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https://www.100test.com/kao_ti2020/497/2021_2022_2007_E8_8B_B1_E8_AF_AD_c83_497492.htm Section B If you are a young college student, most of your concerns about your health and happiness in life are probably (S1) focused on the present. Basically, you want to feel good physically, mentally, and (S2) emotionally now. You probably don't spend much time worrying about the (S3) distant future, such as whether you will develop heart disease, or (S4) cancer, how you will take care of yourself in your (S5) retirement years, or how long you are going to live. Such thoughts may have (S6) crossed your mind once in a while. However, if you are in your thirties, forties, fifties, or older, such health-related thoughts are likely to become (S7) increasingly important to you. (S8) Regardless of your age, you can make a number of important changes in your current life style, that will help you feel better physically and mentally. Recently researchers have found that, even in late adulthood, exercise, strength training with weights, and better food can help elderly individuals significantly improve their health and add happiness to their life. (S9) We know much more about preventive health today than our parents and grandparents did in the past giving us the opportunity to avoid some of the health problems that have troubled them. (S10) And this new knowledge can be transmitted to our children to help them become healthier than our generation.

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