

# The Fidget Diet

Want to lose weight? Tired of changing what you eat? Fed up with fad diets? Perhaps the answer to all your problems is here – fidget more. New research has revealed that fidgeters – those people who never seem to stop foot tapping, twiddling a pencil between their fingers or wiggling their shoulders non-stop, are thinner than non-fidgeters. Fidgeting is an important way to lose weight. Seems to make sense – fidgeting is movement and movement burns calories – especially sixteen hours a day of non-stop movement! That means you burn calories without even trying, but perhaps annoy everyone else in the office or at school. In fact, haven't you ever noticed that fidgets in your class or office are thinner? The study, published in the journal, *Science*, found that obese people who just sat without making bodily movements burnt 350 fewer calories each day compared with people who couldn't sit still. The report says that people who lead sedentary lives prefer to sit still more because of a genetic tendency to do so. The research also suggests that obese people should be encouraged to lose weight by fidgeting more, "This is entirely doable, because the kind of activity we are talking about does not require special or large spaces, unusual training regimens or gear. Unlike running a marathon [this] is within the reach of everyone." Be prepared for the flood of fidget and lose weight books!

Source: [www.breakingnewsenglish.com](http://www.breakingnewsenglish.com)

## Vocabulary

fidget - to make constant bodily movements while sitting down

fad - something that is trendy now but will disappear in the near future

twiddling - moving something around a lot in your fingers in a playful manner

## Comprehension Questions

1. What is the article about?
2. What did the new research reveal about fidgeters?

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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