

2011年公共英语二级考试考前每日一练 (3.10) PDF转换可能丢失图片或格式，建议阅读原文

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Read the following text and fill each of the numbered spaces with ONE suitable word. Write your answers on ANSWER SHEET I.

Walking-like swimming , bicycling and running--is an aerobic exercise , (31)___builds the capacity for energy output and physical endurance by increasing the supply of oxygen to skin and muscles.Such exercises may be a primary factor in the(32) ___of heart and circulatory disease. As probably the least strenuous , safest aerobic activity , walking is the(33) ___acceptable exercise for the largest number of people.Walking(34) ___comfortable speed improves the efficiency of the cardio respiratory system(35) ___stimulating the lungs and heart , but at a more gradual rate(36) ___most other forms of exercise. In one test , a group of men 40 to 57 years of age , (37) ___at a fast pace for 40 minutes four days a week , showed improvement(38) ___to men the same age on a 30 minute , threedayaweek jogging program in the same period.Their resting heart rate and body fat decreased(39) ____.These changes suggest(40) ___of the important-even vital--benefits walking can(41) ___about. Walking(42) ___burns calories.It takes 3 , 500 calories to gain or(43) ___one pound.Since a one.hour walk at a moderate pace will(44) ___up 300 to 360 calories.By walking one

hour every other day , you Can burn up a poundandahalf monthly , or 18 pounds(45) ___-providing there is no change in your in-take of food.To(46).___weight faster , walk an n hour every day and bum up 3 pounds a month , or 36 pounds a year. (47) ___your age , right now is the time to give your physical well-being as much thought as you(48) ___to pensions or insurance.Walking is a vital defense(49) ___the ravages of degenerative diseases and aging.It is nature ' s (50) ___of giving you a tuneup. #ff0000>点击查看答案及解析》》 点击查看完整版：#ff0000>2011公共英语二级考试考前30天冲刺试题（8）#ff0000> 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