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[https://www.100test.com/kao\\_ti2020/295/2021\\_2022\\_2007\\_E5\\_B9\\_B4\\_E8\\_81\\_8C\\_c67\\_295434.htm](https://www.100test.com/kao_ti2020/295/2021_2022_2007_E5_B9_B4_E8_81_8C_c67_295434.htm) 第十二篇 Walk a Quarter-Mile or Die If you can walk a quarter-mile, odds are you have at least six years of life left in you<sup>1</sup>, scientists say. And the faster you can do it, the longer you might live. While<sup>2</sup> walking is no guarantee of \_\_\_\_\_<sup>1</sup>\_\_\_\_\_ or longevity, a new study found that the \_\_\_\_\_<sup>2</sup>\_\_\_\_\_ of elderly people to do the quarter-mile<sup>3</sup> was an “ important determinant<sup>4</sup> ” in \_\_\_\_\_<sup>3</sup>\_\_\_\_\_ or not they ’ d be alive six years later and how much illness and disability they would \_\_\_\_\_<sup>4</sup>\_\_\_\_\_. “ The ability to complete this walk was a \_\_\_\_\_<sup>5</sup>\_\_\_\_\_ predictor of health outcomes, ” said study leader Anne Newman of the University of Pittsburgh School of Medicine. “ In fact, we found that the people who could not complete the walk were at an extremely high risk of \_\_\_\_\_<sup>6</sup>\_\_\_\_\_ disability and death. ” Newman and colleagues \_\_\_\_\_<sup>7</sup>\_\_\_\_\_ nearly 2,700 white and African-American men and women aged 70 to 79 to complete in non-running \_\_\_\_\_<sup>8</sup>\_\_\_\_\_. All the participants were screened and determined to be in relatively good health, and they had all said they had previously walked that far with no problem<sup>5</sup>. However, only 86 percent of them \_\_\_\_\_<sup>9</sup>\_\_\_\_\_. The scientists then monitored the health and mortality of all participants for the \_\_\_\_\_<sup>10</sup>\_\_\_\_\_ six years. “ There was a big gap in health outcomes \_\_\_\_\_<sup>11</sup>\_\_\_\_\_ people who could complete the longer walk and people who could not, with the latter<sup>6</sup> being at an extremely high risk of \_\_\_\_\_<sup>12</sup>\_\_\_\_\_ disabled or dying, ” Newman

said. “ What was really surprising is that these people were not \_\_\_\_\_13\_\_\_\_\_ how vulnerable they actually were. ” Finishing times were found to be \_\_\_\_\_14\_\_\_\_\_, too. Those who completed the walk but were among the slowest 25 percent faced three times greater risk of death than the \_\_\_\_\_15\_\_\_\_\_ folks.

1. A) energy B) health C) wealth D) luck  
2. A) ability B) willingness C) fondness D) need  
3. A) how B) if C) whether D) when  
4. A) predict B) tell C) cure D) endure  
5. A) powerful B) strange C) happy D) weak  
6. A) rare B) earlier C) later D) frequent  
7. A) helped B) recruited C) ordered D) forced  
8. A) activities B) actions C) races D) events  
9. A) exercised B) participated C) agreed D) finished  
10. A) other B) next C) more D) past  
11. A) between B) within C) among D) behind  
12. A) looking B) becoming C) appearing D) seeming  
13. A) happy about B) confident about C) true of D) aware of  
14. A) predictable B) accidental C) crucial D) unimportant  
15. A) smarter B) younger C) cleverer D) speedier

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