

2008年职称英语真题之卫生类C级概括大意职称英语考试 PDF
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https://www.100test.com/kao_ti2020/563/2021_2022_2008_E5_B9_B4_E8_81_8C_c91_563070.htm 2008年职称英语真题之卫生类C

级概括大意: 第3部分：概括大意与完成句子(第23～30题，每题1分，共8分) “ 下面的短文后有2项测试任务：(1)第23~26题

要求从所给的6个选项中为第2-5段每段选择1个最佳标题；(2)第27~30题要求从所给的6个选项中为每个句子确定1个最佳选项。

Anti-Aging Secrets : Four Ways to Stay Young
1 The aging process is not easy for anyone . While some people accept getting older and do everything within their power to keep the mind and body active , others adopt a negative attitude and give in to the effects of aging . However, the key to feeling young is maintaining a young mental state . Moreover, simple lifestyle changes can make you feel years younger .
2 Keeping the mind active is the best medicine against aging. Studies have shown that persons who remain active following retirement live longer . Brainpower and physical fitness go hand in hand . When minds are sharpened or active , we are more likely to be physically active , Even if aging results in slight memory loss or a little confusion , brain exercises such as crossword puzzles(填字字谜)can improve memory .
3 Some persons are naturally introverted(内倾性格的)or shy , which can result in isolation . If you want to live a long life , avoid isolation .
Maintaining healthy relationships has lasting benefits .
Establishing strong relationships could lower blood pressure , promote relaxation , ease pain , and may even strengthen the

immune system(免疫系统) . 4 Too much stress can quickly age people . Completely ridding(使摆脱)our lives of stress is impossible . On the other hand , we can adopt simple techniques for better coping with life ' s problems , including reducing chaos , setting realistic goals , and relaxing . 5 If you think that you are old , you feel old . Try to be cheerful and avoid developing a negative attitude towards life。 Sometimes , this involves changing our association , Surrounding yourself with complainers will start to influence your attitude to life . We all experience hardships . Rather than focusing on the unpleasant , reflect on the positive things about life 23.

Paragraph 2_____ 24. Paragraph 3_____ 25. Paragraph 4_____ 26. Paragraph 5_____

A. Reduce Stress来源 : 考试大 B. Avoid Isolation C. Adopt a Positive Attitude to Life D. Keep Your Mind Active E. Maintain Balance F. Accept Failure
<http://ks.examda.com> 27. There is no better medicine against aging than_____. 28. Isolation may keep a person from_____. 29. Relaxation is one of the techniques for better_____. 30. It is wise of US to avoid_____. A. focusing on the unpleasant B. dealing with life ' s problems C. keeping the mind active D. changing our association E. living a long life
www.Examda.CoM F. setting realistic goals 更多信息请访问 : 百考试题外语站点 百考试题外语论坛 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