

energy you use," says Steven Gortmaker, an expert in childhood obesity. "If you're more physically active, you're going to get hungry and eat more." Gortmaker is even suspicious of the children's playgrounds at many fast-food restaurants. "Why would they build those?" he asks. "I know it sounds a little strange, but you have to think, if a kid plays there for five minutes and burns 50 \*calories, he might then go inside the restaurant and consume 500 calories or even 1,000." In fact, in a recent 18-month research study of 538 students, Gortmaker found that when kids start to exercise, they end up eating more — not just a little more, but an average of 100 calories more than they have just burned.

Furthermore, there's some confusion about whether it is exercise (short periods of sweaty, exhausting, hunger-producing activity) that can lead to health benefits, or something far simpler such as regularly moving during our everyday life. Certainly, we all need to move more, but it seems our leisure-time physical activity has decreased since the late 1980s, at the same time as gym exercising started to become really popular. But do we need to stress our bodies at the gym?

In 2009, a team of researchers in the UK reported some surprising results. The researchers had studied 206 kids, ages 7 to 11, at three schools at a city in southern England. Kids at the first school, (an expensive private one) received an average of 9.2 hours per week of Physical Education (PE), while kids at the two other schools got just 2.4 hours and 1.7 hours of PE per week, respectively. The researchers found that however much PE they got during school hours, (when you look at the whole day), the kids from each of the three schools moved almost the same amount. The kids at the expensive private school had much more physical activity during school hours, but overall they didn't move more. "After they get home, if they are very active in school, they are probably going to relax a bit more because they've already used up so much energy," says Alissa Frémeaux, who helped conduct the study. "On the other hand, the other

children are more likely to have more energy to ride a bike and run around after school. It seems, therefore, that the problem is not exercise itself but the way we define it. Many obesity researchers now believe that very frequent low-level physical activity may actually be better for us than the occasional more intensive type of exercise you get in a gym.

So, why do people continue to believe that exercise leads to weight loss in spite of all the scientific evidence to the contrary? Public-health officials have been reluctant to discourage exercise because those who are more physically active are, (overall) healthier. Plus, it's hard even for experts to completely reject the idea that exercise is essential for weight loss. In one case, psychologist Kelly Brownell of Yale University treated obese patients for many years by encouraging them to have ( 8a ) exercise and ( 8b ) food. "The results were very frustrating," he says. "Only about 5% of participants could keep the weight off. Now, I focus ( 8c ) on better eating habits instead of ( 8d ) exercise." In other words, it's what you eat, not how hard you try to exercise, that matters more in losing weight. You should exercise to improve your health, but be aware that short intensive periods of exercise could even lead to weight gain.

(注)

\*calorie : 栄養学における 1 kilocalorie に相当する。

問 1 下線部 (1) について、筆者のこの発言の背後にある不満を、日本語で説明せよ。何年間も苦い思いで運動を続けたにもかかわらず、

依然としておなかの脂肪がとれないという不満

問 2 下線部 (2) について、筆者自身は、下記の 3 つのカテゴリーのうち、どこに属するか。記号で答えよ。

ア. obese イ. overweight ウ. within normal weight range