

When you have not had enough recovering time

Do not rush back to your normal workout habit after you have been ill. Starting to train too early is likely to lead to a return of your symptoms (症状). When you do decide to go back to the sports ground, be sure to start your exercise slowly and with care. Even one week or so off your usual exercise can make a difference.

When you are tired out

There sometimes are days when you do not feel like going to the sports ground, and sometimes your body might be telling you to take a break. It will do you a lot of good to have a day off from your fitness classes. Go home, have a healthy meal and do not feel sorry for not being at the sports ground. Remember that sometimes you just need to relax.

43. What might be the result of exercising when you are ill?
- A. You will catch a cold easily.
 - B. You will be ill for a longer time.
 - C. You will improve your immune system.
 - D. You will pay little attention to your illness.
44. While recovering from an illness, you are advised to _____.
- A. rush back to your workout habit
 - B. start training as early as possible
 - C. go to the sports ground every day
 - D. start your exercise gradually and carefully
45. What is suggested in the passage when you do not feel like exercising?
- A. Sleep for a day at home.
 - B. Have a rich meal.
 - C. Join a fitness class.
 - D. Stay away from the sports ground.
46. What might be the best title for the text?
- A. Effects of Illness
 - B. Causes of Tiredness
 - C. Times When You Should Not Exercise
 - D. Reasons That You Don't Feel Like Exercising

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Most teenagers in the United States try to make time for school, family and friends. But some choose bigger goals. Here are the stories of two American teens working to make a difference in the world.