**Weight Loss Movement Battles Obesity in Malaysia**

**与肥胖斗争：马来西亚的减肥运动**

“1-2-3,” shouts Noradhiah Tumirin, a medical doctor and fitness trainer. “You can do it,” she says approvingly as her client, Sarah Baharudin, lies on her back and struggles to lift her legs in the air.

“1-2-3，”医生兼健身教练诺拉迪亚·图米林喊道。“你能做到的，” 她赞许地对着她的客户莎拉·巴哈鲁丁说道。莎拉仰面躺着，努力把腿举到空中。

Tumirin is leading Baharudin in an exercise class. Baharudin, age 35, is breathing heavily as she lifts her legs. She is 165 centimeters tall and weighs 110 kilograms. The Malaysian woman blames her diet for her weight gain.

图米林是巴哈鲁丁健身课的教练。35岁的巴哈鲁丁一边抬起双腿，一边大口喘着气。她身高165厘米，体重110公斤。这名马来西亚女子将自己的体重增长归咎于自己的饮食习惯。

“I eat traditional Malay food, yes and it’s high in fat and calorie.”

“我吃的是传统的马来食物，而它们的脂肪和热量都很高。”

Baharudin added that, for years, she also was not physically active and did not exercise.

巴哈鲁丁补充道，多年来，她不爱动也不锻炼身体。

“So yes, years after years of doing that and it becomes obesity.”

“所以，年复一年地这么下去，它就变成了肥胖。”

Her story is a common one across Malaysia. About 50 percent of the country’s adults are obese and about 30 percent of young people are overweight.

她的故事在马来西亚很常见。在马来西亚的成年人中，肥胖的大约占50%；而超重的年轻人大约占其总数的30%。

Sarah Baharudin and husband, Nazrul Mohammad, are trying to change their lifestyles by exercising regularly and eating healthier food.

萨拉·巴哈鲁丁和她的丈夫纳兹鲁尔·穆罕默德正试图通过有规律地锻炼和更健康的饮食来改变他们的生活方式。

Noradhiah Tumirin is now retired, but once served in the Malaysian armed forces. She is physically fit, measuring 157 centimeters tall and weighing just 56 kilograms. She says the country’s obesity crisis is leading to high rates of heart disease and related medical conditions.

诺拉迪亚·图米林是一位曾在马来西亚军队服役地退役军人。她身体健康，身高157厘米，体重56公斤。她说，马来西亚的肥胖危机正导致心脏病和其他相关疾病的高发病率。

“This obesity will lead to multiple illnesses such as hypertension, high cholesterol, heart illnesses and diabetes.”

“这种肥胖会导致多种疾病，如高血压、胆固醇过高、心脏病和糖尿病。”

Kevin Zahri is one of Malaysia’s leading fitness influencers. He founded a local weight loss movement called Jom Kurus, which means “let’s get thin” or “let’s lose weight.”

凯文·扎里是马来西亚最具影响力的健身达人之一。他创立了一个名为Jom Kurus（乔姆库鲁斯）的本地减肥运动，意思是“一起变瘦”或“一起减肥”。

“To help somebody not feel alone and jump on the bandwagon with a group of people...of similar objectives, goals and desires.”

“帮助大家使他们不孤独，并加入有着相似目标、目的和愿望且有成功的希望的减肥群体……”

Every year, thousands of Malaysians join six-week-long Jom Kurus fitness camps. They meet several times a week for exercises and to learn more about nutrition. There also are social media support groups. At one recent class, people did leg lifts, pushups and stretches.

每年都会与成千上万的马来西亚人参加为期六周的Jom Kurus健身训练营。他们每周见面几次，一起锻炼身体，学习更多的营养学知识。训练营还配备了社交媒体支持团体。在最近的一节课上，人们做了抬腿、俯卧撑和伸展运动。

Kevin Zahri says the average person at the camp drops four to five kilos of weight during the six week program. But his real goal is to help Malaysians make healthy changes that will last a lifetime.

凯文·扎里表示，在为期六周的项目中训练营里的人平均减重四到五公斤。但他真正的目标是帮助马来西亚人变得一生健康。

That is what Sarah Baharudin is pushing for by getting on a regular exercise routine and improving her diet.

而这也是萨拉·巴哈鲁丁通过定期锻炼和改善饮食所追求的目标。

“I have decided to change my lifestyle into a healthier one.”

“我决定改变我的生活方式，让它更健康。”

But while Jom Kurus and other programs are helping Malaysians change their lifestyles, it is clear these classes only treat a small part of the nation’s obesity crisis.

虽然Jom Kurus训练营以及一些其他项目在帮助马来西亚人改变他们的生活方式，但很明显，这些课程只能解决该国肥胖危机的一小部分。

Zahri says the amount of people they have targeted is very small compared to the people who need more exercise and changes in diet.

扎里说，与那些需要更多锻炼和改变饮食的人相比，他们所触及的目标人群非常少。

Baharudin knows that changing lifelong behaviors is not easy but she says she is strong-minded enough to make this the beginning of a new way of life.

巴哈鲁丁知道养成持续终生的行为习惯并不容易，但她说她有足够的意志让这成为一种新生活方式的开始。

I'm Alice Bryant.

爱丽丝·布莱恩特报道。

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