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[https://www.100test.com/kao\\_ti2020/497/2021\\_2022\\_2008\\_E5\\_B9\\_B4\\_E8\\_8B\\_B1\\_c83\\_497379.htm](https://www.100test.com/kao_ti2020/497/2021_2022_2008_E5_B9_B4_E8_8B_B1_c83_497379.htm) You may never win gold in the marathon but experts say you could at least walk toward better health. 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. They want to encourage people to literally take the first step. “ Doing something is better than doing nothing , ” says epidemiologist Steven N. Blair of the Institute for Aerobics Research in Dallas. “ Standing is better than sitting , moving around is better than standing. ” “ Lower intensity exercise brisk walking on a regular basis provides a fair amount of benefits , ” says Dr. William L. Haskell , deputy director of the Stanford Center for Research in Disease Prevention , in California. Blair and Haskell agree that the highest-risk men are those who do virtually nothing. 参考译文：也许你永远也无法在马拉松比赛中赢得金牌，但是专家们表示，至少你可以利用散步来锻炼身体。研究人员表示，想要减低罹患心脏病的机率，并不像一般人所认为的要做许多运动，尤其是针对高危险群的中年男人而言。他们想要鼓励人们真正走出运动的第一步。达拉斯有氧研究机构的传染病学家，史蒂芬。布莱尔说道：“做点事总比什么都不做好，站着比坐着好，四处活动更胜于只站着不动。”加利福尼亚州史丹佛疾病防治研究中心的副主任，威廉。哈斯卡尔博士说：“较不剧烈的运动譬如有规律地快走就有相当多的好处。”布莱尔和哈斯卡尔都同意所谓高危险

群就是那些从不运动的人。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)