

## 《健身多久能见效果，哪些训练更适合你？节后减肥人必看》

每逢春节胖三斤。过年回家，面对父母投喂的丰盛菜肴，琳琅满目的年货零食，一不小心就吃多了。大饱口福的同时，也偷偷长了不少肉。于是节后不少人开启了运动健身计划，试图弥补春节期间的放纵。



一些人刚刚开始运动时，最不缺的就是热情，办健身卡，买私教课，买装备……然而，很快就发现，十天过去了，天天练，累成狗，怎么一点变化也没有？

那么到底健身多久才能看见效果呢？这取决多种因素。

There are several factors that influence how long it takes to see results, including:

有几个因素会影响健身成果显现的时间，包括：

\* The type of exercise program you're doing

选择的训练类型

\* How often you work out each week

每周锻炼频率

\* Your nutrition

营养摄入

\* Your sleep habits

睡眠习惯

\* Recovery time

恢复时间

\* Your genetics

基因

## 不同运动不同效果，明确你的需求

在开始锻炼之前，首先你要明确健身目标。

Personal trainer, Chris Leach, says that "if you want to 'get in shape,' you first need to define what that actually means to you."

私人教练克里斯·利奇称，“如果你想‘保持身材’，首先你需要明确你想要达到什么效果。”

Here are some examples of popular fitness programs and some of their benefits:

### 以下是部分流行的训练类型及其作用：

\* High-intensity interval training (HIIT): aids in weight loss and muscle gain, decreases blood pressure, and improves oxygen and blood flow.

高强度间歇性训练(HIIT)：有助于减重增肌，降血压，改善氧气和血液循环。

\* Weight lifting: builds muscle, improves metabolism, decreases risk for heart diseases, diabetes, and cancer, and improves bone health.

举重：锻炼肌肉，改善新陈代谢，降低患心脏病、糖尿病和癌症的风险，改善骨骼健康。

\* Running: boosts cardiovascular health, improves mental health, and burns calories.

跑步：促进心血管健康，改善心理健康，燃烧卡路里。

\* Yoga: increases flexibility and strength, helps manage stress, and burns calories.

瑜伽：增加柔韧性和力量，帮助缓解压力，燃烧卡路里。

## 为什么快速减重更容易反弹？

"The phrase 'weight quickly lost is usually quickly regained' holds a lot of truth," Leach adds. This is because rapid weight loss is caused by undereating, overtraining, or both.

利奇称：“‘快速减重通常很快反弹’这句话很有道理。”这是因为快速减肥是通过营养不良、过度训练或两者同时进行而实现的。

Usually, this type of workout and nutrition schedule is rigid and unsustainable. "You'll see rapid results right off the bat but after a few weeks or months, you'll almost always become rundown, tired, and ravenously hungry," says Leach. "That will likely result in stopping your program and losing the results, as well."

通常，这种类型的锻炼和营养计划是严酷而不可持续的。利奇说：“这样的效果立竿见影，但几周或数月后，你会总是感到虚弱、疲惫和饥饿。这可能会导致你停止锻炼，前功尽弃。”

The best way to avoid this pitfall is to do a workout program you can commit to long-term.

避免落入这种健身陷阱的最好方法就是进行可持续的锻炼。

## 坚持多久才能看到健身成果？

Put plainly, the time, effort, and consistency you devote to your workout goals determine how fast you achieve them.

简单地说，为健身目标投入的时间、精力和坚持决定了实现目标的速度。

"If you do five workouts a week, spend a couple of hours prepping meals, and get eight to nine hours of sleep every night, you'll see results much faster than if you only work out sparingly and don't have as much time to sleep, recover, or work on your nutrition," says Leach.

利奇说：“如果你每周锻炼五次，多花点时间在饮食上，每晚睡八到九小时，就会比只做少量运动，睡得少、没时间休息和补充营养更快实现目标。”

"A good starting point for most people is to aim for three to five hours of workouts per

week to see results within roughly two to three months," says Leach.

利奇说：“对大多数人来说，从每周锻炼3-5小时开始是个不错的选择，这样2-3个月左右可以看到成果。”

## 什么样的训练减重快？

The type of workouts you do — be it a strength or cardio routine — dictates how long it takes to see results as well as the type of results you'll see.

无论是力量训练还是有氧运动，你选择的锻炼类型决定了看到成果的时间，以及能达到什么样的成果。

如果你的目标是减掉春节吃出来肉肉，那么有氧运动可能更适合你。



肚子上怎么这么多肉

有氧运动和力量训练

\* Cardio: running, swimming, cycling, walking, and dancing which can improve heart health and burn calories

有氧运动：跑步、游泳、骑行、散步和跳舞，可以改善心脏健康并燃烧卡路里

\* Strength training: circuit training, powerlifting, bodyweight training, and CrossFit which can help build muscle and boost metabolism

力量训练：循环训练、力量举重、体重训练和CrossFit，这些训练有助于锻炼肌肉和促进新陈代谢



Cardio results typically appear quicker than results from strength training because it's often easier for people to lose weight than gain muscle.

有氧运动的效果通常比力量训练更快显现，因为减肥往往比增肌更容易。

"The typical human body can only synthesize around 1-2 pounds of muscle per month at most, but it's physiologically possible to burn a lot more fat during the same amount of time," Leach says. "Fat burn could be around 1-2 pounds per week, or even more."

利奇说：“一般来说，人体每月最多只能合成0.45-0.9公斤肌肉，但在相同时间内可以燃烧更多的脂肪。脂肪消耗每周可达0.45-0.9公斤，甚至更多。”

However, it takes longer to lose the benefits of strength training compared to cardio workouts.

然而，与有氧运动相比，力量训练的成果消失得更慢。

Muscle loss typically takes about 2-3 weeks if you're not using them at all, whereas you can gain 1-2 pounds of weight a week if you start eating more calories than you burn.

如果完全不锻炼这些肌肉，它们通常在2-3周内消失，而一旦你摄入的热量开始比消耗的多时，每周就会增加0.45-0.9公斤体重。

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