

2011년 2월 27일 키워드 스피킹 방송 / 주제: 다이어트

Paul's Summary (transcribed)

The human desire to look more attractive has a long history. However, **physical appearance** is regarded as an asset or even a competitive edge in modern society. As people become more conscious of their physical appearance, they become more **obsessive with weight loss**. In Korea, it is no exaggeration to say that women in their 20s have at least once **tried a weight loss program**. The scope of known methods for effective weight loss is as wide as the scope of young women's interests in **being on a diet**. However, **fad diets** such as a **single food diet** or **fasting** will only have negative side effects in the long run. These include the **yo-yo effect** and even diseases. **Eating a well-balanced diet and exercising regularly** are the only known methods for safe and effective weight loss. Nowadays, other diet methods such as **alternative medicine** are being introduced, as well. **Practicing acupuncture** or **taking oriental medicine** is one of the methods. Whichever method you choose, when it comes to being in shape and staying healthy, slow and steady wins the race.

Key Words

1. 다이어트를 하다 try to lose weight, be on a diet(cf. diet 자체는 식단)
2. 체중감량 weight loss
3. 칼로리 섭취량을 체크하다 check calorie intake, watch one's carbs (carbohydrate을 줄여 말함)
4. 요요현상 yo-yo effect, gain all the lost weight back
5. 성급한 다이어트 fad diet
6. 원푸드 다이어트 single-food diet
7. 액체 다이어트 liquid diet (lemon juice with pepper)
8. 다이어트 약 weight-loss pills
9. 운동과 식이요법을 병행해야 한다 eating a well-balanced diet and exercising regularly is most important
10. 한방다이어트를 하다 lose weight through alternative/oriental medicine
11. 침을 맞다 practice/get acupuncture
12. 한약을 먹다 take oriental medicine
13. 탄수화물 섭취를 줄이고 단백질 섭취를 늘려라 eat more protein and less carbohydrates.
14. 황제 다이어트 Atkins diet
15. 기초대사량을 높이다 improve/speed up one's metabolism, (cf. high/low metabolism)
16. ~를 먹으면 하체비만이 될 것 같다 this will go straight to one's thigh/butt

More Key Words

1. 의학적 (고도)비만 medically obese
2. 과체중 overweight
3. 외모 physical appearance
4. 굶다, 단식하다 fasting
5. 안 좋은 부작용 negative side effects
6. 천천히, 꾸준히 하는 것이 비결이다 slow and steady wins the race
7. 그레이프프루트(자몽) 다이어트 grapefruit diet