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https://www.100test.com/kao_ti2020/107/2021_2022_2005_E5_B9_B4_E5_BA_A6_c69_107771.htm Reading Comprehension (40

minutes, 40 points) Directions: There are 4 passages in this part.

Each of the passages is followed by 5 questions or unfinished

statements. For each of them there are 4 choices marked A, B, C and

D. Choose the best one and mark your answer on the ANSWER

SHEET with a single line through the center. Passage One Declaring

that physical exercise is one of the most powerful medicines to help

improve our quality of life is not an exaggeration. The World Health

Organization expressed the same view in its 2002 World Health

Report, emphasizing that the damage produced by lack of physical

activity was equal to the strong probability of serious illness such as

heart disease and even some kinds of cancer. Those who have

embraced an active lifestyle for years are familiar with the sort of

physical and psychological benefits that come from exercise.

Nevertheless, a lot of people would never think of physical activity as

a way of feeling better, simply because they don't think they are in

need of it, or because they are lazy or maintain that they haven't

got enough time. There are many positive effects that result from

physical exercise and they are not only concerned with the physical

aspects but also psychological and social ones. Beginning with the

physical benefits, physical activity improves the life of the heart,

burns off fat, lowers high blood pressure, makes tissues more

resistant, and increases muscle flexibility and joint mobility. On a

psychological level, physical activity helps reduce anxiety and stress by causing tension to disappear and by encouraging us to have a better sense of ourselves through listening to our bodies during movement. Lastly, seeing ourselves in better health is advantageous socially. The sense of satisfaction thus obtained will result in an increase of self-respect and self-confidence in terms of our ability to interact with others. The benefits linked to exercise have also not gone unnoticed in the business world, with more and more companies setting up gyms on-site. Employees' improved health translates into better performance and reduced costs as well as an increase in people's satisfaction in the work place. Physical activity is recommended for all age groups, including children. It is an important growth factor in a child's education. And for the elderly? There is no doubt that regular physical activity allows greater efficiency in daily life as well as creating more basic independence day by day, including the possibility of keeping in touch with others and not feeling isolated.

31. The writer regards physical exercise as a strong medicine because _____. A. the WHO holds the view B. it helps improve the quality of life C. the lack of it equals serious illness D. it enables people to live longer

32. Many people do not engage in physical exercise mainly because _____. A. they are not aware of its benefits B. they don't have the facilities C. they don't think they need it D. they are physically unfit for it

33. According to the passage, physical exercise can make people _____. A. stronger and more intelligent B. more intelligent and more open-minded C. more open-minded and healthier D. healthier and stronger

34. Physical

exercise is socially beneficial because _____. A. it gives people competitive advantage B. it helps people reduce anxiety C. it enables employees to work better for their company D. it makes people confident in dealing with others

35. According to the passage, regular physical exercise can make old people _____. A. better able to look after themselves B. look younger than they really are C. less likely to suffer from diseases D. more aggressive in their interaction with others

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