

Surprise birth for Chilean weightlifter during training

智利女舉重員不知懷孕 訓練時意外產子



A Chilean Olympic **weightlifter** unexpectedly gave birth to a baby boy while she was training in a Brazilian gym, reports said.

Elizabeth Poblete, 22, did not know she was pregnant, and called for a doctor when she felt unwell a week ago while hoisting weights in the gym in Sao Paulo, where she lives, the news Web site Globo.com reported.

She then gave **premature** birth to the 1.15-kg baby, whom she named Eric Jose after she got over her shock.

Both mother and son were taken to hospital, where the baby was being kept in intensive care.

The head weight trainer in the gym, Horacio Reis, said: "It was a surprise for me. A week ago I acted as a judge in a competition in Chile and this girl was competing. All went well and she won the competition.

"I could see she was a big girl, round and strong. That's all I noticed."

Doctors calculated Poblete must have been six months pregnant.

The training and diet observed by female weightlifters can cause irregular menstruation, **obscuring** a pregnancy.

Poblete competed for her country in the Beijing Olympics last year. She had been seeking to **beef up** her body to move from the 75kg category to 85kg over the past few months.

(AFP)

報導指出，一名智利奧運舉重選手在巴西體育館受訓時意外產子。

Globo.com新聞網站報導，今年二十二歲、住在聖保羅的伊莉莎白·波柏麗不知道自己已有孕在身，一週前她在聖保羅體育館練習舉重時，感到身體不適便請來醫生看診。

結果她生下一名只有體重一千一百五十公克的早產兒，她驚魂甫定後，替他取名為艾瑞克·荷西。

產後母子兩人都被送往醫院，新生兒則住進加護病房接受照護。

體育館舉重訓練總教練歐拉西歐·雷斯說：「我十分驚訝。一週前我在智利的一場比賽擔任評審，這個女孩還有出賽。當時一切都很順利，她還拿下冠軍。」

「我覺得她是一個體型圓潤又高壯的女孩。但我沒有多作聯想。」

醫生推測，波柏麗應該已經懷孕六個月了。

女性舉重選手可能因為遵行訓練和飲食指導，導致生理週期不規則而未察懷孕。

波柏麗去年代表她的國家參加北京奧運。過去數個月來，她一直努力增重，希望從七十五公斤級晉升到八十五公斤級。

(法新社/翻譯：袁星塵)

A file photograph taken on Nov. 18, 2006 shows Chilean weightlifter Elizabeth Poblete after winning the bronze medal of the women's 75kg category of the VIII South American Odesur Games in Buenos Aires, Argentina.

PHOTO: EPA

二〇〇六年十一月十八日拍攝的一張資料照片中，在阿根廷布宜諾斯艾利斯舉行的第八屆南美洲運動會上，智利舉重選手伊莉莎白·波柏麗贏得女子七十五公斤級銅牌。

照片：歐新社

TODAY'S WORDS

今日單字

1. **weightlifter** /'wɛtlɪftə/ n.

舉重運動員 (ju3 zhong4 yun4 dong4 yuan2)

例：Harvey was a weightlifter at university, and used to compete in national tournaments. (哈維大學時是個舉重運動員，參加過多場全國性比賽。)

2. **premature** /,prɪmə'tʃʊə/ adj.

早產的 (zao2 chan3 de5)，比預期早的 (bi3 yu4 qi2 zao3 de5)

例：The game was brought to a premature end by heavy rain. (這場比賽因為雨勢太大而提早結束。)

3. **obscure** /əb'skjʊə/ v.

使模糊 (shi3 mo2 hu2)

例：My view of the fireworks was obscured by a tree. (有一棵樹擋在面前，讓我無法看清楚煙火。)

IDIOM POINT

重要片語

beef up

強化

If you **beef something up**, you add strength or meaning to it. In the article, the weightlifter was trying to beef up so she could move up a weight division.

Examples: "Unless you **beef up**, you'll have no chance of making it onto the football team," or "We decided to **beef up** our offer for the property after it was rejected the first time."

若說你「beef up」某事物，就表示你增加它的強度或是賦予它更深的意義。上文中提到，這名舉重選手正在努力增重，晉升到另一個量級。

例如：「除非你變強，否則你絕不可能被選入足球隊的」，或是「第一次出價遭拒後，我們決定開出更好的條件」。