

2010年12月公共英语五级考试填空模拟试题及答案(3) PDF
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题及答案汇总 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)

(38) _____ at a fast pace for 40 minutes four days a week, showed
improvement (38) _____ to men the same age on a 30 minute
, three day a week 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 pound and a half monthly , or 18 pounds (45) _____
-providing there is no change in your in-take of food . To (46)
. _____ weight faster , walk an hour every day and burn 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 .

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