

2008年职称英语真题之卫生类C级概括大意职称英语考试 PDF  
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职称英语真题之卫生类C级概括大意: 第3部分：概括大意与完成句子(第23～30题，每题1分，共8分) “ 下面的短文后有2项

测试任务：(1)第23～26题要求从所给的6个选项中为第2-5段每段选择1个最佳标题；(2)第27～30题要求从所给的6个选项中为每个句子确定1个最佳选项。 Anti-Aging Secrets：Four Ways to

Stay Young 1 The aging process is not easy for anyone . While some people accept getting older and do everything within their power to keep the mind and body active , others adopt a negative attitude and give in to the effects of aging . However, the key to feeling young is

maintaining a young mental state . Moreover, simple lifestyle

changes can make you feel years younger . 2 Keeping the mind

active is the best medicine against aging. Studies have shown that

persons who remain active following retirement live longer

. Brainpower and physical fitness go hand in hand . When minds

are sharpened or active , we are more likely to be physically active

, Even if aging results in slight memory loss or a little confusion

, brain exercises such as crossword puzzles(填字字谜)can

improve memory . 3 Some persons are naturally introverted(内

倾性格的)or shy , which can result in isolation . If you want to live

a long life , avoid isolation . Maintaining healthy relationships has

lasting benefits . Establishing strong relationships could lower blood

pressure , promote relaxation , ease pain , and may even

strengthen the immune system(免疫系统) . 4 Too much stress can quickly age people . Completely ridding(使摆脱)our lives of stress is impossible . On the other hand , we can adopt simple techniques for better coping with life ' s problems , including reducing chaos , setting realistic goals , and relaxing . 5 If you think that you are old , you feel old . Try to be cheerful and avoid developing a negative attitude towards life。 Sometimes , this involves changing our association , Surrounding yourself with complainers will start to influence your attitude to life . We all experience hardships . Rather than focusing on the unpleasant , reflect on the positive things about life

23. Paragraph 2\_\_\_\_\_ 24. Paragraph 3\_\_\_\_\_ 25. Paragraph 4\_\_\_\_\_ 26. Paragraph 5\_\_\_\_\_

A. Reduce Stress  
来源 : 考试大 B. Avoid Isolation C. Adopt a Positive Attitude to Life D. Keep Your Mind Active E. Maintain Balance F. Accept Failure

<http://ks.100test.com> 27. There is no better medicine against aging than\_\_\_\_\_. 28. Isolation may keep a person from\_\_\_\_\_. 29. Relaxation is one of the techniques for better\_\_\_\_\_. 30. It is wise of US to avoid\_\_\_\_\_. A. focusing on the unpleasant B. dealing with life ' s problems C. keeping the mind active D. changing our association E. living a long life

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