

词汇: *flexibility* 身体柔韧性

Physical fitness is all about cardio exercises and weightlifting... right? If you've ever finished a run and then jumped straight into the rest of your day without **stretching**, only to wake up the next day feeling **stiff** and with **aching** muscles, then listen up. Flexibility plays a big role in our lives – even bending down to pick something up off the floor requires flexibility – but it's often ignored and neglected. So, why and how should we stretch?

When athletes stretch, it's not just for show, they do it to prevent **injury**. A review of research called 'Effects of Stretching on Injury Risk Reduction and Balance' highlighted that stretching not only reduces injury risk by improving the flexibility of the muscles, it also improves balance, which reduces the risk of falls and those associated injuries. Stretching can also help maintain good **posture** by keeping our muscles long and loose, which is especially important if you spend hours **hunched over** a desk. In the modern world, many of us spend a large proportion of our days sitting, which can lead to **chronic pain**, particularly in the neck and shoulders. Stretching can alleviate this **tension** and boost **blood circulation**.

What's the best way to **reap these benefits**? While stretching advice varies, the ACSM's Health & Fitness Journal provides guidelines which include stretching the major muscle groups such as the **hamstrings** and **quadriceps** at least two or three times per week. A 2017 review of research, published in the Sports Med journal, suggests that **dynamic stretches**, where you stretch in slow, repeated movements, have greater benefits in a pre-exercise warm-up than **static stretches**, where you hold a pose. Stretching is better after a quick warm-up because the muscle is more **pliable**, reducing the risk of **muscle strains**.

Stretching isn't just for athletes and fitness lovers. "Stretching is also an accessible way to **unwind** and **destress** during or after a busy day," says Jessica Matthews, professor of kinesiology and author of 'Stretching to Stay Young'. So why not finish the day relaxing in a **child's pose**, a **spinal twist** or a **happy baby**?

词汇表

stretching	伸展运动，拉伸
stiff	僵硬的
aching	酸痛的
injury	受伤，伤病
posture	身体姿态
hunch over	弯腰驼背
chronic pain	慢性疼痛
tension	紧绷感
blood circulation	血液循环
reap the benefits	收获某事带来的好处
hamstring	大腿后侧肌群，腓绳肌
quadriceps	股四头肌
dynamic stretches	动态拉伸
static stretches	静态拉伸
pliable	柔韧的，柔软的
muscle strain	肌肉拉伤
unwind	放松，松弛
destress	缓解压力
child's pose	儿童式（一种瑜伽姿势）
spinal twist	扭脊式（一种瑜伽姿势）
happy baby	快乐婴儿式（一种瑜伽姿势）

测验与练习

1. 阅读课文并回答问题。

1. What might happen if you run without stretching your muscles?
2. How does stretching reduce the risk of injury?
3. True or False? *Stretching can lead to chronic pain.*
4. How often should we stretch the major muscle groups?
5. How else can stretching improve our lives, besides fitness?

2. 选择意思恰当的单词或词组来完成下列句子。

1. She was _____ her laptop for hours, which caused her neck pain.

stretched on	hunched over	wound up	injured in
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2. A back massage can help to release the _____ in tight muscles.

spinal twist	tension	quadriceps	posture
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3. Jerry had to stop running because of his knee _____.

static	circulation	posture	injury
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4. After months of flexibility training, she is now _____ of her hard work.

unwinding	stretching	aching	reaping the benefits
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5. I like to _____ at the end of a day with classical music and a good book.

twist	strain	unwind	stress
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答案

1. 阅读课文并回答问题。

1. What might happen if you run without stretching your muscles?

If you run without stretching, you might wake up the next day feeling stiff and with aching muscles.

2. How does stretching reduce the risk of injury?

Stretching not only reduces injury risk by improving the flexibility of the muscles, it also improves balance, which reduces the risk of falls and those associated injuries.

3. True or False? *Stretching can lead to chronic pain.*

False. Stretching can alleviate chronic pain and tension.

4. How often should we stretch the major muscle groups?

According to the ACSM's Health & Fitness Journal guidelines, we should stretch the major muscle groups at least two to three times per week.

5. How else can stretching improve our lives, besides fitness?

Besides fitness, stretching can help us unwind and destress during or after a busy day, according to Jessica Matthews.

2. 选择意思恰当的单词或词组来完成下列句子。

1. She was **hunched over** her laptop for hours, which caused her neck pain.

2. A back massage can help to release the **tension** in tight muscles.

3. Jerry had to stop running because of his knee **injury**.

4. After months of flexibility training, she is now **reaping the benefits** of her hard work.

5. I like to **unwind** at the end of a day with classical music and a good book.