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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](http://www.100test.com)