

## 《高考英语语法填空真题35（含答案解析）》

2018年全国卷一

### 第二节

阅读下面短文，在空白处填入1个适当的单词或括号内单词的正确形式。

According to a review of evidence in a medical journal, runners live three years \_\_\_\_\_61\_\_\_\_\_ (long) than non-runners. You don't have to run fast or for long \_\_\_\_\_62\_\_\_\_\_ (see) the benefit. You may drink, smoke, be overweight and still reduce your risk of \_\_\_\_\_63\_\_\_\_\_ (die) early by running. While running regularly can't make you live forever, the review says it \_\_\_\_\_64\_\_\_\_\_ (be) more effective at lengthening life \_\_\_\_\_65\_\_\_\_\_ walking, cycling or swimming. Two of the authors of the review also made a study published in 2014 \_\_\_\_\_66\_\_\_\_\_ showed a mere five to 10 minutes A day of running reduced the risk of heart disease and early deaths from all \_\_\_\_\_67\_\_\_\_\_ (cause).

The best exercise is one that you enjoy and will do. But otherwise... it's probably running. To avoid knee pain, you can run on soft surfaces, do exercises to \_\_\_\_\_68\_\_\_\_\_ (strength) your leg muscles (肌肉), avoid hills and get good running shoes. Running is cheap, easy and it's always \_\_\_\_\_69\_\_\_\_\_ (energy). If you are time poor, you need run for only half the time to get the same benefits as other sports, so perhaps we should all give \_\_\_\_\_70\_\_\_\_\_ a try.

答案解析：

61. longer

解析：根据句意，跑者比非跑者寿命长三年，这里需要用比较级形式，故填longer。

62. to see

解析：这里需要一个不定式作目的状语，表示跑步的目的，故填to see。

63. dying

解析：reduce your risk of dying  
early表示减少早逝的风险，这里需要用动名词形式，故填dying。

64. is

解析：根据句意，跑步在延长寿命方面比走路、骑自行车或游泳更有效，这里描述的是一般事实，故用一般现在时，填is。

65. than

解析：这里是比较级结构，需要用than来连接比较的双方，故填than。

66. that/which

解析：这里需要一个关系代词来引导定语从句，指代前面的study，并在从句中作主语，故填that/which。

67. causes

解析：from all causes表示从所有原因，这里需要用名词复数形式，故填causes。

68. strengthen

解析：to strengthen your leg muscles表示锻炼腿部肌肉，这里需要用动词原形，故填strengthen。

69. energetic

解析：根据句意，跑步是充满活力的，这里需要用形容词形式，故填energetic。

70. it

解析：give it a try表示尝试一下，这里的it指代running，故填it。