

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on **Answer Sheet 2** with a single line through the centre. You may not use any of the words in the bank more than once.

Whether you're just having a down day or a down period, taking a walk can instantly lift your mood, especially when you go outdoors. Not only can walking make you less depressed, but according to a new study, depression sufferers who took a 26 walk showed just as much improvement in their 27 as people taking medicine. In fact, 60-70 percent of the participants in the study could no longer even be 28 as depressed.

Bone density may not be one of the most exciting health benefits of walking, but it's an important one. People with stronger bones avoid osteoporosis(骨质疏松症) and all the problems that 29 with it, like breaks and other disabilities. And the best way to get strong, healthy bones is by doing weight-bearing exercises like running, dancing and walking, according to a large study. But as regards bones, it's 30 use it or lose it: To keep your bones strong you have to keep exercising. The researchers found that adults who walked regularly had better bone density throughout their lives than their 31 friends.

Taking a walk can be great for 32 your head or blowing off some steam. It also provides a great opportunity to 33 with friends and family, far away from electronics and other 34 at home. Even better, you set a powerful example because when they see you 35 the benefits of walking, they'll be encouraged to walk more, too.

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| A) accompany | I) distractions |
| B) approved | J) exclusively |
| C) bond | K) inactive |
| D) classified | L) occurrences |
| E) clearing | M) reaping |
| F) come | N) symptoms |
| G) daily | O) typical |
| H) definitely | |