

2008英语四级完型填空模拟训练(二十一)CET4考试 PDF转换  
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[https://www.100test.com/kao\\_ti2020/557/2021\\_2022\\_2008\\_E8\\_8B\\_B1\\_E8\\_AF\\_AD\\_c83\\_557518.htm](https://www.100test.com/kao_ti2020/557/2021_2022_2008_E8_8B_B1_E8_AF_AD_c83_557518.htm) Most people really know very little

about how to exercise properly. 1 when you try, you can  
run into trouble. Many people 2 that when specific muscles are  
exercised, the fat in the neighbouring area is “ 3 up ” .Yet the 4 is  
that exercise burns fat from all over 5 . Studies show muscles which  
are not 6 lose their strength very quickly. To regain it needs 48 to 72  
hours and exercise every other day will 7 a normal level of physical  
strength. To 8 weight you should always “ work up a good sweat  
” when exercising. 9 sweating only 10 body temperature to prevent  
over heating. This is 11 water loss. 12 You replace the liquid, you  
replace the 13 . Walking is the best and easy-to-do exercise. It helps  
the circulation of blood 14 the body, and has a direct 15 on your  
overall feeling of health. Experience says that 20 minutes 16 17 is  
minimum amount. 18 your breathing doesn't return to normal state  
within minutes after you finish 19 , you've done 20 .

1. A. While

B. When C. As D. So

2. A. understand B. believe C. hope

D. know

3. A. built B. burned C. piled D. grown

4. A. reply B. possibility

C. truth D. reason

5. A. arm B. leg C. stomach D. body

6. A. exercised

B. examined C. protected D. cured

7. A. lose B. raise C. burn

D. keep

8. A. lose B. gain C. keep D. burn

9. A. Certainly B. No

C. Fortunately D. Probably

10. A. raises B. reduces C. destroys D. keeps

up

11. A. how B. why C. nothing but D. more than

12. A. While B. Once

C. As D. Whenever

13. A. weight B. muscle C. sweat

D.strength14.A.over B.around C.throughout D.with15.A.effect  
B.use C.usage D.affect16.A.education B.sleep C.exercise  
D.rest17.A.one day B.a day C.everyday D.someday18.A.But if B.But  
C.If D.And if19.A.working B.walking C.exercising  
D.breathing20.A.enough B.much C.too much D.much too 100Test

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