

词汇: *exercising* 锻炼

In a time when many people around the globe are in lockdown and unable to attend the gym, emphasis has been placed on home exercising. Fears of a **sedentary life** and **piling on the pounds** are forcing many to find novel ways to move the body and **stretch** their muscles. You don't need to **pump iron** or have expensive equipment like rowing and cycling machines to help you stay fit.

Exercising is not just important for your body, but also your mind. A study by Dr. Andrea Dunn at the Cooper Research Institute in Dallas, Texas found patients who did daily 35-minute walks per week experienced a 47% reduction in their depression levels.

Cardiovascular exercise, often simply called **cardio**, is designed to keep your **heart rate** up, which in turn will strengthen your heart and improve your **general fitness**. Many of us are turning to activities like **skipping** with an old rope, or watching one of the many 'fitness experts' who produce exercise videos online.

Walking is another great **aerobic** activity to help you increase your **blood circulation**. There are many affordable **pedometers** which can be worn like a watch and used to track your steps, heart rate, **sleeping patterns** and even your **blood oxygenation** levels. You don't even have to step outside, with many simply **power walking** or **jogging** round their gardens or up and down their hallways.

Practising yoga or Tai Chi can help to keep our bodies **supple**, which in turn can lower **joint pain** and help to protect us from injury. Finally, strength and **resistance training** can be done at home by simply lifting bags of rice or boxes instead of heavy weights in the gym.

There are many ways to help us stay mobile, and indeed these online exercise routines can be carried over in our lives long after lockdown is lifted. For those of us who moan about our busy lives stopping us from **hitting the gym**, ten minutes a day with a rope or a bag of rice may not only help our fitness, but our mental health too.

词汇表

sedentary life	缺少运动的生活，久坐不动的生活
piling on the pounds	体重增加
stretch	伸展，舒展
pump iron	举重
cardiovascular	心血管的
cardio	有氧运动，可提高心跳频率的运动
heart rate	心率
general fitness	整体身体素质
skipping	跳绳
aerobic	增氧的
blood circulation	血液循环
pedometer	计步器
sleeping pattern	睡眠习惯
blood oxygenation	血氧
power walking	快步走
jogging	慢跑
supple	灵活的
joint pain	关节疼痛
resistance training	抗阻训练
hit the gym	去健身房

测验与练习

1. 阅读课文并回答问题。

1. What fears may encourage us to find new ways to exercise?
2. What was the possible benefit of walking that Dr. Andrea Dunn discovered?
3. What can be lifted safely instead of heavy weights?
4. What can a pedometer record?
5. What are the possible benefits of yoga and tai chi?

2. 选择意思恰当的单词或词组来完成下列句子。

1. I need to _____ the gym more often.

Hits	hit	be hit	hitting
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2. Wow, you look great! Have you been _____ iron?

pumping	pump	pumped	pumps
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3. I'm on a diet. I really _____ on the pounds when I was at home.

Pile	piles	piling	piled
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4. I need to get moving. I want to avoid being _____.

cardio	sedentary	sleeping patterns	aerobic
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5. Aerobic exercise can help my blood to _____.

Circulation	circulate	circulated	circulates
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答案

1. 阅读课文并回答问题。

1. What fears may encourage us to find new ways to exercise?

Fears of being sedentary and gaining weight.

2. What was the possible benefit of walking that Dr. Andrea Dunn discovered?

A 47% reduction in depression levels.

3. What can be lifted safely instead of heavy weights?

Bags of rice or heavy boxes.

4. What can a pedometer record?

They can be used to track your steps, heart rate, sleeping patterns and even your blood oxygenation levels.

5. What are the possible benefits of yoga and tai chi?

They can help to keep our bodies supple, which in turn can lower joint pain and can help to protect us from injury.

2. 选择意思恰当的单词或词组来完成下列句子。

1. I need to **hit** the gym more often

2. Wow, you look great! Have you been **pumping** iron?

3. I'm on a diet. I really **piled** on the pounds when I was at home.

4. I need to get moving. I want to avoid being **sedentary**.

5. Aerobic exercise can help my blood to **circulate**.