博幼基金會
教育脫貧・讓知識帶希望回家

中心：_____　　姓名：_____

1151005 社會人士中翻英短文翻譯題目

一份針對四百名成人的研究顯示，相較於不擁抱的人，經常擁抱的人比較不容易生病。而經常擁抱的人生病時症狀也比較不嚴重。除了提升免疫系統，擁抱對心臟也有益。科學家發現，擁抱會使「幸福」荷爾蒙增加，這能提升正面的感受。荷爾蒙增加會降低你的心率和血壓，並減輕對心臟的壓力。擁抱在某些人身上也可能減緩老化的影響。接受幸福荷爾蒙的老年老鼠實際上開始以與年輕老鼠一樣快的速度再生肌肉。因此多多擁抱你的爺爺奶奶可以幫助他們更長久地保持健康。

症狀 symptom	提升 boost	免疫系統 immune system
對~有益 benefit	荷爾蒙 hormone	心率 heart rate
血壓 blood pressure	老化 aging	再生 regenerate

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A study of 400 adults showed that those who hugged more often were less likely to get sick than those who didn't. And frequent huggers who got sick also had less serious symptoms. In addition to boosting your immune system, hugging can benefit your heart. Scientists have found that hugging causes an increase in "happiness" hormones, which promote positive feelings. This increase lowers both your heart rate and your blood pressure and reduces stress on your heart. Hugging might also slow the effects of aging in some people. Old mice that were given happiness hormones actually began to regenerate their muscles at the same rate as younger mice. So giving your grandpa and grandma lots of hugs could help them stay healthy for longer.