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词汇: *cycling* 骑车

They say once you learn how to ride a bike, you never forget. Most of us learnt when we were kids, and many still **strap on** our **helmets**, put our feet on the **pedals**, and **shoot off** for a ride around the streets. In recent times, cycling has seen a boost in popularity, so the question is, what makes it so appealing to people to **straddle** their bikes once again?

First, let's look at the health benefits. Cycling can improve your **cardiovascular** health and **burn** excess **body fat**. Strengthening your leg muscles in your **calves** and **thighs** helps to increase your potential **torque** and **cadence**. And cycling's benefits aren't just physical, but mental as well. A long ride in the countryside could help you to clear your mind, or de-stress. But it's not only about your body and mind – there are also some plus sides for your wallet's health.

Cycling can be a great way to **commute** or **get about** town. By cycling, you save money on fuel or train **fares**. If you do drive into work, sometimes finding somewhere to park can be a nightmare, whereas finding somewhere to **chain** your bike up can be much simpler. Then, on the train, there are changes at stations and other commuters speaking loudly on their phones to deal with. Cyclists face neither of these issues. And if you're worried about safety, there are designated **cycle lanes** in many major cities. Wearing **high-visibility** clothing, sometimes referred to as 'hi-vis', is another way to improve your safety when cycling on the roads.

Finally, cycling can also be good for the environment. It can help you to reduce your **carbon footprint**. Not pumping out fumes into the atmosphere is better for the planet and your own environment.

So, whether people want to cycle for their health, getting about town, their wallet, the environment, or a combination of all of them – the popularity of cycling is on the rise.

## 词汇表

<b>strap on</b>	系上, 系好
<b>helmet</b>	头盔, 安全帽
<b>pedal</b>	脚蹬子, 脚踏板
<b>shoot off</b>	快速骑走
<b>straddle</b>	骑, 跨坐
<b>cardiovascular</b>	心血管的
<b>burn</b>	燃烧
<b>body fat</b>	体脂
<b>calf</b>	小腿肚
<b>thigh</b>	大腿
<b>torque</b>	扭转力
<b>cadence</b>	节奏, 韵律
<b>commute</b>	上下班往返, 通勤
<b>get about</b>	出行, 外出走动
<b>fare</b>	车费
<b>chain</b>	(用链条) 锁住
<b>cycle lane</b>	自行车道
<b>high-visibility</b>	高能见度
<b>carbon footprint</b>	碳足迹

## 测验与练习

### 1. 阅读课文并回答问题。

1. What health benefits are mentioned in relation to cycling?
2. What can strengthening your leg muscles through cycling lead to?
3. What can cycling help you to save money on?
4. What issues related to train travel are mentioned?
5. Why is cycling good for the environment?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. Come on, \_\_\_\_\_ your helmet and let's go for a ride.

strap on	torque	cadence	fare
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2. My \_\_\_\_\_ to work is really peaceful as not many people travel at the same time as me.

calf	commute	body fat	burn
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3. When cycling, always try to stay in the cycle \_\_\_\_\_. It's safer.

straddle	burn	lanes	body fat
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4. The train \_\_\_\_\_ is so expensive that I can't afford it this weekend.

torque	fare	calf	burn
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5. I want to buy a bike to help me \_\_\_\_\_ town more easily.

thigh	pedal	strap on	get about
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## 答案

### 1. 阅读课文并回答问题。

1. What health benefits are mentioned in relation to cycling?

**It can help you to burn excess fat, improve cardiovascular fitness, strengthen leg muscles, and lose weight. It can also help to improve your mental health.**

2. What can strengthening your leg muscles through cycling lead to?

**Improved torque and cadence.**

3. What can cycling help you to save money on?

**You can save on petrol costs and train fares.**

4. What issues related to train travel are mentioned?

**Noisy commuters and platform changes.**

5. Why is cycling good for the environment?

**Because it helps you to lower your carbon footprint.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. Come on, **strap on** your helmet and let's go for a ride.

2. My **commute** to work is really peaceful as not many people travel at the same time as me.

3. When cycling, always try to stay in the cycle **lanes**. It's safer.

4. The train **fare** is so expensive that I can't afford it this weekend.

5. I want to buy a bike to help me **get about** town more easily.