

2026年6月·第2套 英语四级长篇阅读（信息匹配） 第1篇·36-45 题答案与解析

STATEMENTS & ANALYSIS · 信息匹配题和解析

信息匹配题和解析·36-45 题

本页 36-45 题的段落匹配答案与逐句解析由懒笔记基于2026年6月·第2套 英语四级长篇阅读（信息匹配）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 16 段字母标号长文（逐段附中文翻译）；之后 10 句陈述逐句排列，每句英文陈述后紧接本句解析——陈述句中译、信息所在段落、锚点强弱、定位句中英对照、陈述句与原文的同义改写对照与易混相邻段辨析。

真题卷第2套(2026-06) · 英语四级

Part III Section B

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Answer the questions by marking the corresponding letter on **Answer Sheet 2**.

Exercise and Dementia

A) If this doesn't encourage you to squeeze in a workout today, nothing will: a new study from Sweden shows that women who were highly fit in mid-life were nearly 90% less likely to get dementia(失智) decades later.

如果这还不能鼓励你今天挤出时间锻炼，那就没有什么能做到了：瑞典一项新研究显示，中年时期身体素质很高的女性，几十年后患失智症的可能性几乎降低了90%。

B) After initial exercise tests in middle age, researchers followed the women for 44 years. Both groups lived just as long, but those who could ride an exercise bike at a fast rate for 6 minutes in the initial test had a much lower risk of dementia later on than those who couldn't complete the workout.

研究人员在对这些女性进行最初的中年运动测试后，跟踪了她们44年。两组人的寿命一样长，但在最初测试中能够以较快速度骑健身自行车持续6分钟的女性，后来患失智症的风险远低于那些无法完成这项锻炼的女性。

C) The study, published Wednesday in the journal *Neurology*, couldn't prove that exercise prevented dementia, and the findings aren't a surprise—it's long been known there's a correlation between exercise and decreased dementia risk—but the results were particularly dramatic. About 5% of the women with the highest peak workload—those who were able to bike the hardest over those 6 minutes—developed dementia, compared to 25% of those with medium fitness and 45% who weren't fit enough to finish the test, the study found. Overall, women who were highly fit compared to those who were moderately fit decreased their risk of dementia by 88%. The few highly fit women who

did develop dementia became symptomatic at age 90 on average, 11 years later than the moderately fit.

这项研究于周三发表在《神经病学》杂志上。研究无法证明运动能够预防失智症，而且这一发现也并不令人意外——运动与失智症风险降低之间存在相关性，这一点早已为人所知——但研究结果尤其显著。研究发现，在峰值负荷最高的女性中，也就是能够在这6分钟内以最大强度骑车的女性，约有5%患上了失智症；相比之下，中等健康水平的女性中这一比例为25%，而身体素质不足以完成测试的女性中这一比例为45%。总体而言，与身体素质中等的女性相比，身体素质很高的女性患失智症的风险降低了88%。少数患上失智症的高健康水平女性平均在90岁时出现症状，比健康水平中等的女性晚11年。

- D) "I'm very surprised that the finding was so strong," said Ingmar Skoog, the paper's senior author and a psychiatry(精神病学) professor at The University of Gothenburg in Sweden. "It really shows the importance of exercise."

“我非常惊讶这一发现如此显著，”该论文的高级作者、瑞典哥德堡大学精神病学教授英格玛·斯库格说，“这确实显示了运动的重要性。”

- E) Dementia, as defined in medical dictionaries, is a broad term that describes a loss of thinking ability, memory, attention, logical reasoning, and other mental abilities. These changes are severe enough to interfere with social or occupational functioning. Dementia isn't a disease. Instead, it's a group of symptoms caused by other conditions. It happens when the parts of your brain used for learning, memory, decision making, and language are damaged or diseased. About 5%-8% of adults over age 65 have some form of dementia. This percentage doubles every 5 years after 65. As many as half of people in their 80s have some form of dementia.

医学词典所定义的失智症是一个广义术语，用来描述思考能力、记忆力、注意力、逻辑推理能力以及其他精神能力的丧失。这些变化严重到足以妨碍社会活动或职业功能。失智症并不是一种疾病，而是一组由其他病症引起的症状。当大脑中负责学习、记忆、决策和语言的部分受到损伤或患病时，就会发生失智症。65岁以上的成年人中，约有5%至8%患有某种形式的失智症。65岁以后，这一比例每5年翻一番。80多岁的人中，最多有一半患有某种形式的失智症。

- F) Dementia is not temporary confusion or forgetfulness that might result from an infection that heals without treatment. It can also come from an underlying(潜在的) illness or side effects of medications. Dementia typically gets worse over time. People with dementia have problems with thinking and remembering that affect their ability to manage their daily life.

失智症并不是由未经治疗便自行痊愈的感染所导致的暂时性混乱或健忘。它也可能源于潜在疾病或药物副作用。失智症通常会随着时间推移而恶化。失智症患者在思考和记忆方面存在问题，这些问题会影响他们处理日常生活的能力。

- G) Dementia is typically associated with declines in cognitive function. Yet researchers have found an association between dementia and declines in hearing and other basic sensory functions.

失智症通常与认知功能下降有关。然而，研究人员发现，失智症还与听力及其他基本感官功能的下降存在关联。

- H) Though the study mentioned above was fairly small (only 191 women took the initial fitness test, which means it's hard to maintain statistical significance while breaking the group down into sub-

categories of more or less fit), it does give us hope that dementia can be prevented or delayed through exercise in one's middle age.

尽管上述研究规模相当小（只有191名女性参加了最初的健康测试，这意味着在将参与者进一步分为健康程度较高或较低的亚组时，很难保持统计显著性），但它确实让我们看到希望：人在中年时期通过运动可以预防或延缓失智症。

- I) Alzheimer's(阿尔茨海默症) and other dementias are believed to begin 15-20 years before symptoms even appear, so it makes sense that exercising in mid-life would affect the risk, Skoog said. Exercise alone is not likely to prevent Alzheimer's, but the study shows people are not helpless in the face of one of the most feared, costliest and common diseases of old age, he added. And the same activities that help prevent Alzheimer's—including avoiding smoking, getting adequate exercise and sleep and eating a healthy diet—also prevent heart disease, he said, making them even more worthwhile. "You can do something yourself to decrease your odds," Skoog said.

斯库格说，人们认为阿尔茨海默症和其他失智症在症状出现前15至20年就已经开始形成，因此中年时期进行锻炼会影响患病风险是合理的。他补充说，单靠运动不太可能预防阿尔茨海默症，但这项研究表明，面对这种老年人最担心、代价最高且最常见的疾病之一，人们并非束手无策。他说，那些有助于预防阿尔茨海默症的相同活动，包括避免吸烟、进行充分的运动、保证充足的睡眠以及健康饮食，也能预防心脏病，因此更值得去做。“你可以通过自己的努力降低患病的可能性，”斯库格说。

- J) Maintaining a healthy lifestyle in mid-life, decades before disease sets in, makes sense, said David Knopman, a fellow of the American Academy of Neurology, who was not involved in the study. "I suspect it's a dose," said Knopman, also associate director of the Alzheimer's Disease Research Center at Mayo Clinic in Rochester, Minnesota. "Starting in late life is better than not starting at all, but starting in mid-life seems to offer a larger benefit."

没有参与这项研究的美国神经病学学会成员大卫·诺普曼说，在疾病发作前几十年，也就是中年时期保持健康的生活方式是合理的。“我怀疑这与剂量有关，”诺普曼说。他还是明尼苏达州罗切斯特市梅奥诊所阿尔茨海默病研究中心的副主任。“晚年开始总比完全不开始好，但在中年开始似乎能带来更大的益处。”

- K) Although it is not entirely clear why exercise helps put off or prevent Alzheimer's, Knopman said it's likely that exercise maintains good blood flow to the brain. "When the brain is healthier from a vascular(血管的) point of view, it can absorb more Alzheimer's pathogen(病原体) before people become symptomatic," he said.

诺普曼说，尽管人们还不完全清楚运动为何有助于推迟或预防阿尔茨海默症，但运动很可能会维持大脑良好的血液流动。“从血管状况的角度来看，当大脑更加健康时，在人们出现症状之前，它能够承受更多的阿尔茨海默症病原体，”他说。

- L) The message isn't that everyone needs to run marathons in middle age, Knopman said, but a healthy lifestyle pays off.

诺普曼说，这一信息并不是说每个人都需要在中年时期跑马拉松，而是说健康的生活方式会带来回报。

- M) This type of study can't say exactly what kind of exercise is best, or how much is needed—only a study that has a placebo(安慰剂) group and tracks people going forward can do that, said Keith Fargo, director of scientific programs and outreach at the non-profit Alzheimer's Association. "The literature has not yet settled on an amount or type of exercise that is going to be key, although the

bulk of literature has suggested that aerobic(有氧的) exercise is what you need to be doing," he said. That doesn't mean you have to compete in marathons but "more than a 10-min dog walk" would be a good idea, Fargo said.

非营利组织阿尔茨海默症协会科学项目与推广部主任基思·法戈说，这类研究无法确切说明哪种运动最好，或者需要进行多少运动；只有设置安慰剂组并对参与者进行前瞻性跟踪的研究才能做到这一点。“相关文献尚未确定某一种运动量或运动类型是关键，尽管大量文献表明，你需要进行的是有氧运动，”他说。法戈说，这并不意味着你必须参加马拉松比赛，但“遛狗超过10分钟”会是个不错的主意。

- N) Several lifestyle studies are getting underway soon, including one backed by the Alzheimer's Association called the US POINTER study, which will offer at-risk adults, ages 60-79, a series of lifestyle interventions(干预) to see if they impact Alzheimer's risk. That and other Alzheimer's-related studies are always looking for volunteers to participate, he said.

他说，几项生活方式研究很快就要启动，其中包括一项由阿尔茨海默症协会支持、名为美国 POINTER 研究的项目。该研究将为60至79岁的高风险成年人提供一系列生活方式干预，以观察这些干预是否会影响阿尔茨海默症风险。他说，这项研究以及其他与阿尔茨海默症相关的研究一直在招募志愿者参与。

- O) In the next three to five years, these studies should allow researchers to provide clearer recommendations for exercise and other lifestyle modifications that might reduce Alzheimer's risk, such as sleep, diet and social activities, Fargo said. But it's already quite clear that exercising at any point in life is better for your brain than not exercising at all, Fargo added.

法戈说，在未来三至五年内，这些研究应能让研究人员为运动以及其他可能降低阿尔茨海默症风险的生活方式改变提供更加明确的建议，例如睡眠、饮食和社交活动。但法戈补充说，目前已经相当明确的是，在人生任何阶段进行锻炼，都比完全不锻炼更有益于大脑。

- P) "If you don't want to have dementia when you're 80, the time to start getting fit is now," he said. "It may not necessarily give you a longer life, but there's a compelling body of work that it will give you more good years."

他说：“如果你不想在80岁时患上失智症，那么现在就是开始锻炼、保持健康的时候。”“这未必能让你活得更久，但大量有说服力的研究表明，它会让你拥有更多健康的岁月。”

陈述句与逐句解析

36. It is typical for dementia to worsen with the passage of time.

痴呆症通常会随着时间的推移而恶化。

【答案】 F 段（弱锚点）

【锚点】 dementia / worsen with the passage of time

【定位】 Dementia typically gets worse over time.

痴呆通常会随着时间的推移而恶化。

【改写】 It is typical ↔ **typically**

词性转换

worsen with the passage of time ↔ **gets worse over time**

同义短语替换

【辨邻】 **E** Dementia, as defined in medical dictionaries, is a broad term that describes a loss of thinking ability, memory, attention, logical reasoning, and other mental abilities 谈的是痴呆定义，虽然话题相邻，但没有“随时间恶化”的信息。

Dementia, as defined in medical dictionaries, is a broad term that describes a loss of thinking ability, memory, attention, logical reasoning, and other mental abilities

37. According to Knopman, the study gives the message that a healthy lifestyle is beneficial, but not that all the middle-aged need heavy exercise.

诺普曼认为，这项研究传达的信息是，健康的生活方式有益，但并不意味着所有中年人都需要进行剧烈运动。

【答案】 **L** 段 (强锚点)

【锚点】 Knopman / healthy lifestyle / heavy exercise

【定位】 The message isn't that everyone needs to run marathons in middle age, Knopman said, but a healthy lifestyle pays off.

Knopman说，信息并不是说每个人到中年都需要去跑马拉松，而是健康的生活方式会有回报。

【改写】 According to Knopman ↔ **Knopman said**

说话人锁定

all the middle-aged need heavy exercise ↔ **everyone needs to run marathons in middle age**

上位概括

a healthy lifestyle is beneficial ↔ **a healthy lifestyle pays off**

同义替换

【辨邻】 **J** Maintaining a healthy lifestyle in mid-life... starting in mid-life seems to offer a larger benefit 虽然也是 Knopman 谈健康生活方式，但没有题干中“不必进行 heavy exercise”这层意思。

Maintaining a healthy lifestyle in mid-life, decades before disease sets in, makes sense, said David Knopman... starting in mid-life seems to offer a larger benefit

M That doesn't mean you have to compete in marathons 虽出现 marathons，但说话人是 Fargo，不是 Knopman。

That doesn't mean you have to compete in marathons

38. The results of a new study will encourage middle-aged women to find time exercising however busy they are.

一项新研究的结果将鼓励中年女性无论多忙都抽出时间锻炼。

【答案】 **A** 段 (弱锚点)

【锚点】 new study / middle-aged women / find time exercising

【定位】 If this doesn't encourage you to squeeze in a workout today, nothing will: a new study from Sweden shows that women who were highly fit in mid-life were nearly 90% less likely to get dementia(失智) decades later.

如果这还不能促使你今天挤出时间锻炼，那什么都不会了：一项来自瑞典的新研究表明，中年时体能极高的女性晚年患失智症的几率要低近90%。

【改写】 The results of a new study ↔

a new study from Sweden shows that women who were highly fit in mid-life were nearly 90% less likely to get dementia(失智) decades later

概括复现

encourage middle-aged women to find time exercising however busy they are ↔

If this doesn't encourage you to squeeze in a workout today, nothing will

同义改写

【辨邻】 **C** The study, published Wednesday in the journal Neurology... the results were particularly dramatic 是对研究结果的客观报道，没有 A 段那种“促使你锻炼”的劝勉语气。

The study, published Wednesday in the journal Neurology... the results were particularly dramatic

P the time to start getting fit is now 是 Fargo 的行动建议，没有题干中的“new study results”作为动因。

the time to start getting fit is now

39. Hopefully, one can postpone or prevent dementia by exercising in their mid-life.

希望人们可以通过在中年时期锻炼来推迟或预防痴呆症。

【答案】 **H** 段 (弱锚点)

【锚点】 postpone or prevent dementia / mid-life exercise

【定位】 it does give us hope that dementia can be prevented or delayed through exercise in one's middle age.

它确实让我们怀有希望：痴呆可以通过中年时期的运动来预防或延缓。

【改写】 Hopefully ↔ **give us hope**

名词化

postpone or prevent dementia ↔ **prevented or delayed**

同义替换

by exercising in their mid-life ↔ **through exercise in one's middle age**

同义替换

【辨邻】 A women who were highly fit in mid-life were nearly 90% less likely to get dementia 只报告风险降低，未出现 hope / prevented or delayed 的表述。

women who were highly fit in mid-life were nearly 90% less likely to get dementia

K exercise helps put off or prevent Alzheimer's 只讨论运动对阿尔茨海默病的预防机制，没有题干中的 mid-life 限定。

exercise helps put off or prevent Alzheimer's

40. In a few years, researchers should be able to offer clearer advice on exercise and other lifestyle changes for reducing the incidence of Alzheimer's.

几年后，研究人员应该能够就通过锻炼和其他生活方式的改变来降低阿尔茨海默病发病率提出更明确的建议。

【答案】 O 段（弱锚点）

【锚点】 a few years / clearer advice / lifestyle changes

【定位】 In the next three to five years, these studies should allow researchers to provide clearer recommendations for exercise and other lifestyle modifications that might reduce Alzheimer's risk, such as sleep, diet and social activities, Fargo said.

在未来三到五年内，这些研究应能让研究人员就运动及其他生活方式调整（如睡眠、饮食和社交活动）提供更为明确的建议，以降低阿尔茨海默病风险。

【改写】 In a few years ↔ **In the next three to five years**

概括

researchers should be able to offer clearer advice ↔

allow researchers to provide clearer recommendations

同义替换

exercise and other lifestyle changes ↔ **exercise and other lifestyle modifications**

同义替换

reducing the incidence of Alzheimer's ↔ **reduce Alzheimer's risk**

同义替换

【辨邻】 N Several lifestyle studies are getting underway soon, including one backed by the Alzheimer's Association called the US POINTER study 只说明研究即将开始，没有“提供 clearer recommendations”的表述。

Several lifestyle studies are getting underway soon, including one backed by the Alzheimer's Association called the US POINTER study

M The literature has not yet settled on an amount or type of exercise 讨论的是当前文献局限，与题干的未来展望不同。

The literature has not yet settled on an amount or type of exercise

41. Dementia refers to a loss of multiple mental abilities such as memory and logical reasoning.

痴呆症指的是多种心智能力的丧失，如记忆力和逻辑推理能力。

【答案】 E 段（强锚点）

【锚点】 Dementia / loss of multiple mental abilities / memory and logical reasoning

【定位】 Dementia, as defined in medical dictionaries, is a broad term that describes a loss of thinking ability, memory, attention, logical reasoning, and other mental abilities.

正如医学词典所定义的，痴呆是一个广义术语，描述的是思考能力、记忆力、注意力、逻辑推理及其他心智能力的丧失。

【改写】 Dementia refers to ↔

Dementia, as defined in medical dictionaries, is a broad term that describes
定义句式转换

a loss of multiple mental abilities ↔

a loss of thinking ability, memory, attention, logical reasoning, and other mental abilities
上位概括

such as memory and logical reasoning ↔ **memory, attention, logical reasoning**
具体列举复现

【辨邻】 F Dementia typically gets worse over time 讨论的是病程，而非题干所问的定义。

Dementia typically gets worse over time

G Dementia is typically associated with declines in cognitive function 只提到 cognitive function，没有 memory / logical reasoning 等列举。

Dementia is typically associated with declines in cognitive function

42. One researcher believes that exercise may keep the brain well supplied with blood.

一位研究人员认为，锻炼可能使大脑保持充足的血液供应。

【答案】 K 段（强锚点）

【锚点】 exercise / brain / well supplied with blood

【定位】 it's likely that exercise maintains good blood flow to the brain.

运动很可能维持大脑良好的血液供应。

【改写】 One researcher ↔ **Knopman said**

指代锁定

exercise may keep the brain well supplied with blood ↔

exercise maintains good blood flow to the brain

同义替换

【辨邻】 J starting in mid-life seems to offer a larger benefit 是 Knopman 关于运动时机的主张，与脑部供血无关。

starting in mid-life seems to offer a larger benefit

H dementia can be prevented or delayed through exercise in one's middle age 谈的是运动效果，没有 blood flow 的机制内容。

dementia can be prevented or delayed through exercise in one's middle age

43. Medical literature has not concluded as to what exercise or how much exercise is crucial, although it generally agrees that people should do aerobic exercise.

医学文献尚未就哪种运动或多大的运动量至关重要得出结论，尽管普遍认为人们应该进行有氧运动。

【答案】 M 段（强锚点）

【锚点】 Medical literature / what exercise / how much exercise / aerobic exercise

【定位】 The literature has not yet settled on an amount or type of exercise that is going to be key, although the bulk of literature has suggested that aerobic(有氧的) exercise is what you need to be doing,

文献尚未就能起关键作用的运动量或运动类型达成共识，尽管大部分文献认为你应该进行有氧运动。

【改写】 Medical literature has not concluded ↔ **The literature has not yet settled**

同义替换

as to what exercise or how much exercise is crucial ↔

on an amount or type of exercise that is going to be key

同义替换

although it generally agrees that people should do aerobic exercise ↔

although the bulk of literature has suggested that aerobic exercise is what you need to be doing

同义替换

【辨邻】 L The message isn't that everyone needs to run marathons in middle age, Knopman said, but a healthy lifestyle pays off 是 Knopman 的观点, 与 Medical literature 的 consensus 无关。

The message isn't that everyone needs to run marathons in middle age, Knopman said, but a healthy lifestyle pays off

O In the next three to five years, these studies should allow researchers to provide clearer recommendations 讲未来展望, 不是当前文献状态。

In the next three to five years, these studies should allow researchers to provide clearer recommendations

44. It has long been common knowledge that exercise correlates with reduced risk of dementia.

长期以来, 人们普遍知道锻炼与较低的痴呆症风险相关。

【答案】 C 段 (强锚点)

【锚点】 long been common knowledge / exercise / reduced risk of dementia

【定位】 the findings aren't a surprise—it's long been known there's a correlation between exercise and decreased dementia risk

这些发现并不令人惊讶——长期以来人们都知道运动与痴呆风险降低之间存在相关性。

【改写】 It has long been common knowledge ↔ **it's long been known**

同义替换

that exercise correlates with reduced risk of dementia ↔

there's a correlation between exercise and decreased dementia risk

句式转换

【辨邻】 A women who were highly fit in mid-life were nearly 90% less likely to get dementia 是瑞典新研究的具体结果, 而非“早已知道”的 common knowledge。

women who were highly fit in mid-life were nearly 90% less likely to get dementia

H it does give us hope that dementia can be prevented or delayed through exercise in one's middle age 强调研究带来的 hope, 不是 long been known。

it does give us hope that dementia can be prevented or delayed through exercise in one's middle age

45. Activities helpful in the prevention of Alzheimer's also prevent heart disease.

有助于预防阿尔茨海默病的活动也能预防心脏病。

【答案】 I 段 (强锚点)

【锚点】 Activities / prevention of Alzheimer's / heart disease

【定位】 And the same activities that help prevent Alzheimer's—including avoiding smoking, getting adequate exercise and sleep and eating a healthy diet—also prevent heart disease, he said, making them even more worthwhile.

他说，同样有助于预防阿尔茨海默的活动——包括不吸烟、充足运动与睡眠、健康饮食——也能预防心脏病，这使它们更有价值。

【改写】 Activities helpful in the prevention of Alzheimer's ↔

the same activities that help prevent Alzheimer's

名词化

also prevent heart disease ↔ also prevent heart disease

原样复现

【辨邻】 K exercise helps put off or prevent Alzheimer's 讨论运动对阿尔茨海默的预防机制，没有 heart disease。

exercise helps put off or prevent Alzheimer's

J Maintaining a healthy lifestyle in mid-life... makes sense 讲中年健康生活方式合理，但未出现 prevent Alzheimer's 与 prevent heart disease 的对应。

Maintaining a healthy lifestyle in mid-life, decades before disease sets in, makes sense

PARAGRAPH MAP • 段落主旨图

16 个段落各讲了什么

逐段一句主旨 + 该段最具区分度的「信息指纹」，是逐句回扫定位的工作台。

A 开篇抛出瑞典新研究的惊人结论：中年体能极高的女性晚年患失智症的风险显著降低。

信息指纹 90% less likely / 瑞典新研究

B 介绍研究随访44年，比较最初6分钟快速骑车测试通过与否的女性日后痴呆风险差异。

信息指纹 44年随访 / 6分钟动感单车测试

C 说明研究发表在Neurology期刊，虽不能证明因果，但结果戏剧性地量化了不同体能水平女性的痴呆发病率。

信息指纹 88%降幅 / 5%-25%-45%发病率

D 论文资深作者Skoog对结果强度表示惊讶，并强调运动的重要性。

信息指纹 Ingmar Skoog / importance of exercise

E 医学词典式定义：痴呆是描述多种心智能力丧失的广义术语，并给出老年患病率数据。

信息指纹 multiple mental abilities / 5%-8%患病率

F 区分痴呆与暂时性健忘，指出其可由潜在疾病或药物副作用引起，并会随时间恶化。

信息指纹 gets worse over time / temporary confusion

G 痴呆通常伴随认知功能衰退，研究还发现其与听力等基本感官功能衰退相关。

信息指纹 cognitive function / hearing declines

H 承认研究样本小（仅191人），但给人以希望：中年运动有望预防或延缓痴呆。

信息指纹 191 women / prevented or delayed through exercise

I Skoog解释阿尔茨海默症潜伏周期长，并指出预防阿尔茨海默的生活方式同样可预防心脏病。

信息指纹 15-20 years before symptoms / also prevent heart disease

J Knopman认为中年保持健康生活方式合理，中年开始比晚年才开始益处更大。

信息指纹 David Knopman / mid-life larger benefit

K Knopman推测运动通过维持大脑良好血流来推迟或预防阿尔茨海默。

信息指纹 maintains good blood flow to the brain / vascular point of view

L Knopman总结信息：并非人人需要中年跑马拉松，而是健康生活方式有回报。

信息指纹 run marathons / healthy lifestyle pays off

M Fargo指出该研究无法确定最佳运动类型与剂量，医学文献未定论，但多数支持有氧运动。

信息指纹 Keith Fargo / literature not settled / aerobic exercise

N 多项生活方式研究（如US POINTER）即将开展，正在招募志愿者。

信息指纹 US POINTER study / lifestyle interventions

O Fargo预计未来3-5年研究将提供更明确的生活方式建议，以降低阿尔茨海默风险。

信息指纹 next three to five years / clearer recommendations

P Fargo呼吁：若不想80岁患失智，现在就该健身；未必延寿，但能拥有更多高质量年份。

信息指纹 start getting fit is now / more good years

SENTENCE INSIGHTS • 句子精讲

32 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

If this doesn't encourage you to squeeze in a workout today, nothing will: a new study from Sweden shows that women who were highly fit in mid-life were nearly 90% less likely to get dementia(失智) decades later.

A段，第1句

综合来看，该句逻辑层级丰富、含有经典谓语省略与多重从句嵌套，且结构高度典型，非常适合作为中高级长难句结构拆解与主干提取的优先练习材料。

The study, published Wednesday in the journal Neurology, couldn't prove that exercise prevented dementia, and the findings aren't a surprise—it's long been known there's a correlation between exercise and decreased dementia risk—but the results were particularly dramatic.

C段，第1句

涵盖了后置定语、宾语从句、形式主语、主语从句、存现句及程度状语等极其丰富的语法成分，是非常优质的划分成分练习句。

About 5% of the women with the highest peak workload—those who were able to bike the hardest over those 6 minutes—developed dementia, compared to 25% of those with medium fitness and 45% who weren't fit enough to finish the test, the study found.

C段，第2句

该结构极具学术报告与新闻报道特征，即“实验数据 + 同位补充 + 组间对比 + 出处引用”，是考研及四六级阅读理解中极高频出现的典型句式。

Overall, women who were highly fit compared to those who were moderately fit decreased their risk of dementia by 88%.

C段，第3句

主语 + 长定语从句后置修饰 + 主句谓语 + 宾语 + 程度状语属于各类英语考试高频出现的典型长难句结构，具有极高的可迁移性和复用价值。

The few highly fit women who did develop dementia became symptomatic at age 90 on average, 11 years later than the moderately fit.

C段，第4句

主语 + 定语从句修饰 + 系表主干 + 比较级状语是各类考试真题中最具代表性的高频长难句结构之一。

These changes are severe enough to interfere with social or occupational functioning.

E段，第2句

"主语 + 系动词 + 表语 + enough to do" 是四六级与考研真题中的高频典型句式，掌握后可迁移应用至大量同类句子。

Instead, it's a group of symptoms caused by other conditions.

E段，第4句

“句首副词衔接 + 主系表 + 过去分词后置修饰”是英语阅读与写作中的高度典型句型，具备较强的可迁移性。

It happens when the parts of your brain used for learning, memory, decision making, and language are damaged or diseased.

E段，第5句

“主句 + when 状语从句”以及“名词 + 过去分词短语后置修饰 + 谓语”是各类英语考试阅读理解中最基础且高频的经典结构，具有极强的可迁移性。

Dementia is not temporary confusion or forgetfulness that might result from an infection that heals without treatment.

F段，第1句

“主句 + 后置定语从句 + 从句内嵌套定语从句”是四六级与考研阅读长难句中极具代表性的修饰展开方式，迁移复用价值高。

Dementia is typically associated with declines in cognitive function.

G段，第1句

采用了学术与科普阅读中极高频出现的“主语 + be associated with + 名词短语”句式，掌握后具有极高的迁移复用价值。

Yet researchers have found an association between dementia and declines in hearing and other basic sensory functions.

G段，第2句

“主语 + 现在完成时谓语 + 名词 + between...and...后置定语”是英语学术论著及真题阅读中汇报研究结论的极其典型的句式。

Though the study mentioned above was fairly small (only 191 women took the initial fitness test, which means it's hard to maintain statistical significance while breaking the group down into sub-categories of more or less fit), it does give us hope that dementia can be prevented or delayed through exercise in one's middle age.

H段，第1句

综合本句丰富的嵌套层级、典型的真题结构以及极高的成分训练价值，该句非常适合作为长难句结构与时态拆解的高优先级训练材料。

Alzheimer's(阿尔茨海默症) and other dementias are believed to begin 15-20 years before symptoms even appear, so it makes sense that exercising in mid-life would affect the risk, Skoog said.

I段，第1句

“引语 + 人名 said”、“be believed to do”被动表达以及 “it makes sense that...” 形式主语结构均是四六级与考研英语阅读理解中频次极高的经典句型，迁移复用性强。

Exercise alone is not likely to prevent Alzheimer's, but the study shows people are not helpless in the face of one of the most feared, costliest and common diseases of old age, he added.

I段，第2句

句式融合了外刊真题中极高频的“引语 + 引述主句”框架、转折逻辑以及省略“that”的宾语从句，属于四六级与考研英语阅读中极具代表性的典型长难句结构。

And the same activities that help prevent Alzheimer's—including avoiding smoking, getting adequate exercise and sleep and eating a healthy diet—also prevent heart disease, he said, making them even more worthwhile.

I段，第3句

本句时态虽然简单，但结构修饰极其丰富且层次分明，能极其有效地训练学生穿透复杂修饰定位句核的能力，综合推荐度极高。

Maintaining a healthy lifestyle in mid-life, decades before disease sets in, makes sense, said David Knopman, a fellow of the American Academy of Neurology, who was not involved in the study.

J段，第1句

本句是学术期刊报道或外刊新闻中极为典型的高频句式，完美示范了“学术观点 + 专家引述 + 身份修饰”的写作结构，掌握后迁移价值极高。

Although it is not entirely clear why exercise helps put off or prevent Alzheimer's, Knopman said it's likely that exercise maintains good blood flow to the brain.

K段，第1句

本句集中涵盖了形式主语、主语从句、省略引导词的宾语从句、动词不定式作宾语及后置介词短语作定语等多种核心考点，划成分训练收益极高。

"When the brain is healthier from a vascular(血管的) point of view, it can absorb more Alzheimer's pathogen(病原体) before people become symptomatic," he said.

K段，第2句

这是阅读理解中非常典型的‘科研观点/专家言论引用句’，即‘从句 + 主句 + 引导从句，直接引语 + he said’结构，在四六级和考研阅读中高频出现，具有极高的方法迁移价值。

The message isn't that everyone needs to run marathons in middle age, Knopman said, but a healthy lifestyle pays off.

L段，第1句

「否定观点A + 插入说话人 + 转折引出观点B」是英语新闻与学术议论文中高频出现的观点引用句式，迁移价值很高。

This type of study can't say exactly what kind of exercise is best, or how much is needed—only a study that has a placebo(安慰剂) group and tracks people going forward can do that, said Keith Fargo, director of scientific programs and outreach at the non-profit Alzheimer's Association.

M段，第1句

综合来看，本句长难句特征典型，主干倒装与复杂嵌套交织，同时覆盖了丰富的语法成分与典型常考句式，在结构分析与长难句突破训练中应给予最高优先度的推荐。

"The literature has not yet settled on an amount or type of exercise that is going to be key, although the bulk of literature has suggested that aerobic(有氧的) exercise is what you need to be doing," he said.

M段，第2句

本句全面覆盖了主语、谓语、宾语、表语、定语、状语等核心成分，且集中展示了关系代词 "that" 在定语从句中作主语以及连接代词 "what" 在表语从句中作宾语的典型易错点，训练收益极大。

That doesn't mean you have to compete in marathons but "more than a 10-min dog walk" would be a good idea, Fargo said.

M段，第3句

否定前观点 + 转折给出合理建议 + 引用说话人，这是四六级与考研英语阅读理解及写作中极为常见的典型句式结构。

Several lifestyle studies are getting underway soon, including one backed by the Alzheimer's Association called the US POINTER study, which will offer at-risk adults, ages 60-79, a series of lifestyle interventions(干预) to see if they impact Alzheimer's risk.

N段，第1句

这种“主句引出研究 + 逗号后跟 which 非限制性定语从句补充说明内容 + 不定式带宾语从句阐明目的”的句式是四六级与考研英语阅读中极高频出现的典型范式。

In the next three to five years, these studies should allow researchers to provide clearer recommendations for exercise and other lifestyle modifications that might reduce Alzheimer's risk, such as sleep, diet and social activities, Fargo said.

O段，第1句

句末附带引述动词（如 "... Fargo said"）并在引述内容中嵌套从句与长修饰成分，是学术新闻报道和外刊阅读中极具代表性的高频典型句式。

But it's already quite clear that exercising at any point in life is better for your brain than not exercising at all, Fargo added.

O段，第2句

形式主语从句 "it is clear that ..." 与比较级结构 "better ... than ..." 均为四六级及考研英语阅读真题的高频典型句式，学会后迁移复用价值极高。

"If you don't want to have dementia when you're 80, the time to start getting fit is now," he said.

P段，第1句

引语前置加上主句后置的叙述结构，结合‘条件从句 + 嵌套时间从句 + 主系表主句’的表达方式，属于各类英语考试长难句阅读中高频出现的典型结构。

"It may not necessarily give you a longer life, but there's a compelling body of work that it will give you more good years."

P段，第2句

转折并列句搭配 "there is a body of work that..." 这种学术与考试高频出现的证据引用表达，结构高度典型，迁移复用价值高。

According to Knopman, the study gives the message that a healthy lifestyle is beneficial, but not that all the middle-aged need heavy exercise.

第37题题干

“抽象名词 + 双重并列同位语从句（否定对比变体）”是高考、四六级及考研阅读中极具代表性的长难句句式，掌握后复用迁移价值高。

The results of a new study will encourage middle-aged women to find time exercising however busy they are.

第38题题干

鼓励某人做某事搭配与由连词引出的让步状语从句均为各类考试中高频出现的经典句式，极具迁移示范价值。

Dementia refers to a loss of multiple mental abilities such as memory and logical reasoning.

第41题题干

采用典型的“A refers to B (such as ...)”定义型句式，是阅读理解科普与学术说明文中极具代表性的高频句型。

Medical literature has not concluded as to what exercise or how much exercise is crucial, although it generally agrees that people should do aerobic exercise.

第43题 题干

“主句 + 介词宾语从句 + 状语从句（内含宾语从句）”是阅读理解与写作中极高频的复杂句式，具有很强的代表性与迁移学习价值。

It has long been common knowledge that exercise correlates with reduced risk of dementia.

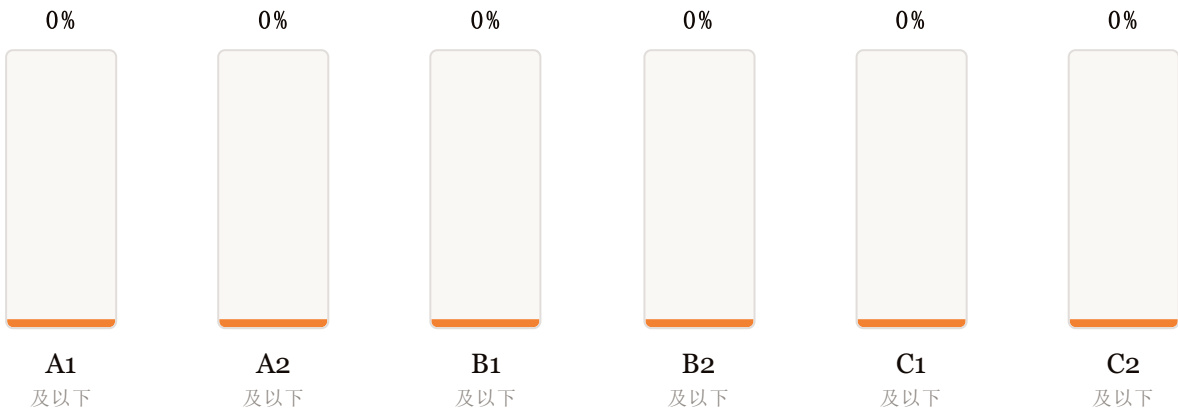
第44题 题干

“It has been + 名词/形容词 + that 从句”是英语各类学术写作与考试真题中最标准、最高频出现的句型之一，具有极高的方法迁移与复用价值。

VOCABULARY · 词汇难度分布

全文 0 词按 CEFR 难度累积覆盖

全文去重后共 0 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比（CDF），最右一柱为 100%。B2 以上（C1/C2）为高阶词，本篇共 0 个 · 约 0%。



每柱为「按 CEFR 等级及以下」的累积覆盖率（CDF）· 数据为全文去重词 0 个 · 末柱为 100%

去重总词数

0

B2 以上难词

0%

B1 及以下覆盖

0%

英语四级 2026年6月·第2套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	本题
Part III Section C	阅读理解（四选一）	题目解析 →
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →