

Vocabulary: health 词汇: 健康

Getting old might not be something that's yet **to cross your mind**. But **ageing** is inevitably going **to get the better of us** one day, so it's something I'm sure we'd all like control. It would be great to have a long, healthy and happy life, and that's why scientists are constantly seeking out evidence that will show us what we need to do to achieve **longevity**.

We all know that regular exercise is good for us. In recent years we've been told to aim to walk 10,000 steps a day to remain healthy, although other advice to do three **brisk** 10-minute walks a day is thought to be even more **effective**. But the latest piece of research might put **a spring in your step** if you're someone who walks at a **fast pace**. That's because, according to scientists, the speed at which people walk in their 40s is a sign of how much their **brains**, as well as their bodies, are ageing.

The BBC's Philippa Roxby writes that tests on 1,000 people from New Zealand born in the 1970s found that **slower walkers** tended to show signs of "**accelerated ageing**". Their **lungs**, teeth and **immune systems** were in **worse shape** than those who walked faster. And **to add insult to injury**, the study found not only did slower walkers' bodies age more quickly, their faces looked older and they had smaller brains. Professor Terrie E Moffitt, lead author of the study, told the BBC: "[it] found that a slow walk is a problem sign decades before old age."

This might be seen as **a wake-up call** for people with a slower **gait** who might feel it's time to **work out** and get fitter. But it might be too late; researchers writing in JAMA Network Open say they were able to predict the walking speed of 45-year-olds using the results of intelligence, language and motor skills tests from when they were aged three. They also suggest that even in early life, there are signs showing which people will go on to have a healthier life.

So, what's the point of knowing that a slower walking pace might mean a smaller brain? Well, researchers say measuring walking speed at a younger age, and understanding what this might mean, could be a way of testing **treatments** to slow human ageing. This might help us **make lifestyle changes** while we're still young and healthy. Any steps we can take to prolong a good mental and physical state is **a no brainer!**

## 词汇表

<b>to cross sb's mind</b>	(念头) 闪现, 想起
<b>ageing</b>	衰老
<b>to get the better of sb</b>	击败
<b>longevity</b>	长寿
<b>brisk</b>	轻快的
<b>effective</b>	有效的
<b>a spring in your step</b>	步伐轻快
<b>fast pace</b>	快节奏, 快步伐
<b>brains</b>	大脑
<b>a slower walker</b>	走路速度慢的人
<b>accelerated ageing</b>	加速老化
<b>immune system</b>	免疫系统
<b>lung</b>	肺部
<b>in worse shape</b>	情况更糟糕
<b>to add insult to injury</b>	往伤口撒盐
<b>a wake-up call</b>	警示
<b>gait</b>	步伐, 步态
<b>work out</b>	锻炼身体
<b>treatment</b>	治疗方法
<b>make lifestyle changes</b>	改变生活习惯
<b>a no brainer</b>	容易理解的事情

## 测验与练习

### 1. 阅读课文并回答问题。

1. Which is thought to be better exercise – walking 10,000 steps a day or doing three brisk walks a day?

2. According to this research, how big were the brains of people who in their mid-40s walked slowly?

3. True or false? *By testing people's walking speed at 45, scientists could predict who would go on to have a healthier life.*

4. What could the findings from this research be used for to help people lead a longer and healthier life?

5. Which word used in the article means: 'make something last longer'?

### 2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. I think the most \_\_\_\_\_ cure for a cold is drinking honey and lemon and getting plenty of rest!

longevity	effective	treatments	work out
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2. The ferry was in a \_\_\_\_\_ than when I last sailed on it. I was worried it was going to sink!

worst shape	worse shapes	worse shaped	worse shape
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3. My maths test results are a \_\_\_\_\_ that I need to study harder.

wake-up call	no brainer	work out	lifestyle change
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4. I put my grandfather's \_\_\_\_\_ down to a healthy diet and not smoking or drinking.

gait	motor skills	longevity	brisk
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5. When you were cooking chicken casserole, did it not \_\_\_\_\_ that our guests are all vegetarians?!

cross my mind	crossed your mind	cross your mind	cross his mind
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## 答案

### 1. 阅读课文并回答问题。

1. Which is thought to be better exercise – walking 10,000 steps a day or doing three brisk walks a day?

**In recent years we've been told to aim to walk 10,000 steps a day to remain healthy, although other advice to do three brisk 10-minute walks a day is thought to be even more effective.**

2. According to this research, how big were the brains of people who, in their mid-40s, walked slowly?

**The study found slower walkers had smaller brains.**

3. True or false? *By testing people's walking speed at 45, scientists could predict who would go on to have a healthier life.*

**False. Researchers were able to predict the walking speed of 45-year-olds using the results of intelligence, language and motor skills tests from when they were aged three.**

4. What could the findings from this research be used for to help people lead a longer and healthier life?

**Researchers say measuring walking speed at a younger age, and knowing what this might mean, could be a way of testing treatments to slow human ageing.**

5. Which word used in the article means: 'make something last longer'?

**Prolong (“Any steps we can take to keep to prolong a good mental and physical state is a no brainer!”)**

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. I think the most **effective** cure for a cold is drinking honey and lemon and getting plenty of rest!

2. The ferry was in a **worse shape** than when I last sailed on it. I was worried it was going to sink!

3. My maths test results are a **wake-up call** that I need to study harder.
4. I put my grandfather's **longevity** down to a healthy diet and not smoking or drinking.
5. When you were cooking chicken casserole, did it not **cross your mind** that our guests are all vegetarians?!