

Why standing at your desk may be little better than sitting

站着办公，可能并不比坐着好多少

Apologies to those who have invested in a modish workstation

让已经购入时髦办公设备的人失望了

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插画中的办公者在桌边抬腿伸展，桌上放着文件和台灯。

难度 63 / 100

建议65–90分钟；选做作文另计。

适用读者：能阅读一般英语新闻，希望读准长句、搭配与作者语气的学习者。

入门准备：能辨认基本主谓结构和常见从句，愿意结合语境查词。

About this lesson 本课导读

久坐的风险让站立桌流行，但换姿势是否就等于改善健康？本文比较站立、动态座椅和运动的研究，把问题从“坐还是站”推进到“静止还是活动”。精读重点是比较基准、证据范围与让步转折。

- 辨认健康报道中的相关、因果与解释性推测
- 按respectively把两组数值对应到正确指标
- 分析否定倒装、主语从句与省略结构
- 在摘要中同时保留积极结果和研究局限

Before you read 读前思考

What would you want a study to measure before calling a chair healthier?

拓展例句与练习情境用于说明用法。

书末答案 (p.12)

Text 课文

[P01] PROLONGED SITTING rightly has a bad rap.^{V01V02} A review in 2012 concluded that the most sedentary were more than twice as likely as the least to have or develop diabetes, and also faced a much higher risk of premature death.^{V03V04K01} Another, in 2015, found that sitting for long stretches was associated with “deleterious health outcomes regardless of physical activity”.^{V05V06V07} Three years after that an analysis of news articles in the British Journal of Sports Medicine found hundreds of pieces which referred to claims likening sitting to smoking.^{V08}



插画中的办公者在桌边抬腿伸展，桌上放着文件和台灯。

[P02] That last claim is overblown.^{V09} In 2018 the American Journal of Public Health reckoned sitting’s true risk to be a tenth of that of smoking. But this is still bad. Hence the appeal of standing desks and, more recently, “active seats”: chairs and stools that tilt, wobble or rock to force continual postural adjustments.^{V10V11V12K02} Is either actually healthier?

[P03] An analysis in 2018 found standing at a desk burned just nine more calories per hour than sitting. Nor are the cardiovascular gains impressive.^{V13K03} A review in 2020 pooled nine trials involving 877 people.^{V14} Participants stood about 1.3 hours more a day and were followed for roughly four months.^{V15} Body fat and blood-sugar control improved slightly, but blood pressure, insulin, cholesterol and triglycerides did not. The study did not, however, look at blood flow and the activation of postural muscles, both factors which might contribute to the benefits of standing over sitting.^{V16K04}

[P04] That said, standing can have downsides.^{V17} Work published in the International Journal of Epidemiology in 2024 followed 83,013 adults in Britain for an average of nearly seven years. Those who stood for more than two hours a day had a higher risk of varicose veins and venous ulcers, perhaps because of pooling of blood in the legs.^{V18}

[P05] What matters far more is movement.^{K05} A study of nearly 482,000 Taiwanese adults in 2024 found that just 15–30 minutes of extra daily exercise could erase most of the excess mortality

risk associated with sitting at work.^{V19} Desk-bound workers may therefore wonder if active
25 seating can make a difference.^{V20} Some findings are encouraging.

[P06] Consider a trial at Georgia Southern University. In this 20 adults performed reading and
typing tasks on an ordinary chair, an exercise ball and a seat mounted on top of an inflat-
able bladder.^{V21V22} Energy expenditure on the ball was similar to normal sitting.^{V23} But on the
bladder, participants' heart rates and calorie burn rose by 6-13% and 19-40% respectively.^{V24}
30 Writing in *Ergonomics* in 2019, the researchers attributed this to muscle contractions required
to maintain balance.^{V25K06}

[P07] A longer trial found another benefit. For six months 133 office workers in Bangkok sat on
either a foam seat pad or a slightly unstable inflatable one designed to encourage frequent
postural changes. Those using the latter were 81% and 84% less likely to develop neck and
35 lower-back pain, respectively.^{V26} Writing in the *Scandinavian Journal of Work, Environment &*
Health in 2024, the researchers described the pad as a "light-exercise device". They reckoned
it reduced fatiguing muscle contractions and improved blood flow to compressed tissues.

[P08] There are caveats.^{V27} Many studies of dynamic sitting have been small or brief. Results
have varied with seat design, and some participants have reported discomfort in the der-
rière.^{V28} That said, there does seem to be a lesson here: the real distinction is not between
40 sitting and standing, but between remaining still and moving.^{V29K07}

New words and expressions 生词和短语

按原文出现顺序排列；*为优先练习表达。

V01 · P01 prolonged

/prə'lɒŋd/ adj. 持续很久的

强调持续时间，而非任何短暂坐姿都被同等评价。

V02 · P01 have a bad rap*

/hæv ə bəd ræp/ phr. (非正式) 名声不好；受负面评价

rap 在此为评价或指责，不是说唱音乐；rightly 说明作者认可负面评价有依据。

V03 · P01 sedentary

/sedəntri/ adj. 久坐的；缺乏活动的

the most/least sedentary 指最久坐与最少久坐的人群；不能把形容词只译成办公室职员。

V04 · P01 premature

/premətʃə/ adj. 过早的

premature death 指过早死亡，不是说所有参与者已经死亡。

V05 · P01 be associated with*

/bi ə'səʊʃieɪtɪd wɪð/ phr. 与...相关

表示统计或观察联系，本身不等于已排除其他原因的直接因果证明。

Long waiting times were associated with lower satisfaction.

较长等待时间与较低满意度相关。

V06 · P01 deleterious

/delɪ'tɪəriəs/ adj. (正式) 有害的；不利的

修饰 health outcomes。读懂引语时还需保留 regardless of physical activity 的研究表述。

V07 · P01 regardless of*

/rɪ'gɑːdləs əv/ phr. 不论；不考虑

of 后接名词或动名词；这里说不同活动水平下仍观察到关联，不是每个人必然出现不良结局，也不能据此认为活动毫无益处。

V08 · P01 liken A to B*

/laɪkən/ v. phr. 把A比作B

不是声称A与B在所有风险指标上完全相等。作者下一段正纠正这个类比的强度。

V09 · P02 overblown*

/əʊvə'bləʊn/ adj. 夸大的

否定的是“久坐如吸烟”的说法，未否认久坐本身有风险。

V10 · P02 hence*

/hens/ adv. 因此

Hence the appeal ... 省略完整谓语，承接前面的担忧，解释产品吸引力。

V11 · P02 wobble

/wɒbəl/ v. 摇晃；晃动

与 tilt、rock 并列说明座椅动态特征，不是设备坏了的必然迹象。

V12 · P02 postural

/pɒstʃərəl/ adj. 姿势的；体位的

postural adjustments 为姿势调整，postural muscles 为帮助维持姿势的肌肉。

V13 · P03 cardiovascular

/kɑːdiəʊ'væskjələ/ adj. 心血管的

不应把单次热量消耗直接等同于全部心血管健康收益。

V14 · P03 pool

/puːl/ v. 汇总；集中

pooled nine trials 指把试验结果汇总分析。P4 pooling of blood 则是血液淤积的另一语境义。

V15 · P03 follow

/fɒləʊ/ v. 随访；持续跟踪

were followed for ... 是研究时间范围，不是被人尾随。

V16 · P03 contribute to*

/kən'tribjuːt tuː/ v. phr. 有助于；促成

to 后接名词。might contribute 保留机制解释的不确定性，不等于已测得贡献比例。

V17 · P04 downside*

/'daʊnsaɪd/ n. 不利之处

承接对好处的讨论，引入另一面；不是表格中下方的数据。

V18 · P04 varicose vein

/væri'keɪs 'veɪn/ n. phr. 曲张静脉

原文讨论一种特定循环问题，不可泛化为站立会使所有疾病风险增加。

V19 · P05 excess*

/'ekses/ adj. 超额的；多出的

excess mortality risk 是相对比较组多出的死亡风险，不是全部死亡风险。

V20 · P05 desk-bound

/'desk baʊnd/ adj. 长时间困在办公桌前的

bound 表受限制，描述工作状态，不必理解为被物理绑定。

V21 · P06 inflatable

/ɪn'fleɪtəbəl/ adj. 可充气的

文章比较具体设计，不能把所有可充气座椅都看作已验证的同一产品。

V22 · P06 bladder

/'blædə/ n. 气囊；囊状容器

此处指装在座椅下的可充气部件，不是人体的膀胱。

V23 · P06 expenditure

/ɪk'spendɪtʃə/ n. 消耗；支出

energy expenditure 是能量消耗，不是购买座椅的费用。

V24 · P06 respectively*

/rɪ'spektɪvli/ adv. 分别地；按前述顺序

把心率配6-13%，热量配19-40%；P7同样按顺序配颈部与下背部疼痛。

V25 · P06 attribute A to B*

/ə'trɪbjʊt/ v. phr. 把A归因于B

this 指观察到的变化；B是研究者提出的解释。不是说所有机制都已分别被测量。

The manager attributed the error to unclear instructions.

经理把错误归因于指示不清。

V26 · P07 the latter*

/ðə 'lætə/ n. phr. 后者

指紧前一组比较中的充气坐垫；不能误指更早出现的健身球。

We compared a paper form with an online one; the latter was easier to update.

我们比较了纸表和在线表；后者更容易更新。

V27 · P08 caveat*

/'kæviæt/ n. 限制条件；须留意的限定

具体内容是样本小、时间短、设计差异和不适，而不只是泛泛的警告。

V28 · P08 derrière

/deri'eə/ n. (委婉) 臀部

法语借词，用较轻松的表达说不适，缓和研究综述的语气。

V29 · P08 distinction*

/dɪ'stɪŋkʃən/ n. 区别

结尾重新选择比较维度：still 与 moving，而非只比较坐和站这两个姿势标签。

Notes on the text 课文注释

1 承认风险，仍可纠正夸张类比

[P01 / P02]

第一段由研究综述写到媒体传播，第二段才评价最后那条“久坐如吸烟”的说法。That last claim 的范围很窄；若译成“前面的研究全错了”，就把作者有针对性的纠正扩大了。

overblown 后紧接 But this is still bad，形成两步判断：类比夸大，问题仍存在。因此站立桌和动态座椅有市场。Is either actually healthier 随后把流行程度与真实效果分开，成为全文要回答的问题。

2 “更健康”必须拆成具体测量指标

[P03]

每小时多消耗9千卡是一种短时能量差异，不能直接换算成所有长期健康结局。下一项汇总又分别报告体脂、血糖控制、血压等指标。读到 but ... did not 时，应补出“没有改善”，而不是误读成这些指标不存在。

最后一句说明未考察的变量：血流和姿势肌肉激活。没测到某项收益，与根本没测那一项，是不同的信息。作者在批评收益有限的同时保留证据的范围，所以不宜把本段概括为“站立没有任何用”。

3 随访、相关与 perhaps 的分工

[P04 / P05]

followed ... for an average of nearly seven years 给研究的观察时间；had a higher risk 报告组间关联；perhaps because of ... 提出可能机制。它们不是同一层证据。不能因为随访人数多，就把所有潜在差异都视为已消除。

第五段把注意力转向活动。尤其要读准 excess mortality risk：讨论的是相对多出的风险，不是运动能让死亡风险归零。could 与 associated with 也应保留，不能变成任何人运动同样时长都能获得同一结果的保证。

这项站立研究测量的是全天累计坐、站时间，属于观察性队列，并不是随机分配使用站立桌的试验。报道中的两小时也不应转化成对每个人适用的因果阈值。

4 健身球、气囊座椅、坐垫不可混成一个东西

[P06 / P07]

第六段的三个条件分别是普通椅、健身球和气囊座椅。球上的能量消耗与普通坐姿相似，积极结果来自气囊座椅。若只记“可充气”，就容易把不同装置的结果错配。

第七段比较的是两种坐垫，并观察6个月内颈部与下背部疼痛。它不是把第六段20人的短任务无限延长。研究问题、装置、参与者和指标同时改变，因此两段共同提示可能益处，却不能直接合并成某一种座椅的万能功效。

坐垫原试验针对近期没有颈腰痛、但属于高风险的办公室人群，研究的是预防新发疼痛，不能改写成治疗已有疼痛。血流和肌肉收缩的解释由研究者提出，文章没有说这些机制都在该试验中被直接测量确认。

5 respectively 先配对，再问分母

[P06 / P07]

第六段顺序为 heart rates → 6–13%，calorie burn → 19–40%。第七段顺序为 neck pain → 81%，lower-back pain → 84%。respectively 是连接两个列表的规则，不能按哪个数更大来猜对应指标。

这里必须再分清统计口径。坐垫试验报告的调整后危险比为0.19和0.16，新闻将其概括成低81%和84%。它们比较随访过程中的发生危险，并非直接比较6个月的累计发生概率，也不是降低81或84个百分点。

原论文给出的6个月颈痛发生比例为15%对65%，下背痛为10%对59%。这些观察比例与调整后的危险比是不同统计量。因此，即使知道一个基准概率，也不能把它直接乘以0.19或0.16来还原病例数。阅读 less likely 时，先读新闻语义，再核对其所概括的研究指标。

6 结尾没有把前面的限制一笔勾销

[P08]

There are caveats 后列出具体的限制：研究规模与时长、设计差异、参与者不适。That said 再让步，转到仍可保留的启示；does seem 同时含强调 does 和审慎 seem，不等于绝对断言。

not between ... but between ... 换了比较维度。作者认为活动与静止比坐与站更关键，这一综合判断并不等同于给所有人开出统一的工作姿势或座椅处方。读者应从文中学会评价证据，而非只寻找一个可购买的答案。

Special difficulties 难点辨析

1 两倍、十分之一与风险归零都不同

[P01 / P02 / P05 / P07]

more than twice as likely as 是比较发生可能性的倍数；a tenth of that of smoking 中 that 替代 risk；erase most of the excess risk 只涉及额外部分。三个表达的分母和范围不同，不可相互代换。“十分之一”也是报道的概括。2018年原始评论按特定暴露人群比较超额全因死亡：最重度吸烟者与从不吸烟者，以及最高与最低久坐量者。它不是任何疾病、任何吸烟量或某个人死亡概率都通用的固定比例。

If one group's risk were 10% and another's 2%, the latter would be 80% lower in relative terms, a difference of 8 percentage points.

若一组风险为10%、另一组为2%，后者相对低80%，绝对相差8个百分点。此为演示数字。

2 pool 的宾语决定含义

[P03 / P04]

研究者 pool trials 时，是把多个研究汇总；blood pools in the legs 时，是血液在某处淤积。同一个词的“集中”意象仍在，主语、宾语和学科语境却不同。不要在血流段落译成“研究者汇总血液”。

Background 背景与延伸

1 两项研究回答的问题，为什么不能互相替代？

[P03 / P04 / P06 / P07]

短时任务能比较当下的能量消耗或心率变化；持续数月的试验能观察一段时间内特定症状的发生；大样本随访能研究群体中行为与健康结局的联系。它们的强项不同，不能单凭人数或年份就排出适用于所有问题的顺序。

本课的读法是先列清“谁、做了什么、与谁比较、观察多久、测了什么”。再读作者的推断，才知道结论在哪一步扩大了问题，在哪一步仍保留限制。

Key structures 关键句型

K01 · P01 the most/least + 形容词；倍数比较

A review in 2012 concluded that the most sedentary were more than twice as likely as the least to have or develop diabetes, and also faced a much higher risk of premature death.

2012年的一篇综述得出结论：最久坐的人已经患有或随后发生糖尿病的可能性，是最少久坐者的两倍以上，而且过早死亡的风险也高得多。

the most sedentary 指最久坐的人群；the least 省去重复的 sedentary，指最少久坐的人群。concluded 后接宾语从句，其中 were ... likely 和 faced ... risk 共享主语。

more than twice as likely as ... to have or develop ... 中，倍数修饰可能性比较；to 后并列 have 与 develop，兼顾已有和随后发生的情况。不是说每个人的风险增加两个百分点。

The busiest users were twice as likely as the least active to report a delay.

最活跃的用户报告延迟的可能性，是最不活跃者的两倍。

K02 · P02 Hence + 名词短语：压缩因果

Hence the appeal of standing desks and, more recently, “active seats”: chairs and stools that tilt, wobble or rock to force continual postural adjustments.

因此，站立桌以及近来出现的“动态座椅”颇具吸引力；后者是会倾斜、摇晃或前后摆动，迫使人不断调整姿势的椅子和凳子。

Hence the appeal ... 可展开为 That is why standing desks ... are appealing。作者省略完整谓语，紧凑地从担忧过渡到产品吸引力。

冒号后的 chairs and stools 解释 active seats；that tilt, wobble or rock 为关系从句，三个动词并列。to force ... 说明这些动作带来的调整要求。

The room gets little daylight. Hence the need for extra lamps.

房间自然光很少，因此需要额外的灯。

K03 · P03 Nor 放句首引起部分倒装

Nor are the cardiovascular gains impressive.

心血管方面的收益也不突出。

Nor 承接前一句对热量收益有限的评价，继续说心血管收益也不突出。系动词 are 移到主语前，常规意思为 The cardiovascular gains are not impressive either。

这是带否定意义的连接，不是提问。若谓语为普通实义动词，则通常需要 do/does/did 支持倒装。

The repair was not quick. Nor was it cheap.

修理不快，也不便宜。

K04 · P03 both factors：补充说明两个并列名词

The study did not, however, look at blood flow and the activation of postural muscles, both factors which might contribute to the benefits of standing over sitting.

不过，这项研究并未考察血流及维持姿势的肌肉是否被激活，而这两个因素都可能有助于解释站立相对坐姿的益处。

主句核心为 The study did not look at A and B。however 插入让步；A是血流，B是姿势肌肉激活。

both factors 为同位概括，which might contribute ... 再修饰 factors。否定 did not 的范围是 look at，不是 contribute：研究未考察这些因素，原句没有断言它们不会贡献好处。

The survey did not examine travel time or cost, both factors which might affect attendance.

调查未考察通勤时间或费用，而这两个因素都可能影响出席情况。

K05 · P05 What 引导名词性从句作主语

What matters far more is movement.

更为重要的是活动身体。

What matters far more 整体作主语，意为“重要得多的事情”；is 为主句系动词，movement 是表语。

far 修饰比较级 more，加强程度。What 在从句内也作 matters 的主语，因此不能换成只起连接作用的 that。

What matters most is whether the information is accurate.

最重要的是信息是否准确。

K06 · P06 Writing ... 与 attribute A to B

Writing in Ergonomics in 2019, the researchers attributed this to muscle contractions required to maintain balance.

研究者在2019年的《人体工效学》杂志中写道，他们将这种变化归因于维持平衡所需的肌肉收缩。

Writing in ... 的逻辑主语与主句一致，是 the researchers。过去分词 required to maintain balance 修饰 contractions，表示维持平衡所需要的收缩。

attributed this to ... 中 this 回指观察到的心率、热量变化。to 为介词，不是不定式标记；后面接名词短语。

Writing in the report, the engineers attributed the delay to a shortage of parts.

工程师在报告中将延迟归因于零件短缺。

K07 · P08 强调 does、审慎 seem 与对照结构

That said, there does seem to be a lesson here: the real distinction is not between sitting and standing, but between remaining still and moving.

即便如此，这里似乎确实有一点启示：真正的区别，不在于坐着还是站着，而在于保持不动还是活动身体。

That said 是让步承接。there does seem to be ... 用 does 强调“确实似乎有”，后面的 seem 仍保留推断性质；不能把强调助动词理解为删掉审慎语气。

not between A and B, but between C and D 将两组比较替换。remaining still 与 moving 都是动名词短语，结构平行，区别是静止与活动。

There does seem to be a pattern: the difference is not between old and new tools, but between careful and careless use.

这里似乎确实有规律：区别不在于工具新旧，而在于使用是否仔细。

Exercises 练习与写作

Listening 听力（选做）

选做：听录音，记录结尾真正强调的比较。

02 What distinction does the conclusion emphasise?

Comprehension 理解

结合比较基准和证据范围回答。

03 Does rejecting the comparison with smoking mean the author considers prolonged sitting harmless?

04 Name one measured outcome that improved slightly and one factor the 2020 review did not examine.

- 05 Which condition in the 20-person trial increased energy expenditure relative to ordinary sitting?
- 06 Match 81% and 84% to the outcomes in the six-month trial.
- 07 Using the article and the statistical note, explain why 81% and 84% cannot directly tell us how many cases were prevented per 100 people.
- 08 Give two limitations the author identifies.

Words in use 词汇

每项用一次，必要时变形。

词库：associated with / attribute / latter / caveats

- 09 The report found that noise was ____ lower concentration.
- 10 The authors ____ the change to better training.
- 11 We compared two designs. The ____ was cheaper.
- 12 The result is promising, but there are several ____.

Key structures 句型

改写保持逻辑，读准省略和比较。

- 13 Rewrite with nor: "The device is not light. It is not cheap either."
- 14 Complete the meaning: "The office is dark. Hence the need for more lights."
- 15 What is the subject of "What matters most is clear evidence"?
- 16 In P3's final sentence, does did not negate examining the two factors or their possible contribution?

17 Complete: “The researchers attributed the change ____ improved training.”

18 Does does in “There does seem to be a pattern” remove the uncertainty expressed by seem?

19 In “The busiest users were twice as likely as the least active to report a delay”, who is compared with whom, and does twice refer to percentage points?

Summary writing 摘要

用80–100词概括主要证据和结论，避免给个体保证。

20 Write an 80–100-word summary.

Composition 作文（选做）

选做：用100–120词讨论如何评价一项办公设备广告，提出需要核实的证据。

21 Explain how you would assess an advertisement claiming that a new office product improves health, in 100–120 words.

Reference translation 参考译文

P01 长时间坐着名声不好，这并非没有道理。2012年的一篇综述得出结论：最久坐的人已经患有或随后发生糖尿病的可能性，是最少久坐者的两倍以上，而且过早死亡的风险也高得多。2015年的另一篇综述发现，不论身体活动水平如何，长时间坐着都与不良健康结局相关。三年后，《英国运动医学杂志》对新闻文章的分析发现，数百篇文章提到了把久坐比作吸烟的说法。

P02 最后这种说法夸大其词。2018年，《美国公共卫生杂志》估计，久坐的实际风险约为吸烟风险的十分之一。但这依然不妙。因此，站立桌以及近来出现的“动态座椅”颇具吸引力；后者是会倾斜、摇晃或前后摆动，迫使人不断调整姿势的椅子和凳子。这两者中，究竟有哪一种真的更健康吗？

P03 2018年的一项分析发现，在办公桌前站着每小时只比坐着多消耗9千卡。心血管方面的收益也不突出。2020年的一篇综述汇总了9项试验，涉及877人。参与者每天大约多站1.3小时，随访持续约4个月。体脂和血糖控制略有改善，但血压、胰岛素、胆固醇和甘油三酯没有改善。不过，这项研究并未考察血流及维持姿势的肌肉是否被激活，而这两个因素都可能有助于解释站立相对坐姿的益处。

P04 话虽如此，站立也可能有不利之处。2024年发表于《国际流行病学杂志》的研究，对英国83,013名成年人平均随访了近7年。每天站立超过两小时的人，静脉曲张和静脉性溃疡的风险更高，可能是因为血液在腿部淤积。

P05 更为重要的是活动身体。2024年一项针对近48.2万名台湾成年人的研究发现，每天只需额外运动15至30分钟，就可能抵消工作时久坐所关联的大部分超额死亡风险。因此，久坐办公的人可能想知道，动态座椅能否有所帮助。一些发现令人鼓舞。

P06 看看佐治亚南方大学的一项试验。在这项试验中，20名成年人分别坐在普通椅子、健身球和装在可充气气囊上方的座椅上，完成阅读和打字任务。坐在球上的能量消耗与普通坐姿相近。但坐在气囊座椅上时，参与者的心率和热量消耗分别上升了6%至13%和19%至40%。研究者在2019年的《人体工效学》杂志中写道，他们将这种变化归因于维持平衡所需的肌肉收缩。

P07 一项更长期的试验发现了另一项益处。133名曼谷办公室工作人员在6个月里，分别使用泡沫坐垫或一种略不稳定、旨在鼓励频繁调整姿势的充气坐垫。使用后者的人出现颈部疼痛和下背痛的可能性分别低81%和84%。研究者在2024年的《斯堪的纳维亚工作、环境与健康杂志》中，将这种坐垫描述为“轻度运动装置”。他们认为，它减少了会使肌肉疲劳的收缩，并改善了受压组织的血流。

P08 但有一些限制需要考虑。许多关于动态坐姿的研究规模较小或持续时间较短。结果随座椅设计而异，一些参与者还报告臀部不适。即便如此，这里似乎确实有一点启示：真正的区别，不在于坐着还是站着，而在于保持不动还是活动身体。

Reference answers 参考答案与解析

开放题不要求与参考答案逐字一致；先检查信息和意思，再修改表达。

Before you read 读前思考

01 读前思考

I would want to know the comparison chair, the participants, the study duration and the outcomes measured, such as discomfort or activity during use.

关注可比较的具体指标，而不是先选一个喜欢的产品。

Listening 听力

02

Remaining still versus moving.

不能只答 sitting versus standing，那正是作者重新框定的问题。

Comprehension 理解

03

No. The author calls that comparison overblown but says sitting is still a concern.

That last claim 指向特定类比，随后 But 保留风险判断。

04

Body fat or blood-sugar control improved slightly; blood flow or activation of postural muscles was not examined.

区别未改善与未考察。

05

The seat mounted on an inflatable bladder, not the exercise ball.

区分三种设备，不把结果归给所有可充气产品。

06

81% refers to neck pain; 84% refers to lower-back pain.

respectively 按出现顺序对应。

07

The article does not give baseline incidence, and the two percentages come from adjusted hazard ratios rather than cumulative risk ratios. They cannot be directly converted into case differences per 100 people.

不仅缺少新闻中的基准比例，统计量也不同。注释列出的实际发生比例不能由调整后危险比直接相乘得到；不要把HR当作累计概率比。

08

Studies have often been small or brief; results differ by seat design; some participants report discomfort.

任意两项即可。不要把部分设计有效推广为所有设计有效。

Words in use 词汇**09**

associated with

报告关联，不单靠词组确立因果。

10

attribute

可接受表达：

- attributed

采用一般现在时用 attribute，与复数 authors 一致；采用过去叙事可用 attributed。to 后给出被认为的原因。

11

latter

指第二个设计，而非最新设计。

12

caveats

several 后用复数。

Key structures 句型**13**

The device is not light. Nor is it cheap.

可接受表达：

- The device is not light, nor is it cheap.

Nor 句首，is 移到主语前。

14

The office is dark. That is why more lights are needed.

可接受表达：

- The office is dark. Therefore, more lights are needed.
- Because the office is dark, more lights are needed.
- The office is dark, so more lights are needed.

Hence 压缩因果，不表示相反。

15

What matters most

整个从句为主句主语；clear evidence 是表语。

16

It negates examining them. Their possible contribution remains open.

might contribute 不在 did not 的直接否定范围内。

17

to

attribute A to B ; 此处 to 为介词。

18

No. It adds emphasis while seem still marks the statement as an inference.

强调与保留并存。

19

The busiest users are compared with the least active users. Twice compares their probabilities of reporting a delay, not a difference of two percentage points.

倍数乘在概率比较上；例句只说明语言结构，不提供实际调查数字。

Summary writing 摘要

20

Concerns about prolonged sitting have encouraged interest in standing desks and active seats. The article finds that standing offers limited improvements in some measured outcomes and may also have drawbacks. Certain dynamic seats increased energy expenditure during tasks or reduced the occurrence of neck and lower-back pain in particular trials. However, results depend on design, and many studies are small or short. The author therefore shifts attention from sitting versus standing to remaining still versus moving, while the evidence does not establish that every active chair will benefit every user.

应同时包括有限收益、具体装置结果和研究限制。不把风险关联写成所有人的确定效果，不把一种设计的结果推广到整个产品类别。

Composition 作文

21

I would begin by asking what the advertisement means by better health. A small rise in energy use during a short task is different from a reduction in pain over several months. I would look for the original study and check who took part, what product was tested and what it was compared with. If the advertisement gave a large percentage, I would ask whether it described a relative change and whether baseline figures were available. I would also read about discomfort and other limitations. A useful product may still have a narrow purpose; attractive wording should not turn a specific research result into a promise for everyone.

先拆指标，再查对象、比较与时间，最后读限制。此题考查证据阅读，不要求推荐购买某一座椅或安排个人治疗。