 他會先抽血。
And run some tests. 然後做一些檢驗。

4. healthy 健康的。
Don't worry. You're strong and healthy. 別擔心，你很健康強壯。
I'm only worried if I can still climb Jade Mountain.
我只擔心是否還能去爬玉山。

So let's get up and walk! 來讀讀單字。

control 控制
minute 分鐘
blood 血液
healthy 健康的

Quiz

1. What is a good idea after eating?
A: Jumping on the bed
B: Swimming in Sun Moon Lake
C: Taking a short walk
2. What does sugar do for our body?
A: It gives us energy
B: It makes us cry
C: It makes us hungry.
3. How long do you need to walk after eating?
A: Maybe just 2-minutes!
B: Maybe 4 or 5 hours
C: About 90 minutes