


# Run For Health


Some people say that exercise is good medicine. Well, it's not just a saying; it's the truth. Scientists found that regular exercise ( 30 minutes five times per week) is helpful for our health. Studies show that running can help prevent obesity, heart disease, high blood pressure, stroke, some cancers, and so on. Besides, running also improves the quality of emotional and mental life, and even helps you live longer. There are six benefits about running:

- 1. Running makes you happier** because it boosts sleep quality, mood, and concentration during the day.
- 2. Running helps you get fit** because it burns calories.
- 3. Running strengthens your knees and bones.**
- 4. Running will keep you sharper, even as you age.** It can improve memory, language, thinking, and judgment problems.
- 5. Running can reduce your risk of cancer.**
- 6. Running adds years to your life.**

So, what are you waiting for? Let's go running!


 regular 規律的 prevent 預防 and so on 等等 improve 改善 quality 品質 emotional 情緒的 benefit 益處 boost 促進 concentration 專注 strengthen 強化 sharper 更敏捷的 age 變老 memory 記憶 judgment 判斷 reduce 減低 risk 風險 add 增加

## Exercises

 *Match* (每題 5 分, 共 50 分) : 請依上下文或查閱字典完成本大題。

- A.心情 B.心臟病 C.卡路里 D.中風 E.心理的  
F.癌症 G.肥胖 H.骨頭 I.高血壓 J.合身的

obesity	heart disease	high blood pressure	stroke	cancer
mood	mental	calorie	fit	bone

 Cloze Test (每題 5 分，共 30 分)

( On the way to the bus stop.)

Ben: Hey, Tina. When I (1) **past** your classroom 20 minutes ago, I didn't see you. Where were you?

Tina: Oh, I was (2) jogging on the playground at that time.

Ben: How come? You don't like PE and are not good (3) exercise.

Tina: You bet. In fact, our school **holds** an **activity**, 5K Road Running, for students every year. Our teachers tell us that jogging has a lot of **benefits** to our **health**. It can also help lose **weight**. I'm a little heavy, (4) I want to become **thinner** by this.

Ben: I see. Then, when is the activity?

Tina: It's (5) Thursday, November 9<sup>th</sup>. Every student in our school (6) join the activity.

Ben: Sounds interesting. May I practice it with you after school?

Tina: Why not?

 past 經過 hold 舉辦 activity 活動 benefit 益處 weight 重量 thinner 更瘦的

( ) (1) (A) walked (B) walks (C) walk (D) walking

( ) (2) (A) practice (B) practiced (C) practicing (D) to practice


( ) (3) (A) in (B) on (C) at (D) of

( ) (4) (A) because (B) so (C) after (D) before

( ) (5) (A) on (B) in (C) at (D) to

( ) (6) (A) have to (B) has to (C) need to (D) don't need to

 The picture shows the route of the 5K Road Running held by Waipu Junior High School. Answer the questions according to it. (每題 10 分，共 10 分)

 route 路線 held (hold 的過去式) 舉辦 WPJH 外埔國中 SMES 水美國小

(1) When you jog from WPJH to SMES, which is the shorter (較短的) way, route A or route B?  
\_\_\_\_\_

(2) How long does it take to finish the 5K Road Running?  
\_\_\_\_\_

