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那些从不运动的人。总结：句子：Researchers say it may take far less exercise than people had thought to lower the risk of heart disease especially for the highest risk group, middle-aged men. 这句话看起来比较长，但我们抓主干，这是一个比较句，然后分析than前后的段落，这里有个难词take far less far 是修饰less意为远少于，句中的to 表目的，意为做运动可以降低发心脏病的机率。碰到长句的时候，一定要先把心静下来，慢慢分析这句话，虽然会费时间，但你每分析出一句话，你就进了一步，要相信自己，不要怕。热点单词：literally 查字典是‘照字面意义, 逐字地’的意思，但你是否再看看这个单词有没有其他的意思呢？一词多义，这是我们在阅读中必须要注意的问题，在本文中，这个词解释为‘完全地，认真的在确切或严格的意义上’还有个词：deputy director of the Stanford Center 很多人查出来是"代理的意思"但你有没有注意到后面的of呢？这里意为“副职” a fair amount 这里的fair修饰amount 意为：相当数量的 100Test 下载频道开通，各类考试题目直接下载。详细请访问 [www.100test.com](http://www.100test.com)