

词汇: *swimming* 游泳

We all know about the health benefits of swimming. It offers a great **workout** for the body – it builds **endurance**, **muscle strength** and **cardiovascular fitness**. If you don't mind getting wet, it can be fun too. But who would enjoy swimming in water that's ice cold? Well, many people are **taking the plunge**, based on evidence that it can actually be good for us.

Cold-water swimming – sometimes called **wild swimming** – involves swimming in natural areas including **ponds**, rivers and the sea. Jumping in gives a **short sharp shock** to the body, but many participants say they get used to it. A cold **dip** might wake you up, but research has found it can have much bigger benefits than that for your body and mind. As well as being good exercise, spending time outdoors and by water improves **wellbeing**.

There is much evidence, mostly anecdotal, that suggests cold-water swimming has cured certain health conditions. One man who suffered constant pain after surgery claimed he was cured by taking a plunge in cold **open water**. And another swimmer, Sandria Simons, told the BBC “the **immersion** of your body in cold, salt water, just feeling like you're **at one with nature** if you like, just feels amazing.”

But what is it that people are gaining from this chilly experience? Doctors say getting into cold water evokes a **stress response**, but the more you do it, your reaction to stress is reduced. It's also thought to have a strong **anti-inflammatory** effect. But there are bigger benefits to this stress-reducing exercise. Some experts believe cold-water swimming helps ‘**cross-adaptation**’, where one form of stress prepares the body for another. For example, it also helps reduce the stress of exercising at high altitude.

So, if you're convinced that this is for you, take advice: approach it with caution, swim with a friend, and maybe start in the summer, when the water temperatures are higher!

## 词汇表

<b>workout</b>	(身体) 锻炼, 训练
<b>endurance</b>	忍耐力
<b>muscle strength</b>	肌肉力量
<b>cardiovascular fitness</b>	心血管健康
<b>take the plunge</b>	决定运动, 冒险尝试
<b>wild swimming</b>	野外游泳
<b>pond</b>	池塘
<b>a short sharp shock</b>	短暂而剧烈的冲击
<b>dip</b>	游泳
<b>wellbeing</b>	健康
<b>open water</b>	开放水域
<b>immersion</b>	浸泡
<b>at one with nature</b>	与自然融为一体
<b>stress response</b>	应激反应
<b>anti-inflammatory</b>	消炎的, 抗炎的
<b>cross-adaptation</b>	交叉适应

## 测验与练习

### 1. 阅读课文并回答问题。

1. Where could you go cold-water swimming?
2. How does spending time by water help you?
3. According to some swimmers, when do you get used to the low temperature of the water?
4. True or false? *Cold-water swimming can make you less stressed.*
5. When might be a good time to start cold-water swimming?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. Running a marathon was a test of my human \_\_\_\_\_.

workout	stress response	endurance	cross-adaptation
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2. When I go walking in the forest, I feel \_\_\_\_\_.

one at nature	at one with nature	with nature	nature at one
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3. Carrying all the boxes to the top floor felt like a real \_\_\_\_\_.

wellbeing	dip	pond	workout
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4. I love going to the cinema and \_\_\_\_\_ myself in a good film.

immersing	immerse	immerses	immersed
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5. I'm going to \_\_\_\_\_ and quit my job to go travelling around the world.

take a plunge	take the plunge	take plunge	take plunging
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## 答案

### 1. 阅读课文并回答问题。

1. Where could you go cold-water swimming?

**You could swim in a pond, the river or the sea.**

2. How does spending time by water help you?

**Spending time outdoors and by water improves wellbeing.**

3. According to some swimmers, when do you get used to the low temperature of the water?

**After the short sharp shock of getting in the water.**

4. True or false? *Cold-water swimming can make you less stressed.*

**True. Doctors say getting into cold water evokes a stress response, but the more you do it, the more your reaction to stress is reduced.**

5. When might be a good time to start cold-water swimming?

**In the summer, when the water temperatures are higher!**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. Running a marathon was a test of my human **endurance**.

2. When I go walking in the forest, I feel **at one with nature**.

3. Carrying all the boxes to the top floor felt like a real **workout**.

4. I love going to the cinema and **immersing** myself in a good film.

5. I'm going to **take the plunge** and quit my job to go travelling around the world.