

《Read Aloud》

An increasing number of company employees are enjoying riding hybrid-style sport bicycles - a cross between a mountain bike and a racing model - not only on weekends, but during weekdays to commute to work.

The trend started three years ago, when the “metabolic syndrome” symptom of expanding waistlines became a matter of popular concern. It also appears that the high price of crude oil last year gave a push to the cycling boom.



### Metabolic syndrome

A combination of medical conditions, including high blood pressure and high levels of cholesterol in the body, that increase someone's risk of getting heart disease or having a heart attack.

Are you concerned about metabolic syndrome?

Have you ever ridden hybrid-style-bicycles?

How do you maintain your waistline?

What do you think about this article ?

