

懒得去健身？朋友可以助你一臂之力！

Friends could be key to finding fitness motivation

研究发现，和朋友一起健身比自己一个人去健身更容易坚持下来，因为结伴健身可以互相督促，还可以从朋友的鼓励中获得源源不断的动力。



Photo/Pexels

Social interaction could be key to kick-starting a fitness regime, US research suggests.

美国研究表明，社交对于快速启动你的健身计划十分关键。

After analysing data, including from the US Military Academy, scientists at Kean University recommended social activities that boosted interactions between less- and more-active people.

在分析了包括西点军校在内的多个机构的数据后，美国肯恩大学的科学家指出，社交活动可以增进不太活跃和比较活跃的人之间的互动。

When the less active interacted with those who exercised regularly, they felt encouraged, the researchers found.

研究人员发现，不太活跃的人和那些定期锻炼的人交流后会受到鼓舞。

But those who were less social ended up exercising less.

但是那些不太参加社交活动的人往往都不怎么锻炼。

Regular exercise has already been cited as something that improves mental health significantly, with many finding group activity helpful.

定期锻炼被认为能显著改善心理健康，而且很多人都认为集体活动有助于坚持锻炼。

There are many ways to combine socialising and exercising, such as:

有很多方式都能将社交和锻炼相结合，比如：

walking with friends

和朋友一起散步

playing five-a-side

踢五人制足球

taking a fitness class

上健身课

Exercising with a friend requires commitment and accountability, Andre Bates, of Barry's Bootcamp, which holds group exercise classes across the UK, says.

健身房 Barry's Bootcamp 的安德烈·贝茨说，和朋友一起锻炼需要决心和责任心。该健身房在英国各地开办集体健身课程。

"It's very easy not to go and exercise when you're relying on yourself - but with a friend, you can use each other for motivation to make sure you stick at what you set out to do," he says.

他说：“如果你是独自健身，你爱去不去都行，但是和朋友一起的话，你们可以彼此互为动力，确保将计划坚持到底。”

"You can make friends in a group exercise environment - and then if you're not there for your usual 06:00 class on a Monday or Tuesday, they might ask, 'Where are you?' so there's that little bit of guilt that makes sure you're there next time."

“你可以在集体健身环境中交友，如果你哪天（比如周一或周二）没有像往常一样去上 6 点的健身课，你的朋友可能会问你去哪了？这种小小的负罪感会让你下次一定去健身。”

Andre says: "Rather than looking at someone as competition, look at them as a benchmark of what you want to be and don't be afraid to ask them about it and see how they got there."

安德烈说：“不要把健身同伴看成竞争对手，而要把他们看成你的奋斗目标，别害羞，问问他们是怎么做到的。”

"We're all pushing for the same purpose, whether it's mental improvement, physical improvement, fitness or performance - everyone is here to improve."

“我们健身的目的都是一样的，无论是改善身心健康、增强体质还是提升表现，每个人来这里都是为了让自己变得更好。”

Kai Hunter, 25, who lives in Cardiff, started exercising regularly six months ago - after finding motivation from his group of friends.

住在加的夫的 25 岁的卡伊亨特 6 个月前从他的那群朋友那里获得动力之后就开始定期锻炼。

"Because I work from home, I didn't really get out much - so I started to put on weight and wanted to do something about it as it was affecting my confidence quite a lot," he tells BBC News.

他告诉 BBC 新闻网说：“因为我在家办公，基本没怎么出门，于是就变胖了，对此我想做点什么，因为现在的身材很影响我的自信心。”

"I asked a few people in my social circle who were into fitness already how they had got into it - and asked for workout routines."

“我问了自己社交圈里喜欢健身的几个人是怎么坚持下来的，以及他们的日常锻炼内容。”

Kai also gained a lot of motivation sharing progress with friends in a group chat.

卡伊还通过和朋友在群聊里分享进展获得了很多动力。

"All the people around me were always supporting me," he says.

"It was good to have that around me and to feel the results myself."

他说：“我周围的所有人都一直支持我，我自己也能体会到健身成效，这种感觉很好。”