

《英语四级阅读理解专项训练答案（5）》

Passage 2:

The Benefits of Outdoor Exercise

Engaging in regular physical activity is crucial for maintaining a healthy lifestyle. While many people choose to exercise indoors, there are numerous benefits to outdoor exercise that should not be overlooked.

Firstly, exercising outdoors provides an opportunity to connect with nature. Being surrounded by green spaces, fresh air, and natural scenery can have a positive impact on mental well-being. Studies have shown that spending time in nature reduces stress levels and improves mood, leading to a greater sense of calm and happiness.

Secondly, outdoor exercise offers more variety compared to indoor workouts. The natural environment provides diverse terrain and obstacles, allowing for different types of physical activities. Whether it's hiking, cycling, or playing sports, outdoor exercises engage various muscle groups and provide a more stimulating workout experience.

Moreover, exposure to sunlight during outdoor exercise helps the body produce vitamin D, which is essential for bone health and immune function. Sunlight also boosts serotonin levels, a neurotransmitter associated with mood regulation and feelings of happiness.

In addition to the physical and mental benefits, outdoor exercise promotes social interaction. Parks, trails, and sports fields are often frequented by individuals and groups, creating opportunities for socializing and making new connections. Engaging in physical activities together with others enhances motivation and fosters a sense of camaraderie.

Lastly, outdoor exercise encourages exploration and discovery. Whether it's exploring a new trail or discovering a hidden gem in a local park, outdoor activities allow individuals to break away from routine and experience new surroundings. This element of novelty adds excitement and makes exercise more enjoyable.

In conclusion, outdoor exercise offers a range of benefits, including enhanced mental well-being, increased variety in workouts, improved vitamin D production, social interaction, and the chance for exploration. Incorporating outdoor exercise into one's fitness routine can lead to a healthier and more fulfilling lifestyle.

1.What is one of the benefits of exercising outdoors?

- A) Increased stress levels.
- B) Improved mental well-being.
- C) Limited variety in workouts.
- D) Decreased vitamin D production.

2.What does exposure to sunlight during outdoor exercise help the body produce?

- A) Vitamin C.
- B) Vitamin E.
- C) Vitamin D.
- D) Vitamin K.

3.How does outdoor exercise promote social interaction?

- A) By reducing motivation for physical activities.
- B) By allowing individuals to break away from routine.
- C) By providing opportunities for socializing and new connections.
- D) By limiting the types of physical activities available.

4.What is one of the benefits of outdoor exercise mentioned in the passage?

- A) Limited variety in workouts.
- B) Decreased serotonin levels.
- C) Reduced exploration and discovery.
- D) Enhanced mental well-being.

5.Why does outdoor exercise offer more variety compared to indoor workouts?

- A) It engages various muscle groups.

- B) It limits physical activities.
- C) It reduces exposure to natural scenery.
- D) It hinders social interaction.

参考答案：

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