

2011年公共英语三级教材学习笔记第20课 PDF转换可能丢失  
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笔记第20课。百考试题#0000ff>公共英语三级考试站为您接下来的考试做足准备，一举拿下公共英语三级考试！ 1、 Do

they need long workouts to get the benefit, or will short, intense ones do the trick? do the trick：获得成功。他们需要长期的体能训练

获得益处,还是短暂、剧烈的训练取得成功? 2、 Bone mass and bone loss.www. E xamda.CoM考试就到百考试题 Bone mass

：骨骼块数bone loss：骨质疏松 3、 Immediate effects may show up after a single exposure or repeated exposures. 通过单一或多次

的暴露之后，即刻效应便体现出来了。 4、 Experts found that inhabitants in the three regions have more in common than calories.

专家发现这三个地区的居民在其他方面的共同点超过了他们在卡路里方面的共同点。 5、 Humans should not try to avoid

stress any more than they would keep away from food, love, or exercise. While there is no question that prolonged stress is harmful,

several studies suggest that challenging situations in which you ' re able to rise to the occasion can be good for you. rise to the occasion

：应付自如。跟人不能避开食物，爱或锻炼一样，人也不应该躲避压力，毫无争议长时间的压力是有害的，但也有不少

研究显示，你可以应对的挑战性局面对你是有好处的。

Passage: Being young has universal appeal and today people are searching for the qualities that youth comprises good health, mental alertness, physical attractiveness, and vigor in a word, fitness. Fitness

is the magical term that has pervaded our daily lives. Via the media, we are constantly bombarded with suggestions to be slim, do exercise, and feel fit. Many television and radio programs are devoted to fitness information and group exercise. Newspapers and magazines regularly feature columns that present the latest nutritional discoveries and exercise equipment. In fact, it is almost impossible to pick up a general interest magazine and not find the perfect diet and easy exercise programs. Countless books and tapes on fitness are available in bookstores and libraries. The medical profession, too, advocates being slender, doing exercise, and feeling energetic. The intense interest in the condition and appearance of the body has generated a steady flow of highly marketable innovations. In fact, consumers spend billions of dollars annually on activities and products in their quest for fitness. Health clubs have come into bud throughout the nation, and many people sign up for lifetime memberships. Others, who prefer convenience and privacy, set up fitness equipment in their own homes. Many people shop in health food stores for organically growth goods and dietary supplements to add extra vitamins to their diets. For many years, it has been the practice of giant corporations to maintain a gym or health club for the exclusive use of their executives. By working out at the gym, or playing tennis, the top people in management could release some of the tensions generated at work. Membership in these corporate facilities was, and still is, a status symbol. Currently, however, a new attitude is emerging. All employees are burdened with tensions and pressures and could benefit from this type of recreation. As a matter

of fact, studies contributes is also a financial gain for the company. It therefore is sensible of those major corporations to offer health club memberships to all their employees. This concept is revolutionary, but it is being considered seriously. There is no doubt about it: when people are physically fit, they are at their best. It makes sense to maintain optimum health in order to live life to the fullest. 参考译文: 年轻具有普遍吸引力, 今天人们在搜寻着构成年轻的要素: 好的身体, 精力充沛、身体的外在魅力, 朝气蓬勃一句话, 健康。健康这个富有魔力的术语在我们日常生活中蔓延开来。通常媒体, 我们不断地被各种各样的建议所包围, 诸如要保持苗条、要锻炼身体、还要保持好的精神状态等等。许多电视和广播节目致力于向人们提供健身信息和群体健身活动。报纸和杂志也辟有特色专栏, 向人们呈现关于营养的最新发现和健身设备。实际上, 随便拿起哪本大众杂志, 都可以找到关于完美饮食和简易健身的项目。书店和图书馆里随处可见无数有关健康的书籍和磁带。医学行业也倡导人们保持苗条身材、加强身体锻炼、保持精力充沛。对身体状况和外有形体的广泛关注, 导致高度市场化的创新稳步发展。事实上, 消费者为健身活动和产品每年都要支出数十亿美元。健康俱乐部如雨后春笋遍布全国, 许多人都注册成为终生会员。那些喜欢方便和隐私的人则自家购置了健身器材。许多人在保健品店购买有机产品和膳食补充剂来额外补充维生素。多年以来, 大型公司为企业高层管理人员配备专用健身房和健康俱乐部。通过健身房的锻炼, 或者打网球, 高级管理人员可以释放工作中的压力。拥有这样的会员身份, 至今仍是一种身份地位的象征。然而, 目前又出现了一种新的趋势

。公司所有员工都背负沉重的工作压力和紧张，因此都可以享受这种娱乐活动。实际上，研究显示，身体和精神健康可以切实帮助员工提高工作效率。病假时间减少也是公司的一项财政收入。因此，那些大公司向全体员工提供健康俱乐部会员身份是很明智的决策。这种理念是革命性的，但是需要认真给予考虑。毫无疑问的是：当人们身体健康的时候，其工作状态也处于最高峰。为了能够更充实地生活，保持身体处于最佳状况是非常有意义的一件事情。相关推荐：

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