

备战2009年12月英语四级考前每日一练(7)英语四级考试 PDF  
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Americans you have some extra pounds to shed. You may even have tried a fad(时尚) diet or two, but found yourself right back where you 47 . The key to weight loss is regular 48 activity. And surprisingly, you dont have to give up eating or make the gym your second home to see long-term, 49 effects. Your body needs a certain amount of energy to maintain basic 50 such as breathing, blood circulation and digestion. The energy required to keep your organs functioning is referred to as the resting or basal metabolic rate. Any time you are active, 51 energy is required. It is obtained from glycogen (糖原) and fat stored in the blood, liver, and muscles. The key to losing weight is to draw on the fat rather than on the carbohydrate reserves. Which of the two energy sources you use depends on the intensity and52 of your activity? The higher the intensity, the more your body will pull from the stored carbohydrates. The lower the intensity, the 53 your body will rely on fat as its fuel. www. Examda.CoM 考试就到百考试题 Aerobic exercise is most 54 for weight loss. When you perform aerobic activities you 55 contract large muscle groups such as your legs and arms. Walking, running, rollerblading, swimming, dancing, and jumping jacks are all forms of aerobic activity. Surprisingly, if your aerobic activity is low to moderately intense and of long duration, you will burn more fat than if you had 56 in a short burst of

high-intensity exercise. In short, a brisk 30-minute walk will burn fat while a 100-yard sprint will burn glycogen. A . positive F . physical K . started B . additional G . activities L . repeatedly C . duration H . functions M . less D . effective I . participated N . amount E . more J . efficient O . obviously 点击进入查看答案gt. 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)