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词汇: *exercise* 体育锻炼

Boxing has been **practised** for centuries – it was even one of the sports in the original Olympic Games in ancient Greece. More recently, boxing has become **mainstream** in the UK, with hundreds of thousands of people **from all walks of life** participating in the sport every week. But why? The answer lies in the **physical, mental** and even social benefits boxing can bring.

Its physical benefits are clear. Whether it's practising with a **punching bag**, **sparring with** a partner or **facing an opponent in the ring**, boxing can be an intense form of exercise and give a **full-body workout**. It can improve **muscular strength**, and it can also increase **anaerobic fitness** – allowing someone to work out harder, for longer. These can, in turn, have a positive impact on other aspects of physical **well-being**, like heart health and weight management.

But the **high physical demands of** the sport aren't just good for the body – boxing can also **have a positive impact on** someone's mental well-being. Dr Jessica Pinchbeck, Senior Lecturer in Sport and Fitness at the Open University, says that boxing 'can **alleviate** some of the **symptoms** of anxiety and depression'. Exercising regularly is already widely known to be good for mental health, but boxing can also bring a sense of **discipline** and **focus**.

And there is a third benefit to putting on the boxing gloves. Practising punches can be done alone, of course, but boxing is not just an individual activity – it also involves working with others to train and stay safe. Dr Gavin Williams, Senior Lecturer in Education at the Open University, says that this cooperation and teamwork can 'create a **sense of identity... and belonging**'. So, no matter what the reason that attracts someone to boxing, the interactive elements of the sport, mean it can also have profound social benefits.

Good for body, mind and social interactions? It's not surprising that more and more people are stepping into the ring.

## 词汇表

<b>practise</b>	练习
<b>mainstream</b>	主流的
<b>from all walks of life</b>	来自各行各业
<b>physical</b>	身体的
<b>mental</b>	思想上的，精神的
<b>punching bag</b>	练习拳击用的吊袋
<b>spar with</b>	与...练拳击
<b>face an opponent</b>	面对一名对手
<b>in the ring</b>	在拳击台内
<b>full-body workout</b>	全身锻炼
<b>muscular strength</b>	肌肉力量
<b>anaerobic fitness</b>	无氧适能
<b>well-being</b>	健康
<b>high physical demands of</b>	...对身体素质的高要求
<b>have a positive impact on</b>	有积极的影响
<b>alleviate</b>	减轻，缓和
<b>symptom</b>	症状
<b>discipline</b>	纪律，约束
<b>focus</b>	专注力
<b>sense of identity</b>	认同感
<b>sense of belonging</b>	归属感

## 测验与练习

### 1. 阅读课文并回答问题。

1. What kind of people do boxing in the UK?
2. True or False? *Boxing is a workout only for the arms.*
3. What impact can boxing have on the symptoms of anxiety and depression?
4. Why is boxing not just an individual sport?
5. What social benefits can cooperation and teamwork in boxing have?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. They're a really interesting band! Their music is quite unusual, they're not \_\_\_\_\_ at all.

from all walks of life      profound      mainstream      in the ring

2. My younger brother and I have always \_\_\_\_\_ each other, but we're close.

had a positive impact on      alleviated      faced an opponent      sparred with

3. Jumping rope can increase \_\_\_\_\_. It is a short but intense form of exercise.

full-body workout      benefit      anaerobic fitness      symptom

4. A continuous cough and a high temperature are two \_\_\_\_\_ of Covid-19.

symptoms      benefits      disciplines      focuses

5. My first teacher in primary school had a very \_\_\_\_\_ effect on me.

profound      mainstream      full-body      physical

## 答案

### 1. 阅读课文并回答问题。

1. What kind of people do boxing in the UK?

**There is not one particular group of people that does boxing. People from all walks of life participate.**

2. True or False? *Boxing is a workout only for the arms.*

**False. Boxing is a full-body workout.**

3. What impact can boxing have on the symptoms of anxiety and depression?

**Boxing can alleviate them, make them less severe.**

4. Why is boxing not just an individual sport?

**Boxing also involves cooperation with others and teamwork.**

5. What social benefits can cooperation and teamwork in boxing have?

**Cooperation and teamwork can create a sense of identity and belonging.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. They're a really interesting band! Their music is quite unusual, they're not **mainstream** at all.

2. My younger brother and I have always **sparred with** each other, but we're close.

3. Jumping rope can increase **anaerobic fitness**. It is a short but intense form of exercise.

4. A continuous cough and a high temperature are two **symptoms** of Covid-19.

5. My first teacher in primary school had a very **profound** effect on me.