

如何活到一百歲

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普及灣二年中文

什麼人都想活得好。可是，很多人不知道怎麼才能活得久。我們都不想變老和生病。今天你們一定會謝謝我，因為我會告訴你們怎麼活到一百歲！

在日本的沖繩島，住著一些非常老的老人。要是你想活得久，你應該學學他們。他們有一個詞叫做“moai”，意思是“穩定的社交圈”。他們常常跟朋友一起，而且是已經認識很久的朋友。所以，你應該更多地和你在乎的人在一起。他們還有一個詞叫做“ikigai”，意思是“早上醒來的原因”，也就是說“要活得很有意義”。要是你想活到一百歲，你就應該有一個目的。做你愛做的事情，做你覺得高興的事情。

如果你想活得久，你也可以學學義大利的撒丁島人，他們很多都活到了一百多歲。一方面他們很活潑，另一方面他們很親密。他們很尊敬老人，覺得老人們很聰明也很重要。那裡的老人們每天都會喝一兩杯紅酒。所以，要是你想活到一百歲，你應該學他們多喝紅酒。

在加州的羅馬琳達，也有人活到了一百多歲。她們常常做義工。因為他們覺得做義工有意義，所以他們都活得很高興。他們的飲食很健康，經常吃蔬菜，喝很多水。如果你想活到一百多歲，我建議你多做義工，還有多吃蔬菜。

我覺得我們可以從這三個地方的人學到養生的方法。現在我多吃蔬菜了，以前我很喜歡肉，可是我知道吃蔬菜比較健康。然後，我覺得我很有精力！可是我還真不知道吃蔬菜可以不可以幫我活到一百多歲。我也有一個穩定的社交圈了，我花很多時間跟朋友在一起。我覺得吃得健康比做運動重要多了。現在我每天都非常高興！我推薦你試試這個方法，因為我覺得很有效。

如果你想活到一百多歲，你可以試試我介紹給你的方法，希望對你有幫助！

Everyone wants to live a long and happy life. But so many of us do not know how to live long! We all want to avoid disease and the slowed pace that comes with age. We also want to live long lives full of time with family, and time to pursue all interests! Thankfully, there are concrete steps you can take to living a long, healthy, and happy life. This podcast will give you the important information you need if you want to live to 100!

The community of Okinawa Japan has some of the oldest people in the world. If you want to live to 100 like the Okinawa people here's what you can do! The Okinawa people have a phrase called moai, this is a their word for a secure social group. The Okinawa people make sure to spend a lot of time with close friends that they have known for many years. A good idea would be to try and spend more time with the people you care about! You can also take after the Okinawa people's phrase "ikigai", which means the reason for which you wake up in the morning. If you want to live to 100 it is important to

have a sense of purpose. Make sure you are doing the things you love to do and think about what truly makes you happy!

The people of Sardinia Italy are another good example of how to live to old age! The people there often live past 100, so if you want to live a long life you should use Sardinia as an example! One thing the Sardinians do is celebrate the elders of the community. As people get older in the community, they are regarded as wise, and are given more respect. They also have a glass or two of wine every day! If you would like to live to 100, you might take after the Sardinians and start drinking more wine!

In California, the Loma Linda community also has members who live past 100. In Loma Linda, the people spend a significant amount of time volunteering, giving the members a strong sense of purpose. They also regularly eat a heavily plant based diet, with a lot of nuts and water. Though people do love to eat meat, it is a good idea to start eating more plant based foods! If you want to live to be 100 like the Loma Linda community you should start volunteering and eat more vegetables!

Now you have learned a bit about what other communities do to live a long life. Hopefully you can use some of these tips to live to 100 too!

Vocabulary:

才能 (ability)

變老 Biànlǎo (become)

生活 Shēnghuó (life)

生病 Shēngbìng (fall ill)

告訴 Gàosù (inform)

穩定 Wěndìng (stable)

在乎 Zàihū (care)

冲绳島 Chōngshéng dǎo (Okinawa)

老人 Lǎorén (elder)

早上醒來的原因 Zǎoshang xǐng lái de yuányīn (reason to wake up in the morning)

也就是說 Yě jiùshì shuō (in other words)

應該 Yīnggāi (should)

事情 Shìqíng (matter)

榜樣 Bǎngyàng (example)

一組 Yī zǔ (social group)

有意義 Yǒuyìyì (meaningful)

撒丁島 Sā dīng dǎo (Sardinia)

一方面 Yī fāngmiàn (on the one hand)

尊貴 Zūnguì (respected)

活潑 Huópō (physically active)

高興 Gāoxìng (happy)

推薦 Tuījiàn (recommend)

角色 Juésè (role)

酒 Jiǔ (wine)

飲食 Yǐnshí (diet)

健康 Jiànkāng (healthy)

方法 Fāngfǎ (method)

奏效 Zòuxiào (effective)

試試 Shì shì (try)

蔬菜 Shūcài (vegetables)

希望 Xīwàng (to hope)

有幫助 Yǒu bāngzhù (helpful)