

《英语四级阅读理解专项训练答案（8）》

Passage 1

The Benefits of Exercise

Exercise is an essential part of a healthy lifestyle. It plays a vital role in maintaining physical and mental well-being, as well as preventing a range of diseases. In this article, we will explore the various benefits of exercise and why it is so important to include it in our daily routines.

Improving Physical Health

Exercise is essential for maintaining a healthy body. It helps to strengthen muscles, bones, and joints, improving flexibility and balance. Regular exercise also aids in controlling weight and reducing the risk of obesity and other related health problems. Additionally, exercise boosts cardiovascular health, reducing the risk of heart disease and stroke.

Boosting Mental Health

Exercise has a profound effect on our mental well-being. It releases endorphins, the “happy hormones” in the brain, which help to improve mood and reduce anxiety and depression. Exercise also provides a distraction from daily stresses and worries, helping us to clear our minds and feel more relaxed.

Boosting Brainpower

Exercise not only benefits physical and mental health but also improves cognitive function. It stimulates brain cell growth, enhancing memory, concentration, and problem-solving abilities. Exercise may also help to reduce the risk of dementia and Alzheimer's disease, protecting the brain from cognitive decline.

Improving Sleep

Exercise has a positive impact on sleep quality. It regulates the body's circadian rhythm, promoting better sleep habits. Regular exercise can help to reduce insomnia and other sleep disorders, leading to more restful and rejuvenating sleep.

Boosting Immunity

Exercise enhances the immune system by improving the function of white blood cells and other immune cells. It helps to reduce the risk of infections and may provide protection against some cancers. Regular exercise also improves the body ' s ability to recover from illnesses, reducing the duration and severity of symptoms.

In conclusion, exercise is an essential component of a healthy lifestyle. It plays a vital role in maintaining physical and mental well-being, as well as preventing a range of diseases. By incorporating exercise into our daily routines, we can enjoy the many benefits it has to offer.

1.What are the benefits of exercise mentioned in the article?

- A) Improving physical health, boosting mental health, improving sleep quality, and boosting immunity.
- B) Reducing stress, improving circulation, building muscle mass, and preventing obesity.
- C) Increasing cardiovascular health, reducing anxiety, improving coordination, and strengthening the bones.
- D) All of the above.

2.What is the main benefit of exercise for physical health?

- A) Boosting the immune system.
- B) Improving flexibility and balance.
- C) Reducing the risk of obesity and other related health problems.
- D) All of the above.

3.How does exercise benefit our mental well-being?

- A) By releasing endorphins in the brain.
- B) By providing a distraction from daily stresses and worries.
- C) By reducing anxiety and depression.
- D) All of the above.

4.What is the relationship between exercise and cognitive function?

- A) Exercise reduces the risk of dementia and Alzheimer's disease.
- B) Exercise improves memory, concentration, and problem-solving abilities.
- C) Exercise prevents brain cell death.
- D) All of the above.

5. How does exercise impact our sleep quality?

- A) By regulating the body's circadian rhythm.
- B) By reducing insomnia and other sleep disorders.
- C) By leading to more restful and rejuvenating sleep.
- D) All of the above.

参考答案：

ACDBD

