

英文闖關比賽英文朗讀段落

1.

“Most people wouldn’t consider speed walking to be a sport. However, it’s actually an old competitive sport and a great form of daily exercise. The sport of speed walking comes in many forms, but the basic movements are always the same”.

2.

“You would keep your upper body straight and your arms bent at the elbow. You then use your hips to swing your legs forward. It is important to have one foot always touching the ground. Another important factor to avoid injuries is to wear proper running shoes. The best shoes to wear in speed walking are shoes that are flexible, flat, and soft”.

3.

“Watching horror movies may be good for our health. This is because when we’re scared, our blood flow and heart rate increase. This causes our bodies to give off adrenaline, which lets our bodies burn more calories”.

4.

One study found that watching a scary movie can burn around two hundred calories. Another study suggests that horror movies can temporarily make our immune systems stronger”.

5.

“In this study, people watching a scary film showed an increased level of white blood cell production. Although fear can produce some positive effects on us, individuals with heart conditions and blood-pressure problems should think twice before watching a scary movie”.

6.

“She had to get up early every day, and she missed her parents. However, there were lots of activities. There was swimming, jogging, reading, tennis, story time, movie time, and even boating. Helen had a good time, and she wants to go back next year.