

## 高一英语第二期 • 选词填空自测

注意：限时 9 分钟

## II. Grammar and vocabulary

## Section B

**Directions:** Complete the following passage by using the words in the box. Each word can only be used once. Note that there is one word more than you need.

A. considerably	B. moderate	C. averaged	D. matter	E. individuals
F. distance	G. note	H. considerably	I. benefits	J. linked
K. affected				

We all know that exercise is good for your health. But some kinds of exercise may be better than others. Running, for example, may help to protect against heart disease and other health problems. Running may also help you live longer. Researchers say it is not important how far you run. It also does not \_\_1\_\_ how fast or even how often you run. As advertisements for the running shoe Nike say, "just do it."

Recently, researchers studied more than 55,000 adults. About one-fourth of the adults reported running regularly. The study found these runners were \_\_2\_\_ less likely than non-runners to die of any form of disease, including heart disease. In fact, the runners lived, on average, three years longer than the non-runners.

This study lasted 15 years. During that time, more than 3,400 of the individuals died. About 1,200 of the deaths were \_\_3\_\_ to heart disease, a heart attack or stroke.

One of the researchers is a man named D.C. Lee. He and the other researchers found that speed, \_\_4\_\_ and how often one runs made little difference in reducing the risk of death. The runners in the study \_\_5\_\_ between 10 and 16 kilometers per hour. Mr. Lee says slower runners, and those who only ran once or twice a week, were helped nearly as much as those who ran faster and further.

"And also we looked at the running over time and we found that persistent(坚持不懈的) runners - over I think six years - they showed the biggest \_\_6\_\_, as well."

To stay healthy, doctors suggest that adults up to age 65 do 150 minutes of \_\_7\_\_ exercise every week. They say these \_\_8\_\_ need 75 minutes of vigorous exercise, like running, every week for good health.

But how complete is this study?

The researchers \_\_9\_\_ that their study was based on the participants' answering questions over the years. The study lacked complete information on what these men and women ate and other facts about their lifestyles.

Researchers say this missing information could have \_\_10\_\_ the results. Still, they hope their findings will motivate(刺激) healthy adults to start running, a bit, down the road to a longer life.

答案由高一英语第三期提供(每周一期)

高一英语第一期语法自测答案

1-5 DACCB 6-10 DAAAC 11-15 BCCBB