

《英语四级阅读理解专项训练及答案（3）》

阅读下面的短文，然后根据文章内容选择最佳答案。

The importance of physical exercise in maintaining good health cannot be overstated. Regular exercise has numerous benefits, both for the body and the mind. Firstly, it helps to keep the cardiovascular system in excellent condition. Aerobic exercises, such as jogging, swimming, and cycling, improve heart health, increase lung capacity, and reduce the risk of heart disease.

Secondly, exercise contributes to weight management. Engaging in physical activities burns calories and helps control body weight. Moreover, regular exercise builds muscle strength, increases flexibility, and improves overall body composition. Mentally, exercise has proven to be a powerful stress reliever.

Physical activity triggers the release of endorphins, which are chemicals in the brain that act as natural painkillers and mood elevators. This natural stress relief can help reduce symptoms of anxiety and depression. Regular exercise has also been linked to better sleep quality. People who exercise regularly tend to fall asleep faster and enjoy deeper sleep, which is crucial for overall well-being.

In addition to the physical and mental benefits, exercise fosters social connections. Engaging in group activities, such as team sports or fitness classes, provides opportunities to meet new people and develop friendships. These social interactions can enhance emotional well-being and create a sense of community. It's essential to find a type of exercise that suits individual preferences and lifestyle. Whether it's dancing, hiking, or practicing yoga, finding an activity that brings joy and satisfaction is key to maintaining a consistent exercise routine.

1、What does regular exercise do for the cardiovascular system?

- A. Weakens heart muscles.
- B. Improves heart health and lung capacity.
- C. Increases the risk of heart disease.
- D. Reduces lung capacity.

2、How does exercise contribute to weight management?

- A. By increasing stress levels.
- B. By decreasing muscle strength.
- C. By burning calories and controlling body weight.
- D. By reducing flexibility.

3、What do endorphins do in the brain?

- A. Cause pain and anxiety.
- B. Act as natural painkillers and mood elevators.
- C. Increase stress levels.
- D. Weaken the cardiovascular system.

4、What benefit does exercise have on sleep quality?

- A. It causes insomnia.
- B. It reduces sleep duration.
- C. It helps fall asleep faster and enjoy deeper sleep.
- D. It leads to sleepwalking.

5、How do social connections benefit from exercise?

- A. Exercise isolates people from social interactions.
- B. Group activities provide opportunities to meet new people and develop friendships.
- C. Exercise makes people anti-social.
- D. Social connections have no relation to exercise.

参考答案：

- B. Improves heart health and lung capacity.
- C. By burning calories and controlling body weight.

B. Act as natural painkillers and mood elevators.

C. It helps fall asleep faster and enjoy deeper sleep.

B. Group activities provide opportunities to meet new people and develop friendships.

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