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https://www.100test.com/kao_ti2020/562/2021_2022__E8_81_8C_E7_A7_B0_E8_8B_B1_E8_c91_562643.htm A health Profile A health profile is a portrait of all of the factors that influence your health. To draw your health profile, you will 1 what diseases run in your family, what health hazards you may be exposed to 2 work, how your daily 3 compares to the recommended standards, how much time per week you 4 exercising and what type of exercise you engage 5 , how stressful your work and family environments are, what kinds of illnesses you get regularly, and 6 or not you have any one of a number of addictions. 7 this portrait, you should have a checkup to determine how your blood, heart, and lungs are functioning. This checkup will serve 8 a baseline, to which you can then compare later tests. 9 this profile is thoroughly drawn. you can begin to think about setting health priorities based 10 your particular portrait. For example, if you drink two martinis every evening, have a high-stress 11 , are overweight, smoke a pack of cigarettes a day, and use marijuana occasionally on weekends, you should quit smoking first, followed 12 losing the excess weight, reducing the stress of your job. giving up your marihuana habit, and then finally giving some 13 to those martinis if you want to prevent first cancer, and then heart disease. Even for the youthful working person who has never been sick a day in his life, who is 14 excellent health, a good look at all health habits and at work and home environments may suggest changes that will 15 him in the future. 1. A. know B. have known C.

need know D. need to know 2. A. with B. in C. on D. at 3. A. diet B. meals C. food D. dinner 4. A. use B. devote C. spend D. take 5. A. on B. in C. with D. about 6. A. if B. whether C. either D. neither 7. A. To complete B. Completing C. Completion D. To be completed 8. A. as B. for C. on D. about 9. A. Unless B. Once C. If D. Although 10. A. around B. with C. about D. on 11. A. work B. task C. job D. place 12. A. on B. with C. after D. by 13. A. thought B. idea C. thinking D. talk 14. A. for B. in C. with D. on 15. A. reap B. harvest C. benefit D. lead

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