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Vocabulary: exercise 词汇: 锻炼

Most of us know that the risk of getting ill is reduced when we look after ourselves. Taking regular exercise has proven to be good for our health and scientists have found that the **risk** of cancer and **heart disease** is reduced when we take part in **physical activity** – and now they've found cycling to work is one of the best activities to do this. Well, good news for me then!

The biggest study into the issue, linked using **two wheels** with a halving of the risk of cancer and heart disease. The five-year study of 250,000 UK commuters also showed walking had some **benefits** over sitting on public transport or taking the car.

Peddalling to work is already popular in many cities across the world. Some **forward-thinking** authorities have built cycle lanes to make the commute safer, as well as providing secure places to lock them up. Some companies also provide facilities for their employees to get changed and cleaned up when they arrive at work. It all makes good sense - according to people surveyed in this study, regular cycling cut the risk of death from any cause by 41%, the incidence of cancer by 45% and heart disease by 46%.

For me, cycling to work is quicker and cheaper than using public transport and it's my only form of exercise. And whereas going to the gym **to lose a few pounds** takes effort and commitment, cycling has just become part of the work **routine**. Clare Hyde from Cancer Research UK says "This study helps to highlight the potential benefits of building activity into your everyday life. Anything that gets you a bit hot and out of breath ... can help make a difference."

But what exactly is it that is making cycling a much healthier option? The research, published in the British Medical Journal, found it wasn't the result of **weight loss** but it could be that cyclists are **leaner** and have lower levels of **inflammation** in the body.

Of course, any exercise is good for you but it's thought that cycling is better than walking because the activity is longer and more **intense**. Dr Jason Gill, from the University of Glasgow, told the BBC "You need to get to work every day so if you built cycling into the day it essentially takes **willpower** out of the equation." For me, it's the best and most enjoyable

workout I can have – and I don't need to wear skin-tight lycra clothes, as long as I wear the most important accessory, a **helmet**.

词汇表

| | |
|-----------------------------|----------|
| risk | 风险 |
| heart disease | 心脏病 |
| physical activity | 体育活动 |
| two wheels | (比喻) 自行车 |
| benefit | 好处、益处 |
| pedalling | 骑车 |
| forward-thinking | 有超前思维的 |
| to lose a few pounds | 减肥 |
| routine | 规律, 惯例 |
| weight loss | 体重下降 |
| leaner | 瘦一些, 更瘦 |
| inflammation | 炎症, 体内热能 |
| intense | 强烈的 |
| willpower | 意志力 |
| workout | 锻炼 |
| helmet | 头盔 |

测验与练习

1. 阅读课文并回答问题。

1. What did the study find happened to the risk of cancer and heart diseases to those people who cycled regularly?
2. Why does the writer in this article not use public transport?
3. True or false? The study found it was weight loss caused by cycling that made cyclists less at risk from getting cancer?
4. According to the article, when could you do cycling as an exercise for getting healthy?
5. Which word is used to mean 'regularly travel to and from work'?

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Smokers who use e-cigarettes to quit are more likely to succeed than those who use _____ alone.

| | | | |
|---------|-----------|-----------|------------|
| willing | willpower | powerwill | willpowers |
|---------|-----------|-----------|------------|

2. The company boss said the restructuring will result in a _____, stronger organisation.

| | | | |
|---------|-------|---------|--------|
| routine | risky | intense | leaner |
|---------|-------|---------|--------|

3. White blood cells are key to fighting infection, but high levels can be a sign of _____, which is linked to coronary heart disease.

| | | | |
|-----------|----------|--------------|-----------|
| inflaming | inflamed | inflammation | inflaying |
|-----------|----------|--------------|-----------|

4. Doing a crossword everyday gives you a mental _____ and helps boost your brain.

| | | | |
|---------|---------|--------|--------------|
| routine | workout | helmet | inflammation |
|---------|---------|--------|--------------|

5. Oscar the dog, changed his diet, lost a few kilos and went on to win a pet _____ competition.

| | | | |
|---------------|-------------|-------------|-------------------|
| heart disease | weight loss | weight gain | physical activity |
|---------------|-------------|-------------|-------------------|

答案

1. 阅读课文并回答问题。

1. What did the study find happened to the risk of cancer and heart diseases to those people who cycled regularly?

The biggest study into the issue, found cycling halved the risk of cancer and heart disease.

2. Why does the writer in this article not use public transport?

He found cycling to work is quicker and cheaper than using public transport and it's my only form of exercise.

3. True or false? The study found it was weight loss caused by cycling that made cyclists at less risk from getting cancer?

False. The study found it wasn't the result of weight loss that reduced the risk of cancer but it could be that cyclists are leaner and have lower levels of inflammation in the body.

4. According to the article, when could you do cycling as an exercise for getting healthy?

On the way to or from work. Dr Jason Gill, from the University of Glasgow, told the BBC "You need to get to work every day so if you built cycling into the day it essentially takes willpower out of the equation."

5. Which word is used to mean 'regularly travel to and from work'?

Commute.

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Smokers who use e-cigarettes to quit are more likely to succeed than those who use **willpower** alone.

2. The company boss said the restructuring will result in a **leaner**, stronger organisation.

3. White blood cells are key to fighting infection, but high levels can be a sign of **inflammation**, which is linked to coronary heart disease.

4. Doing a crossword everyday gives you a mental **workout** and helps boost your brain.

5. Oscar the dog, changed his diet, lost a few kilos and went on to win a pet **weight loss** competition.