

NEW FULCRUM
COLLEGE ENGLISH

SPEED
READING

新支点大学英语
快速阅读

主 编 高 霄

3

附趣味训练多媒体学习光盘

高等教育出版社

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前言

在当今社会,面对报纸、杂志和网络带来的海量信息冲击,快速搜索、正确理解并有效利用信息的能力变得尤为重要,而快速阅读则是培养这种能力的有效途径,这也正是开发此套教材的初衷。

《新支点大学英语快速阅读》作为精品课程建设成果,由高霄教授主编,由具有丰富教学与科研经验的教师团队参编,适用于全国高等院校非英语专业学习者。教材编写以《大学英语课程教学要求》为指导,所有素材由参编团队精心筛选,配套练习设计历经编者认真思考、反复推敲与多方修改而成。教材共分四册,每册十个单元,每单元包含三篇主题相近的阅读素材。

本套教材具有以下三个特色。

第一,素材丰富多样。所选素材大多源自英语国家最新的报纸、杂志和主流网站。语言地道,内容新颖,体裁多样,题材广泛;素材话题涉及社会、家庭、教育、环保、健康、科技、职业、婚姻和体育等方面,贴近大学生生活,兼顾科学与人文知识,具有较强的知识性和趣味性。

第二,编写理念科学。教材开发严格遵循规范、科学的程序,并紧密结合教学实践,依据学生实际情况,经编写人员集思广益、反复讨论,充分发挥团队协作精神编写而成。选材方面,先确定单元主题,然后广泛搜寻与主题相关的素材,经所有成员反复筛选,最终确定最合适的素材。题目设计方面,不仅编写人员围绕材料内容精心设计题目,而且所有题目都经一定数量相应水平的学习者认真试做(被试的专业、年级、人数和语言水平等变量都得到规范控制),然后根据试做结果的统计数据(如难度系数、区分度和错误率)对试题进行反复甄选和修改。理论指导方面,为了改善阅读习惯,编者专门论述阅读策略,供学习者借鉴和参考。

第三,难易梯度合理。第一、二册与第三、四册之间在素材长度、题目数量与难度等方面形成梯度;每个单元内部的三篇素材也都根据试做结果,按由易到难的顺序排列,最易的用一颗星标识,最难的用五颗星标识,这有助于学习者加强自我监控,逐步提高阅读能力。

在使用本教材过程中,编者建议学习者遵循三个原则。

第一,速度和理解并重原则。练习过程中,力求避免重速度、轻理解的做法。没有理解的阅读不能称之为阅读,正确的做法是在理解的基础上逐步提高速度。编者建议学习者记录实际完成时间,然后对照建议用时监控自己的阅读速度及理解质量方面所取得的进步。

第二,持之以恒原则。阅读习惯是长期形成的,短期内很难发生质的改变,要避免急躁情绪。通过坚持不懈地练习,循序渐进,最终养成良好的阅读习惯,提高阅读能力。

第三,纸质教材与光盘并用原则。本教材配有光盘,学习者在使用纸质教材的同时,也可以根据自己的需求和实际水平,在光盘上选择恰当的内容与模式进行相应练习。

编者

2014年4月

快速阅读策略

1. 提高阅读速度的必要性和可行性

在当今社会，信息的重要性日益凸显。信息被公认为是社会发展的主要动力和财富，无论是国家还是个人，未来竞争的胜负在很大程度上都将取决于对信息和知识的拥有程度。尽管报纸、杂志和网络等信息资源对于每个人来说都是开放的，但能在最短时间内高效获取、充分理解和有效使用信息并不是每人都具有的能力。因此能在纷繁芜杂的信息海洋中搜索、汲取有效信息，便成为一项重要的技能，而培养良好的阅读能力，是提高这种技能的有效途径。

实践证明，阅读速度是可以通过训练提高的。根据国外调查结果来看，普通成人的阅读速度为每分钟200到250词，大部分大学生的阅读速度是每分钟300词，快者可达到每分钟600词。经过训练的国际速读比赛选手阅读速度更是惊人，顶级选手阅读速度都在1 000到2 000词之间，而冠军的速度是每分钟4 700词，对阅读材料理解正确率高达67%。

2. 探究阅读速度慢的根源及建议

2.1 阅读速度慢的根源

要提高阅读速度，首先需了解阅读速度慢的原因。

第一，回视。阅读过程中，很多读者习惯性地或无意识地返回到前几句以加深理解。一旦养成这种习惯便会反复阅读已读过的词句，从而减慢阅读速度，浪费阅读时间。改掉这一毛病需要有意识地进行相应训练。

第二，默读。阅读时，一些人习惯默读或轻声读，即无意识地在心中或轻声地把每一个词转化为声音。如此阅读速度就会类似于说话或朗读速度，速度自然会明显降低。

第三，小意义单位阅读。意义单位的大小（长短）影响阅读速度。阅读意义单位一般分为三种：一是以单词为单位，二是以词块为单位，三是以句子为单位。这三种情况下，阅读单位由小变大，阅读速度也就逐级递增。阅读效率低的人，常常是小单位阅读，即每次只能扫描一个词，眼睛会停顿多次，既劳累又低效；而掌握正确阅读方法的人，阅读时眼睛会一次扫描多个词、句子甚或段落，阅读速度就会大幅提高。

2.2 建议

要提高阅读速度，必须克服不良阅读习惯，因此编者提出针对性建议，供学习者参考。

2.2.1 避免回视

回视主要有两个原因：（1）自信缺失——读者缺乏自信，不能确信自己对读过的内容确实已经理解；（2）理念偏颇——读者误认为慢读、细读、反复读才能充分理解阅读材料，久而久之，就养成了回视的习惯。

要改变这一现状，读者首先要纠正错误理念，阅读由易到难，增强自信心。其次，阅读过程中，读者可以先从心理暗示入手，阅读中有重读冲动的时候催促自己继续向前，逐渐消除心理依赖。若发现心理暗示难以奏效，可尝试用一张卡片或纸张遮住自己阅读过的字行，迫使自己读下去。

2.2.2 克服默读

养成默读习惯的读者需要通过默读进行意义转换，才能理解所读到的词句。理想状态是直接

理解所读到的材料，而不需要进行语码或意义转换。

首先，读者可以用食指或尺子作为“控制器”来调控自己的阅读速度。这里手指或尺子可以起到转移读者注意力的作用，随着手指或尺子在一行文字间停顿次数的减少，读者目光扫视的速度将快于默读的速度，默读的习惯也将慢慢地得以克服。

其次，读者可以尝试词块阅读法。默读必须具备一个条件，那就是逐词读出。利用我们的“周边视觉”进行分块阅读，眼睛按意群扫描，阅读时每次扫描多个词，从而减少默读的机会，最终克服这一习惯。

2.2.3 开阔视域

阅读速度不够快，其中一种可能是读者目光的覆盖面不够广。不少读者习惯于逐词阅读，在一行中眼睛会停顿多次。而阅读速度快的人批量阅读，即将一个段落的文字看作是一幅幅图片，每一次目光扫描几个词，快者甚至能一目数行。下面介绍两种非常有效的训练方法。

2.2.3.1 以指为尺

很多老师都告诉学生，阅读时绝对不能用手指点读。事实上，情况未必如此。阅读过程中，若能正确借助手指数（其实用一把尺子或一支圆珠笔也可以），对阅读大有帮助，即阅读中用食指引导目光，起初可以多停顿几次，慢慢地过渡到每行点两次，甚或一次，最终达到调节和控制速度与节奏的目的。这种以指为尺的作用主要体现在三个方面：控制速度、避免回视和纠正默读的习惯。

2.2.3.2 拓宽识别区域

识别区域指搜索信息时眼睛所扫描的有效范围。识别区域越宽，所摄取的信息就越多，阅读速度就越快。为了拓宽识别区域，学习者可从目光停顿次数入手进行练习。如下面的图例所示。

Reading is Δ actually Δ a very Δ complex process Δ that requires

a great deal of Δ active participation Δ on the part of Δ the reader.

It is an active thinking process Δ involving the interaction

between the reader and the print.

初始阶段，学习者在阅读每一行文字时眼睛可以多停顿几次，每隔一到两个词停顿一次。通过类似的、反复的训练，学习者识别的范围逐渐扩大，这样眼睛就可以基于意义群增加扫描的词数，从而减少停顿的次数。这同时要求眼睛有效地扫描意义群中的某个关键词，大脑在最短时间内摄入有效的信息。

2.2.3.3 词簇训练法

为提高阅读速度，学习者不要逐词去解码，而是直接理解连续的几个词。可以先随意选择2个词、3个词、4个词乃至更多的词，对其所形成的词簇进行计时练习，如：

young babies,	the older women,	sit and talk about,
get ready,	take the boats,	parts of the village

除了这种练习形式,还可以将这些词簇分在几行来进行阅读练习,以扩大眼睛的扫描面积。

one hundred years (3词2行)	enough food and people (4词2行)	things are put into five groups (6词3行)
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经过长期练习,读者目光可覆盖的范围将日渐扩大,阅读速度自然逐步提高。

3. 快速阅读策略

3.1 学会略读 (skimming)

“略读”意指阅读中避轻就重,略去不重要的部分,这是快速阅读中重要的阅读方法。日常生活中,读者阅读的材料中有些信息不是太重要,有些内容只是对材料主要观点起辅助作用,没有这些内容不会破坏整个阅读材料的完整性,略去这些内容也不会影响读者对整个材料的理解。

一般来说,阅读中可把重点放在几个主要部分。第一,题目。通过浏览文章或阅读材料的题目,读者可以快速地抓住材料的主题。第二,引言。多数文章的第一段起着引导全文的作用,告诉读者整篇文章所谈及的话题。第三,主题句。每个段落的首句往往可能是主题句,告诉读者段落的中心思想,这更符合演绎推理模式。段中的其他部分大多是对主题句的进一步阐述。第四,结论。结论部分一般在文章的最后一到两个自然段,会起到概括文章重点、明确作者观点的作用。

以上是阅读中的重点部分,言外之意,其他部分就是可略去的内容。掌握了这一方法,能帮助读者浏览大量的文本以查找所需要的信息,阅读速度会得到很大程度的提高。

3.2 掌握寻读 (scanning)

“寻读”意指扫描。如在会场找自己的朋友,并不需要看每个人的外表,而是略过那些不认识的人,直接寻找朋友的身影。

阅读中,读者常常要寻找特定数据或信息,并不需要通读整篇材料或整个章节,而且对于不同类别的材料,处理方式也有差异。如读报纸时,可以先浏览首版的栏目介绍和版面索引,定位自己感兴趣的专题。读杂志时,可以先看看目录,搜索自己感兴趣的文章和所在页面。阅读著作时,可以翻阅前面的目录,还可以借助书尾的关键词索引,寻找自己重点要阅读的内容。阅读文章时,首先浏览文章结构,搞清楚文章组织形式(如是按时间顺序组织还是根据所述内容的重要性排列),然后根据自己的需要在文章中最有可能的部分寻找需要的信息,或者在头脑中设定关键词的影像,从而在文章中扫视并寻找想要的信息。

3.3 扩大词汇量

阅读中,读者的词汇量越大,在阅读中遇到的障碍就越少,一般来说阅读速度也会越快。对于如何扩大词汇量,不同的人会选择不同的方法。有人推荐背诵单词,有人建议依靠篇章语境来记忆单词。阅读速度快的人更倾向于选择后者,因为词汇只有在实际使用环境中才有意义。人们也会主动去学习某些词汇,那么这些词汇也容易在大脑中扎根。国外研究表明,儿童和青少年时期人的词汇量增长最快,在青春期之后词汇增长速度明显放缓,因为在青春期之后让年轻人感到新奇并积极去探索的东西相对减少。

日常生活中,读者要努力创造机会使用所学到的词汇,不断唤醒那些休眠的词汇,从而加强对

词汇的记忆。日常阅读中,读者可以借鉴几种扩大词汇量的方法。首先,尝试阅读跨领域的材料。比如专业是文学的学习者,可以尝试阅读一些经济、商业领域的材料,这样可以扩大词汇面。第二,学会根据上下文推测生词意义,必要时查阅词典,这对词汇的理解和积累很有帮助。第三,掌握一些词根和词缀的意义及用法。

大部分英语词汇的词根源于拉丁语或希腊语,熟悉这些词根有助于直接猜测词的含义,试举几例。

词根学习范例

词 根	含 义	例 词
<i>ann</i>	<i>year</i>	<i>annual, anniversary</i>
<i>arch</i>	<i>first, ruler</i>	<i>archangel, monarch</i>
<i>aud</i>	<i>to hear</i>	<i>auditory, audience</i>
<i>ced</i>	<i>to go</i>	<i>precede, exceed</i>
<i>aqua</i>	<i>water</i>	<i>aquatic</i>
<i>bio</i>	<i>life</i>	<i>biography, biology</i>
<i>cad</i>	<i>year</i>	<i>decade</i>
<i>vis</i>	<i>to see</i>	<i>visible, supervise</i>

前缀学习范例

前 缀	含 义	例 词
<i>bi-</i>	<i>two</i>	<i>bicycle, bilateral</i>
<i>anti-</i>	<i>against</i>	<i>antibody, antivirus</i>
<i>fore-</i>	<i>before</i>	<i>forecast, forerunner</i>
<i>de-</i>	<i>to remove, to reduce</i>	<i>depress, degenerate</i>

后缀学习范例

后 缀	含 义	例 词
<i>-less</i>	<i>without</i>	<i>tireless, restless</i>
<i>-ful</i>	<i>full of</i>	<i>hopeful, respectful</i>
<i>-fy</i>	<i>to make</i>	<i>beautify, simplify</i>
<i>-wise</i>	<i>direction</i>	<i>clockwise, otherwise</i>

英语词汇的构成是有规律的,学习者只要掌握其构词特点,就可以举一反三,有效扩大词汇量,阅读速度也将会大幅提高。

3.4 结束语

以上介绍几种常用的快速阅读策略,但任何策略都不是一夜之间就能熟练掌握的,适量的练习必不可少。勤能补拙,学习者日常阅读中只要能坚持练习、总结与反思,经过一段时间有目的、讲策略的练习,阅读速度必然会提高。

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Unit 1

Passage

1

Why Stretching May Not Help Before Exercise

To stretch or not to stretch? The latest understanding of pre-workout routines may have you rethinking yours.

- A) Recently, *The New York Times* summed up the latest evidence suggesting that static stretching — slowly moving muscles until they just start to hurt and holding the stretch briefly — doesn't prevent injuries, and actually impairs strength and speed in some athletes. According to the *Times*, two recent studies support limiting stretching before physical activity. The *Times* reports: "One, a study being published this month in *The Journal of Strength and Conditioning Research*, concluded that if you stretch before you lift weights, you may find yourself feeling weaker and wobblier than you expect during your workout. Those findings join those of another new study from Croatia, a *bogglingly* (难以想象地) comprehensive reanalysis of data from earlier experiments that was published in *The Scandinavian Journal of Medicine and Science in Sports*. Together, the studies *augment* (加强) a growing scientific consensus that pre-exercise stretching is generally unnecessary and likely counterproductive."
- B) One of the studies from researchers at the University of Zagreb reviewed 104 studies of people who only practiced static stretching as their warm-up and found that stretching reduced muscle strength by 5.5%. The second study looked at fit men who completed basic squats while lifting barbells either with or without stretching beforehand. Those that stretched lifted 8.3% less weight than those who didn't.
- C) And these are not the only studies to report the trend. In fact, most physical trainers haven't recommended long bouts of stretching before workouts for quite some time. Most suggest just a little light and brief stretch beforehand, and spending more time on recovery stretching afterwards. "It has been a long time since anyone has recommended extensive

Essay Length	1001 words
Difficulty Scale	☆☆☆☆
Time Suggested	12 minutes
Time Used	

stretching before exercise, because it has been known for a while now that the best time to stretch is after,” says Richard Cotton, the national director of certification at the American College of Sports Medicine (ACSM).

- D) So why did stretching become such an *indelible* (永恒的) part of the pre-workout routine? It can help with flexibility and improve range of motion, but trainers say many people *conflated* (合并) stretching with warming up muscles. Most people stretch to prime muscles for the workout to come, but there is little evidence that it prevents injuries. “I think stretching is an important part of the physical-fitness regime, but there have been some misconceptions about it.
- E) People think that if they stretch before an activity it will prevent injury, but there are no studies to date that show it alone prevents injuries,” says Lynn Millar, a professor of physical therapy at Winston-Salem State University in North Carolina. “If you go back to training guidelines, they say that stretching is part of it, but not all of it. It should not be done alone as a warm-up.”
- F) What makes stretching so potentially harmful to muscles? Cotton believes muscles may actually lose flexibility when they are overworked, somewhat like what happens when you continually stretch a rubber band. “It gets kind of limp. If you overstretch your muscle and then demand a power activity, it makes all the sense in the world that it doesn’t have the power or force that it would if it hadn’t been stretched,” he says.
- G) Even the ACSM’s *Resources for the Personal Trainer* manual isn’t much help in resolving the stretching question, since there isn’t much scientific evidence documenting the risks and benefits of flexibility training; most of the advice on the subject, the manual notes, is based on the personal experiences of coaches, physicians and trainers rather than a solid understanding of human anatomy, physiology and biomechanics. “Unfortunately, the existing science of flexibility training often presents fitness professionals with more questions than answers regarding the benefits and risks of stretching,” the manual reads.
- H) Here’s what is known — stretching and flexibility training can give people a wider range of motion in their joints, which can help them to perform their daily activities and improve balance and posture, which are important in preventing falls and other injuries as people age. The risks of stretching include decreased strength, especially in weight-bearing activities. So when it comes to preparing for a workout, it may make sense to focus on warming up the body rather than simply stretching muscles. That means adding exercises in addition to light stretching, like jumping jacks, which can prepare the body for intensive activity without making the muscles vulnerable to overwork. “If someone is jogging or walking, I recommend a gentle warm-up that takes less than a minute to stretch the *quadriceps* (四头肌), *hamstrings* (肌腱) and *calves* (小腿肚),” says Cotton. “I feel better when I do that, but I wouldn’t mandate it for every client. There is value in stretching to increase range of motion and enhance activities of daily life.”

- I) Of course, everyone's needs and capabilities are different, and the amount and type of stretching should be tailored to the individual. For instance, athletes like swimmers and gymnasts may spend more time doing dynamic stretches, which involve movements that take the body through its entire range of motion. Anyone who is recovering from an injury, in which there may be considerable scar tissue that limits range of motion may also require a bit more stretching to prevent further damage to joints and muscles.
- J) Stretching does have its benefits, say trainers, it's just a matter of understanding how to incorporate the right amount and type of stretching into the activity you have planned. For most people, that may mean adding more warm-up routines and cutting back from intensive stretching before exercise, but not writing it off completely. "Some people say, 'Well if it doesn't prevent injuries during exercise, why do it?'" says Millar of stretching. "I say, don't throw the baby out with the bath water. Stretching keeps your normal flexibility, and research shows keeping it part of your routine, either after your workout or later in the day, can prevent injury."



Exercises:

Read the paragraphs from the above passage and the following statements. Each statement contains information given in one of the paragraphs that are marked with letters. You should identify the paragraph from which the information is derived. You may choose a paragraph more than once.

1. For those who are recovering from an injury, a bit more stretches are needed to protect their joints and muscles from further damage.
2. It is generally recognized that people can better perform their daily activities with stretching and flexibility training.
3. Little evidence shows that stretching prevents injuries, though most people choose priming muscles with stretching as their warm-up.
4. More recovery stretches after exercise are recommended by most physical trainers.
5. People who stretch before weightlifting may find warm-up counterproductive.
6. Stretching can prevent workout injuries if it is incorporated properly into your activity.
7. As to the benefits and risks of stretching, fitness professionals get more questions than

answers from the existing science.

8. Those who jog or walk are recommended to spend some time performing a gentle warm-up.
9. Everyone should choose the proper amount and type of stretching according to his own needs and capabilities.
10. The flexibility of muscles can be impaired if they are overstretched.

Passage 2 Get Up and Get Going

You know that you want to look and feel fitter and healthier. You know that you will feel better after a workout, yet you just can't bridge the gap between lying on the sofa, thinking about exercise and actually doing it. "Knowing what is good for you and wanting to do it is, alone, not sufficient to make *sustainable* (可持续的) behavior changes," says Dr Falko Sniehotta, a psychologist at the University of Aberdeen. "The proverb, 'The road to hell is paved with good intentions,' is backed up by science. There is often a substantial gap between our intentions and our behavior."

The problem for many of us is that exercise is not a habit or routine but an obligation or a chore and for that reason is readily pushed off the agenda. "The hard part about getting fit is starting," says Amelia Watts, an exercise coach. "Once you get into a rhythm of regular exercise, it becomes a habit and you just get on with it." A study from the University of Alberta found just that: people who exercise regularly don't spend time weighing up the pros and cons of a workout.

It also helps if the activities you choose are easily accessible. Sniehotta says: "Planning is one of the most important strategies in *instigating* (激起) behavior change. Planning in advance and in detail when, where and how you will exercise, and implementing coping plans (how to deal with setbacks and obstacles, such as bad weather) will increase the chances of successful behavior change." Simple strategies, such as laying out your running kit or packing the gym bag the night before, can help. Some studies have shown that people who exercise in the morning are more likely to stick at it than those who leave it till later in the day, when there has been plenty of time to talk themselves out of it. Plus a recent study by the University of Glasgow found that morning exercise enhances mood 30% more than evening exertion. Exercise at any time of

Essay Length	1005 words
Difficulty Scale	☆☆
Time Suggested	13 minutes
Time Used	

day, though, is better than none, and consistency is important. "Try to schedule your workouts for the same time each day," says Dr Costas Karageorghis, reader in sport psychology at Brunel University. "We are creatures of habit and having a regular routine is important."

Stimulation and variety also help. "Working out on your own all the time is not a recipe for success," says Karageorghis. "A training partner fulfils a basic human need for socialization."

One study at the University of Florida found that exercisers who repeated the same workout over and over were more likely to quit than people who rotated three varied workouts each week. "The gym can be a very *sterile* (枯燥的) environment," says Karageorghis. "If yours is part of a chain offering nationwide access, why not visit a different branch occasionally, for a change of scene?" he says.

Watts suggests: "Cycle one of your running routes. Go to an open-air pool instead of the indoor one. Drive somewhere beautiful to run or use a machine you've never used before at the gym."

While you may not have your sights set on a marathon, it is still important to set goals. "A goal doesn't have to be a race or reaching a specific weight," says Watts. "It could be to complete three workouts a week." Writing goals down to record how you progress is a useful strategy. Watts also suggests recording evidence to show how your body changes as you get more fit: taking measurements, for example, or even photographs.

Karageorghis says exercise goals will be more effective if they are kept simple, specific and easily measurable. He suggests that, while challenging, they should be attainable and setting multiple goals can be particularly helpful if you are just starting out.

"If you have a number of different ways of measuring your success, you're more likely to experience some success and less likely to drop out."

Ten Top Tips to Boost Your Motivation

Take 10 Make a deal with yourself to do 10 minutes and you will probably end up completing a full workout.

Get Your Kit On Get up or go home and put on your workout clothes. Once they are on, you'll feel you may as well make use of them.

Distract Yourself Research at San Diego State University suggests that most *novice* (新手) exercisers do better when chatting to a friend, listening to music or watching television.

Psych Yourself Up Listening to *uplifting* (令人振奋的) music before and during exercise can be beneficial.

Phone a Friend "A workout buddy gives you a moral obligation to turn up, introduces an element of rivalry to push you harder and offers feedback, support and fun," says sport psychologist Costas Karageorghis.

Get a Gadget Equipment that allows you to monitor your progress — such as heart rate monitors, pedometers and the Nike + Sports Kit (which monitors pace and distance) can help. Research by the Walking the Way to Health Initiative found that people who wore pedometers over a 12-week period ended up walking an extra 1 000 steps daily.

Make It Bite-size Focus only on the moment and before you know it, you'll be cooling down.

Imagine It Visualisation is a very powerful mental strategy, but be careful. "If you see yourself sprawled on the sofa, feeling guilty about not being at the gym, your mind will take on board those negative feelings," says exercise coach Amelia Watts. "Better to visualise yourself exercising and feeling good. See yourself on the *home stretch* (最后阶段) of a run — imagine how good you feel, what you might hear, smell and see when you put your key in the door."

Get Minted As far-fetched as it might seem, research in the *Journal of Sport & Exercise Psychology* found that sniffing *peppermint* (薄荷油) resulted in increased running speed, handgrip strength and number of push-ups performed in a test.

Bribe Yourself "Token reward systems work well," says Karageorghis. "Set yourself rewards for achieving stages along the way."



Exercises:

Read the above passage and answer the following questions. For questions 1–7, choose the most appropriate answer from the four choices marked A), B), C) and D). For questions 8–10, complete the sentences with the information given in the passage.

- Although some people know the benefit of a workout, they can't bridge the gap _____.
 A) between what they learn and what they actually do
 B) between what they have and what they want
 C) between what they think and what they actually do
 D) between what they do and what others do
- Why do many people easily push exercise off the agenda?
 A) Because they take exercise as a habit.
 B) Because they regard exercise as a burden.
 C) Because they have no time to exercise.
 D) Because they have many chores.
- According to some studies, people are more likely to stick at exercising if they do it _____.
 A) in the morning
 B) at noon
 C) in the afternoon
 D) in the evening
- According to a study at the University of Florida, exercisers should _____.
 A) do three varied exercises every time
 B) stick to the same exercise each week

C) rotate varied exercises each week

D) keep quiet during a workout

5. Even if you do not set your sights on a marathon, you are still advised to _____.

A) participate in a race

B) reach a specific weight

C) complete three workouts a week

D) set a goal

6. Setting multiple goals will make you _____.

A) more likely to feel a sense of achievement

B) more likely to feel a sense of frustration

C) unable to measure your success

D) unable to start exercising

7. Once you get your workout kit on, you'll probably _____.

A) feel comfortable

B) feel energetic

C) do exercise

D) show off

8. By wearing heart rate monitors and pedometers, you can monitor _____.

9. If you visualize yourself lying on the sofa rather than in the gym, you will be influenced by some _____.

10. Research found that running speed could be increased by _____.

Passage

3

Overdoing It on Exercise

Most people who exercise find a way to work it into their lives. Robert Silvers of Marshfield, Mass., organizes his life around his exercise.

When Silvers recently told his wife that, sorry, he didn't have time to help fix her computer, she reminded him that he had just spent an hour and a half at the gym after running 10 miles. "But that's

non-negotiable,” he replied. “It’s fixed into my schedule.”

Exercise is something most people don’t get enough of. But for some dedicated fitness enthusiasts, working out can turn addictive.

Though there’s no formal diagnosis, therapists consider *compulsive* (强迫性的) exercise a behavioral disorder, one that can cause lasting physical harm or interfere with daily life. Excessive exercising is difficult to identify and treat because it’s easily rationalized as a healthy behavior. The symptoms, however, are the opposite of what an athlete strives for: increased fatigue, injury, irritability and problems with work and relationships.

Too much exercise may also be surprisingly hard on the heart. A recent study published in *Mayo Clinic Proceedings* suggests that while moderate exercise prevents many common diseases and improves health and longevity, extreme endurance exercise, such as marathons and ironman distance triathlons, can cause structural changes and damage to the heart and large arteries.

“Physical exercise, though not a drug, possesses many traits of a powerful *pharmacologic agent* (药物),” said James O’Keefe, a cardiologist with Saint Luke’s Health System in Kansas City, Mo., and lead author of the study. “A safe upper-dose limit potentially exists, beyond which the adverse effects of physical exercise, such as *musculoskeletal* (肌肉与骨骼的) trauma and *cardiovascular* (心血管的) stress, may outweigh its benefits.”

Silvers, 44, who stabilizes his Type 1 diabetes with exercise, says he’s not an addict. Instead, he’s goal-driven and works hard, qualities that serve him well in his professional life.

To get his body fat down to 4 percent — his latest goal — Silvers recently logged 70 miles of running over a week, lifting weights on four of those days for at least an hour. He wears an activity tracker called a FitBit, weighs every gram of food and keeps a log to make sure he burns more calories than he eats.

Silvers’ wife, Chris, sees his compulsion a little differently. “It’s great to have the ambition, drive and perseverance to stick with a *regimen* (饮食起居制度), but if it takes you three hours a day and you don’t have time to hang out with your family, then you have to look at your priorities and make adjustments,” she said. “He exercises an excessive amount for the time we have as a family.”

Experts say that if exercise is disrupting normal areas of your life — such as your relationship or work — and you experience withdrawal symptoms when you stop working out, you could be overdoing it.

“There’s a rigidity to exercise addiction,” said Adam Naylor, the lead consultant at Tella Sports Psychology Coaching and a clinical assistant professor at Boston University. “The aura around the person has edges if he / she is not able to go for a run today or is not willing to bump it to later in the day. It’s linked closely to disordered behavior; one continues to do it even though there is a physical detriment.”

Essay Length	1148 words
Difficulty Scale	☆☆☆
Time Suggested	14 minutes
Time Used	