

《四级阅读理解选词填空题及答案（4）》

The Benefits of Outdoor Exercise

Outdoor exercise is a popular choice for many people who want to (1)_____ their fitness routine and enjoy the beauty of nature at the same time. There are several benefits to exercising outdoors.

Firstly, outdoor exercise provides a change of (2)_____ from the confined spaces of a gym or fitness center. Being in natural surroundings such as parks, forests, or (3)_____ areas can have a positive impact on mental well-being. Studies have shown that spending time in nature can reduce stress levels and improve mood.

Secondly, outdoor exercise allows for greater variation in workout routines. Unlike indoor workouts which are often limited by equipment availability and space, outdoor exercises offer more opportunities for (4)_____. Whether it's running along a scenic trail, cycling through the countryside, or practicing yoga in the park, there are endless possibilities for staying active outside.

Furthermore, outdoor exercise exposes individuals to sunlight, which is an important source of vitamin D. Adequate levels of vitamin D are crucial for maintaining healthy bones and a strong immune system. Spending time outdoors can also help regulate sleep patterns and boost energy levels, thanks to the exposure to natural daylight.

In addition, outdoor exercise offers a chance to socialize with others who share similar interests. Participating in group activities like hiking clubs, beach volleyball teams, or outdoor boot camps not only provides (5)_____ motivation but can also lead to the formation of new friendships.

Lastly, outdoor exercise tends to be more enjoyable and less monotonous compared to indoor workouts. The ever-changing scenery and fresh air can make the experience more (6)_____, leading to increased motivation and adherence to regular exercise habits.

In conclusion, outdoor exercise offers numerous benefits for both physical and mental well-being. It provides a refreshing change of environment, greater workout variation, exposure to sunlight and nature, opportunities for socializing, and a more enjoyable exercise experience.

- A. enhance
- B. diversity
- C. urban
- D. take up
- E. natural
- F. communal
- G. outdoors
- H. recreational
- I. outdoor
- J. engaging

K. shared

参考答案：

D. take up

G. outdoors

C. urban

B. diversity

F. communal

J. engaging

