

## 英語

(90 分)

第 1 問 次の英文を読んで、問 1 ～ 問 9 に答えよ。(配点 60 点)

## Why Exercise Won't Make You Thin

On Tuesday, I go to the gym and do various exercises for two long hours. On Wednesday, I work out for another exhausting hour. On Thursday, I visit the gym again, and on Friday I go on an eight-kilometer run in a final attempt to burn away all the fat I have accumulated during the week. I have exercised like this in a rather painful and stressful way for many years, but recently I have begun to wonder, "Why am I doing this?" Although I'm not overweight, my stomach still hangs over my belt when I sit down. "Why isn't all the exercise getting rid of it?"

It's a question many of us could ask. More than 45 million Americans now belong to a health club, up from 23 million in 1993. And yet the rate of obesity (the condition of being dangerously fat) has risen dramatically in the same period. Now, a third of Americans are obese and another third are considered to be overweight, while the rest are within normal weight range. Of course, it's certainly possible that those of us who regularly go to the gym would weigh even more if we exercised less. However, like many other people, I get hungry after I exercise, so I often eat more on the days I work out in the gym than on the days I don't. Could exercise actually be preventing me from losing weight?

In fact, despite the common belief that exercise is essential for losing

実際には、運動は、減量のためには不可欠であるという一般的な考えもかたがた

近年の肥満に関する調査は、...と述べている。  
減量における運動の役割は、誇張されている

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weight the past few years of obesity research have shown that the role of exercise in weight loss has been greatly exaggerated. For example, Dr. Timothy Church of Louisiana State University recently published an interesting study. Dr. Church's research team gathered 464 overweight women who didn't regularly exercise and placed them into four groups. Women in three of the groups were asked to work out with a personal trainer for 72 minutes, 136 minutes, and 194 minutes per week, respectively, for six months. Women in the fourth group were told to follow their usual physical activity routines. All the women were asked not to change their normal everyday eating habits.

Among the results, there were two unexpected findings. On average, there was a certain amount of weight loss. However, the women in the first three groups who exercised regularly with a personal trainer did not lose significantly more weight than the women in the fourth group who did not exercise. Moreover, some of the women in each of the four groups actually gained weight, some more than five kilograms each. So, why did this happen? Dr. Church calls it compensation. Whether it was because exercise made them hungry or because they wanted to reward themselves (or both), most of the women who exercised were found to eat more than they did before they started the experiment. Or they compensated in another way, by moving around a lot less than usual after they got home. These results are important because the government and various medical organizations tend to advise more and more exercise for those who want to lose weight. Could this advice be mistaken?

Many people assume that losing weight is mostly a matter of willpower and that we can learn to both exercise and avoid cakes and sugary drinks. A few of us can, but most of us cannot do this for very long. Some of us can force ourselves to overcome our basic psychology, but most of us won't be very successful. The strongest influence on how much food you eat is how much