



Understanding Your Body  
Your Fitness Choices  
Fitness Decision



每日健康 · Everyday Health

# 体育锻炼

Exercise



每日健康 · EVERYDAY HEALTH

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## Exercise

Globe Fearon (美) 著

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## 每日健康——体育锻炼

Globe Fearon (美) 著

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在新世纪，学好英语的重要性毋庸置疑。但在倡导素质教育的今天，如何提高学习英语的效率，如何能够学以致用，无疑仍是同学们所面临的一大难题。虽说条条大路通罗马，但最好不要走弯路，更不要误入歧途。

国家《英语课程标准》要求初三毕业达到国家五级水平，高三毕业应达到七级水平。在五级的总体目标中有这样的要求：能就日常生活的各种话题与他人交换信息并陈述自己的意见；七级标准的要求就更进了一步，即能就较广泛的话题交流信息，提出问题并陈述自己的意见和建议。

由此可见，学习英语的重要目的是交流，而交流的内容应该丰富多彩，并我们的生活紧密相关，学习英语是一个艰苦而快乐的过程。基于这种想法，几经筛选，我在培生教育出版公司的出版物中发现了以下四个系列的图书，首先吸引我的是它们的系列书名：Active Learning, Life Skills, A Money Matters Guide 和 Everyday Health。通过仔细阅读，我惊喜地发现它们无论是语篇内容，还是涉及的知识领域以及语言难度，都非常适合广大中学生使用。

这套丛书很好地体现了学科融通的教育理念，语篇紧密结合实际生活，通过完成一个个活动，使同学们既丰富了相关的课外知识，又掌握了一定的实际技能。而当同样的场景在生活中再次呈现的时候，我们就会快速地从大脑中提取相应的信息来有效地应对。也就是说，通过学习这套丛书同学们可以达到学习语言和增强自身适应社会能力的双重目的。经过系统的学习，同学们的综合素质无疑会得到显著的提高。而这也正是我将本丛书命名为“素质英语”的初衷。

愿同学们能够从《素质英语——中学英语选修课丛书》中获取给养，增长学识，完善技能，逐步提高自身的综合素质，以充沛的勇气和信心面对21世纪的诸多挑战！

## 序 言

《每日健康》系列丛书旨在向广大中学生提供健康、安全、防病、保健等方面的知识，使同学们能拥有健康的体魄、和谐的家庭，能增强自我保护意识，能了解营养和保险方面的常识，在增长学识才干的同时身心健康地茁壮成长。作为高中英语泛读课、选修课教材，本系列丛书不仅能帮助同学们拓展知识面，了解异国文化，而且能激发阅读兴趣，提高语言素质。

本系列丛书由六本分册组成：《人身安全》、《体育锻炼》、《科学膳食》、《个人保健》、《家庭生活》和《保险常识》。

《人身安全》侧重于如何预防各种事故的发生，比如火灾、车祸、运动损伤、暴力袭击等。《体育锻炼》涉及如何保持一生健康：测评健康状况，提高身体素质，坚持体育锻炼，监控锻炼进展。《科学膳食》讲述营养与饮食的基本常识，教你如何改正不良饮食习惯，如何阅读食品成分说明，如何达到理想体重。《个人保健》阐明个人卫生对身体保养、疾病预防的作用以及传染病、性病的起因、症状和治疗。《家庭生活》分析家庭在当今社会的构成和作用，包括家庭类型、家庭关系和家庭职责等。《保险常识》列举个人与家庭进行健康保险的必要性，医疗保险的运作以及各种健康险种的范围、费用、要求等。

本系列丛书侧重文章的内容理解而非语法知识，因此，每课书的学习目标和练习都以内容为主，语言为辅。为了帮助同学们扫清词汇障碍，每课书还都配有单词及词组注释，包括音标、词性和中文释义。另外，各分册各课编排体例保持一致，主要包含中英文题目、导学、学习目标、文化背景、正文、语言难点、练习及其答案，脉络清晰，使用方便。

# 导学

拥有一个健康的身体是每个人的梦想。那么如何进行科学的、合理的运动呢？这一看似简单的问题并不容易回答。《体育锻炼》将把同学们带入多彩的健康世界！相信读完这本书，你就成为健康和锻炼的“小专家”了。

本册书对同学们非常具有实用价值和意义。身体健康和体育锻炼已经成为日常话题，更是社会和家长对学生成长普遍关心的问题之一。本书从各个方面介绍了一些很实用的常识，学生可以直接在日常锻炼中应用，并且还可以从中了解到西方运动和健康的理念，从而对中西方文化的异同有所了解。

本书共分三个单元，每个单元由三篇课文及单元复习组成。第一单元介绍了健康的基本定义，体育锻炼的基本形式以及如何测定体能，设立锻炼目标。第二单元涉及到具体的锻炼类型以及锻炼减肥的问题。第三单元重点谈及体育运动中的合作，如何避免运动损伤以及终身运动的益处。

愿同学们通过体育锻炼强身健体，精力充沛！

## ABOUT THIS BOOK

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# Exercise



This book will help you understand what physical fitness is all about.

How flexible is your body? What is flexibility good for?

What equipment do you need to exercise?

What can you learn about fitness from measuring your pulse?

How can regular exercise help you live a better life?

Lessons in this book have the information to answer these questions.

When you have finished this book, you will be able to set personal fitness goals and measure your physical fitness. You'll learn about exercises for strength, endurance, and flexibility. You'll also find out about exercise and your weight, and the importance of exercise in your future.

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### Answer Key 参考答案



# Unit 1

## Understanding Your Body

### 了解你的身体

#### Lesson 1

### Your Physical Fitness 身体健康



*When you are physically fit, you can be active without tiring easily.*

#### Lead-in 导读

你是每天精力充沛还是经常感到劳累不堪？你坚持做运动以保持身体健康吗？这一课会帮助你了解什么是健康的身体，有哪几种促进健康的体育锻炼方法，锻炼的基本情况、益处以及如何测试你的健康程度。

#### Learning Objectives 学习目标

You will be able to:

- ▶ Understand the importance of physical fitness.
- ▶ Assess your current physical fitness.
- ▶ Pay attention to “when” adverbial clause.

#### Culture Notes 文化背景

在西方，人们非常重视身体健康，并且主要通过运动这一方式来实现。学校、社区以及其他专门机构都提供各种体能测试，以方便人们随时检查身体健康状况。

Ramon, Julio, and their friends were playing basketball. After only a few minutes, Julio was tired. He was sitting down trying to catch his breath.

"What's the matter?" asked Ramon. "We need you on the team. How come you're so out of breath<sup>1</sup>?"

"I don't know," answered Julio. "But my legs feel tired, too. I guess I'm a little out of shape<sup>2</sup>."

"Why don't you stop for a few minutes," said Ramon. "Maybe you'll feel more like playing after you rest a while."

## What Is Physical Fitness<sup>3</sup>? → 什么是身体健康?

Many people feel like Julio after they are active for only a short time. These people need to improve their physical fitness. How physically fit are you? Are you more like Ramon or like Julio?

When you are physically fit, your whole body works at its best. Your lungs take in plenty of air with each breath. Your heart beats slowly and strongly. It pumps<sup>4</sup> blood through your whole body. Your muscles are firm and strong. They can be active for a long time without becoming tired. When you are physically fit, you look and feel your best.

Physical fitness requires many things. One of those things is exercise. You can do many different kinds of exercise.

Swimming, walking, dancing, jogging<sup>5</sup>, skiing, and skating are all forms of exercise. Playing football, baseball, tennis, basketball, or soccer<sup>6</sup> is also exercise.

## Three kinds of exercises → 三种锻炼方式

There are three kinds of exercises you can do to improve your physical fitness. Some exercises build strength. When your muscles are stronger, you can move or hold an object with less effort. Exercises that build strength include sit-ups<sup>7</sup> and lifting weights. You will learn more about exercising for strength in Lesson 4.

Exercises such as running, jumping rope, and bicycling increase your endurance<sup>8</sup>. When you increase your endurance, your heart and lungs work better. They are more efficient<sup>9</sup>. Your heart is able to pump more blood while beating more slowly. Your lungs are able to take in more oxygen<sup>10</sup> with each breath. You will learn more about exercising for endurance in Lesson 5.

### Language Notes | 语言难点

1. out of breath 上气不接下气

2. out of shape 体形不好

3. physical fitness 身体健康

4. pump /pʌmp/ v. 为……打气, 输送

5. jog /dʒɒg/ v. 慢跑

6. soccer /ˈsɒkə(r)/ n. 足球

7. sit-up /ˈsɪt ʌp/ n. 仰卧起坐

8. endurance /ɪnˈdʒʊərəns/ n. 忍耐力

9. efficient /ɪˈfɪjənt/ adj. 有效率的

10. oxygen /ˈɒksɪdʒən/ n. 氧



*Stretching<sup>1</sup> exercises make you more flexible. Flexibility<sup>2</sup> is part of physical fitness.*

Some exercises improve your flexibility. When you are flexible, your body can move freely and easily. Exercises that stretch your muscles improve your flexibility. Dancing and gymnastics<sup>3</sup> are good exercises to improve your flexibility. You will learn more about exercising for flexibility in Lesson 5.

## Exercise in Action → 活学活用

1. Do you think you are physically fit? Why?

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## How does exercise work? → 锻炼如何起作用?

When you are active, your body is exercising. It works harder than when you are resting. Activity is the key to physical fitness.

The first time you do an exercise, you might tire easily. Your muscles might get sore<sup>4</sup>. You might even be short of breath. But if you continue to exercise, your muscles get stronger. They do not get sore. You do not get tired as quickly. You can be active for a longer time without becoming short of breath.

When you exercise, your muscles need extra energy. Your lungs need to take in more oxygen from the air than when you are resting. Your heart also needs to beat faster. By beating more quickly, the heart can pump more blood. Blood carries oxygen from the lungs throughout your body. Your body uses the oxygen to turn food into energy. The more you exercise, the stronger your heart and lungs become. They become more efficient — even when you are resting.

### Language Notes | 语言难点

1. stretch /stretʃ/ *v.* 伸展; 伸长

2. flexibility /fleksə'biliti/ *n.* 弹性; 适应性

3. gymnastics /dʒim'næstiks/ *n.* 体操

4. sore /sɔ:/ *adj.* 疼痛的

When you are physically fit, you can do physical activities longer without becoming tired. You feel tired when your body has used up all its available<sup>1</sup> energy. Feeling tired is a signal<sup>2</sup> to your body to rest. Rest allows your body to restore<sup>3</sup> the energy it needs. You can rest by stopping or changing what you are doing.

Another way to rest your body is to sleep. Different people need different amounts of sleep. Most teenagers need about 8 hours of sleep each night.

## Think about It → 思考题

2. What are some ways you might improve your physical fitness?

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## Other benefits of physical fitness → 身体健康其他好处

When people are physically fit, they look their best. They look firm and trim.<sup>4</sup> Physical fitness also has other benefits to your body. Regular exercise helps you maintain<sup>5</sup> proper<sup>6</sup> body weight. It makes your muscles firm rather than soft. It helps you avoid injury during sports. It improves your emotional health and self-esteem<sup>7</sup>. Some exercises let you make new friends with common interests. Exercising also helps you feel calmer and more relaxed.

## How physically fit are you → 你的身体健康如何?

Before you can become more physically fit, you have to find out how fit you are now. You may be able to take a physical fitness test at your school. Ask your physical education teacher. Or you might be able to take a physical fitness test at a local YMCA<sup>8</sup> or other community<sup>9</sup> center. Before you take any kind of fitness test, check with your doctor. Your doctor can tell you how much and what kinds of physical activities are safe for you to do.

There are several different tests to find out how physically fit you are. The President's Council on Physical Fitness and Sports recommends<sup>10</sup> the Youth Fitness Test for use in public schools.

### Language Notes | 语言难点

1. available /ə'veɪləbl/ *adj.* 可利用的, 有用的
2. signal /'sɪgnl/ *n.* 信号
3. restore /rɪ'stɔː/ *v.* 恢复
4. trim /trɪm/ *adj.* 整洁的
5. maintain /meɪ'teɪn/ *v.* 维持

6. proper /'prɒpə(r)/ *adj.* 适当的
7. self-esteem /,self ɪ'stiːm/ *n.* 自尊
8. YMCA: Young Men's Christian Association 基督教(男)青年会
9. community /kə'mjuːnɪti/ *n.* 社区
10. recommend /,rekə'mend/ *v.* 推荐



*Pull-ups<sup>1</sup> or a flexed-arm hang and an endurance run are part of a physical fitness test.*

Each part of the test measures strength and endurance in different parts of your body. The whole test measures your overall physical fitness. The Youth Fitness Test includes:

- Pull-ups for boys or flexed-arm hang for girls to test the strength and endurance of the upper arms and shoulders
- Standing long jump<sup>2</sup> to test leg strength
- 50-yard dash<sup>3</sup> to test speed
- Shuttle run<sup>4</sup> to test coordination<sup>5</sup>
- Sit-ups to test general muscle strength
- A long endurance run to measure how well the heart and lungs work

Other physical fitness tests can measure your flexibility. The “sit-and-reach test” measures flexibility of the lower back and the backs of the upper legs. In this test, you sit on the floor with your legs extended<sup>6</sup> straight out in front of you. You bend at the waist and reach for your toes. You can then measure how close you can get your upper body to your legs.

## Lesson Review → 课文回顾

### Reading Comprehension. 阅读理解。

3. Circle the letter that correctly completes the sentence.

Skating is an exercise that increases your

- a. blood pressure    b. endurance    c. flexibility    d. weight

### Language Notes | 语言难点

1. pull-up /'pul ʌp/ *n.* 引体向上
2. standing long jump 立定跳远
3. dash /dæʃ/ *n.* 短跑

4. shuttle run 往返跑
5. coordination /kəʊ,ɔːdrɪ'neɪʃən/ *n.* 协作; 协调性
6. extend /ɪks'tend/ *v.* 伸展; 伸出

4. Circle the items below that are benefits of being physically fit.

- a. maintains body weight      b. relieves tension and worry
- c. makes new friends          d. makes you live longer
- e. makes you taller            f. improves your self-esteem
- g. makes you smarter          h. makes your body fit and trim

5. Choose two of the items you circled in question 4. Explain in your own words why they are benefits of physical fitness.

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**Fill in the blanks in the following statements with the correct word or phrase.** 用正确的单词、短语填空。

6. To find out how physically fit you are, you need to take a(n) \_\_\_\_\_

---

7. Exercises that increase your endurance include \_\_\_\_\_ ;  
\_\_\_\_\_ and \_\_\_\_\_ .

**Use words from the list below to fill in the blanks in the paragraph.**  
选词填空。

endurance      efficient      exercise      fatigue  
flexibility      physically fit      self-esteem      strength

When your body is (8) \_\_\_\_\_ , all your body parts are working at their best. One way to make your heart and lungs more (9) \_\_\_\_\_ is to (10) \_\_\_\_\_. Gymnastics is an exercise that improves your (11) \_\_\_\_\_. Jogging improves your (12) \_\_\_\_\_. Doing pull-ups improves your (13) \_\_\_\_\_. In general, exercising improves your (14) \_\_\_\_\_ .

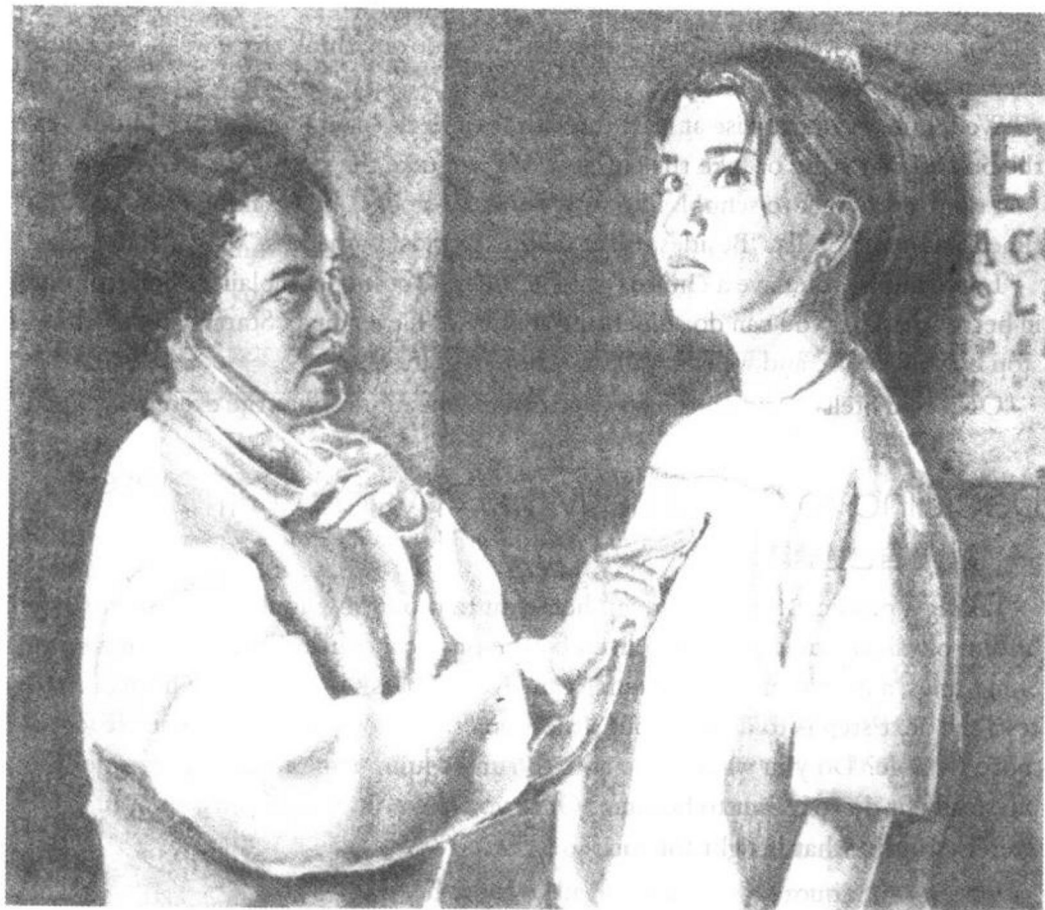
Portfolio      → 实践积累

**Your Exercise Journal** 锻炼日志

15. Start an exercise journal. For your first entry, write how physically fit you think you are. Make a list of the exercises you do each day. What kinds of exercises do you do to improve your flexibility? Endurance? Strength? Take a physical fitness test. Record your results. Based on your results, how fit are you?

## Lesson 2

# Improving Your Physical Fitness 增进健康



### Lead-in 导读

制订一个合理的锻炼计划需要做些什么呢？首先必须进行体能测试，之后应该确保锻炼目标的可行性。然后你就可以一步一步完成你的日常健身计划了。

### Learning Objectives 学习目标

You will be able to:

- ▶ Decide whether your own fitness level is satisfactory.
- ▶ Define your own fitness goal.

### Culture Notes 文化背景

在美国，通常都是由学校的体育教师给学生进行健康测试，有时是医生或护士。之后，学生就按照他们的建议进行体育锻炼。

Stella and Jennifer took a physical fitness test at their school. Stella was not pleased with<sup>1</sup> her results.

"I thought I was in better shape than this," said Stella. She was looking at the number of sit-ups she could do. She couldn't do nearly as many as Jennifer.

"How did you do on the rest of the test?" asked Jennifer.

"Not nearly as well as you," replied Stella. "Why do you think there was such a difference in our scores?"

"Well, I do try to exercise at least three times a week," said Jennifer. "And I don't take the bus if I can walk, or take the elevator<sup>2</sup> if I can take the stairs."

"I don't even walk to school. I know it's only 10 blocks<sup>3</sup>, but walking takes too much time," answered Stella. "Besides, I like talking to kids on the bus."

"Look, Stella, you have a choice," said Jennifer. "You can complain<sup>4</sup> about<sup>4</sup> not being in better shape or you can do something about it. I'll even help. Starting tomorrow, I'll stop by your house and we can walk to school together."

"OK," said Stella. "And on the way, you can tell me more about the exercises you do."

## Deciding to Become More Physically Fit

### → 决心让自己更健康

Taking a physical fitness test can help you find out how much exercise you need. Often, physical fitness tests are given by the physical education teacher in a school. Sometimes, a doctor or a school nurse can give a fitness test. Once you have taken the test, the next step is to define<sup>5</sup> your fitness goals. Do you want to become stronger or more flexible? Do you want to be able to run or jump rope for a longer time? How physically fit do you want to become? Once you make these decisions, you can plan an exercise routine that is right for you.

## Setting your exercise goals

### → 确定你的锻炼目标

To set goals, you must first have some idea of your current<sup>6</sup> fitness level. You can find this out by doing a number of physical activities you enjoy. These can be jumping rope, doing sit-ups, or jogging around your block. Record how long it takes, how many you can do, or how quickly you complete each physical activity. You can also use scores from a physical fitness test you've taken. Once you know how physically fit you are, you can set your goals.

Make sure your goals are realistic<sup>7</sup>. After her physical fitness test, Stella could do only 12 sit-ups. A realistic goal would be to do 18 sit-ups after 2 weeks. Being able to do 30 sit-ups after only 2 weeks would be unrealistic. But, being able to do 30 sit-ups after 2 months is realistic. Suppose at first you can jog for 15 minutes without becoming tired. A realistic goal would be to jog for 25-30 minutes after 2 weeks.

### Language Notes | 语言难点

1. be pleased with 对……感到愉快

2. elevator /'elɪvətə(r)/ n. (美)电梯

3. block /blɒk/ n. 街区

4. complain about 抱怨

5. define /dɪ'faɪn/ v. 定义; 设定

6. current /'kʌrənt/ adj. 当前的

7. realistic /rɪə'lɪstɪk/ adj. 现实的



Becoming physically fit takes time. Begin your exercise routine slowly. Muscles you have not used for a long time need to get used to doing more physical activity.

Doing too much exercise too soon can damage<sup>1</sup> your muscles. Muscles that have not worked for a long time become smaller. Sudden exercise can injure<sup>2</sup> these muscles. When your muscles are stronger, you can do more exercises. Your muscles can do more physical activity without becoming sore or tired.

## Think about It → 思考题

1. Suppose you've never exercised regularly. Is it a good idea to begin exercising by running 2 miles your first day? Why or why not?

## Your exercise routine → 你的锻炼计划



*You can bike for exercise by yourself, or with other people.*

After you set your goals, you need to plan an exercise routine. Think about your answers to the following questions:

- What kinds of activities do you already do every day?
- What kinds of exercises do you like to do?
- Do you like to exercise alone or with others?
- Do you have a place to exercise?
- What time of day do you like to exercise?

Before you begin your exercise routine, be sure to see your doctor, school nurse, gym<sup>3</sup> teacher, or coach<sup>4</sup>. This person can help you decide on what kinds of exercises to do. He or she can also help you set realistic goals.

## Exercise in Action → 活学活用

2. Why should you see your doctor, school nurse, gym teacher, or coach before you begin an exercise program?

### Language Notes | 语言难点

1. damage /'dæmɪdʒ/ *v.* 损害; 破坏
2. injure /'ɪndʒə(r)/ *v.* 损害; 伤害

3. gym /dʒɪm/ gymnasium *n.* 体育馆; 体操
4. coach /kəʊtʃ/ *n.* 教练