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exercisers, mirrors can be daunting," she said. Martin Ginis suggested gyms provide areas without mirrors to encourage novice

exercisers. "Women don't need to exercise in a gym," she said. There

are other ways to get your exercise. 散步30分钟或徒步旅行也不错

单词提示：daunting adj. 令人畏惧的；novice n. 初学者 答案

: Thirty minutes of walking, or hiking is good too. 本句节选自

《Mirrors tarnish women's image?》 总结：1. 单词 hiking 就是徒步旅行的意思，当然 travelling on foot 的说法也是正确的。2.

“也不错”的表达，可以说成：It's good (or fine) a good idea (or choice) 题目很简单，关键是表达的时候要选择比较地道的

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