

受験番号	
得点	

問題：次の英文を読み、設問に答えなさい。

What Are the Good Effects of Walking ?

Many medical experts say that <sup>(1)</sup>walking is an easy way to improve physical and mental health, support fitness and prevent disease. They advise that walking is a great first step toward a healthy life although other forms of exercise are also important.

Good effects of walking

Dr. Sarah Eby is a sports medicine physician with Mass General Brigham in the state of Massachusetts. Eby said <sup>(2)</sup>walking has many good effects and people do not need extra things. "You don't need equipment and you don't need a gym membership," Eby noted "And the benefits are so vast."

The U.S. surgeon general, a federal health officer, recommends that adults get at least two and a half hours of moderate-intensity physical activity every week. Walking helps meet that goal. <sup>(3)</sup>Exercise lowers the risk of heart disease, high blood pressure, dementia, depression and many kinds of cancer.

<sup>(4)</sup>Walking also helps blood sugar levels, is good for bone health, and can help people lose weight and sleep better. That is what Julie Schmied said. She is a health care worker with Norton Healthcare in Kentucky, which runs the free Get Healthy Walking Club.

<sup>(5)</sup>Walking puts less pressure on joints than other exercises while making the heart and lungs stronger. James Blanken ship is 68 years old. He said joining a walking club at the Louisville Zoo last year helped him recover after a heart attack and a complex triple-bypass heart operation in 2022.

How much should you walk?

Many people have heard about the walking goal of 10,000 steps a day. This advice dates back to a 1960s marketing campaign in Japan. But experts note that this is only a guideline. Shmied said <sup>(6)</sup>the average American walks about 3,000 to 4,000 steps a day, and it is fine to increase that number to 10,000.

Setting a time goal can also be useful. Shmied suggests dividing the recommended 150 minutes per week into 30 minutes a day, or 10 minutes three times a day, for five days.

<sup>(7)</sup>During rainy or snowy weather, people can walk in malls or on treadmills. As they become seasoned walkers, they can speed up or walk up hills.

(VOA, Health & Lifestyle, November 21, 2024 より、一部省略)

注) effect 効力 fitness 体力 sports medicine スポーツ医学 equipment 用具  
benefit 利点 moderate-intensity physical activity 中等度強度の運動 dementia 認知症  
depression うつ病 cancer 癌 blood sugar level 血糖値 bone 骨 joint 関節  
lung 肺 heart attack 心臓発作 triple-bypass heart operation 冠動脈バイパス手術  
step 1歩 (の歩幅) mall (車での乗り入れができない) 商店街  
treadmill トレドミル (足で踏みつけるトレーニング用の回転ベルト)

問1. 次の各定義に該当する語(1語)を本文から見出し、それぞれ下線部に書きなさい。

- (例) walking = the act of moving forward on foot
- ① \_\_\_\_\_ = an illness or unhealthy condition of the body or mind
  - ② \_\_\_\_\_ = physical activity that you do to stay healthy and become stronger
  - ③ \_\_\_\_\_ = a special building or room with equipment for doing physical exercise
  - ④ \_\_\_\_\_ = time period of 60 minutes
  - ⑤ \_\_\_\_\_ = the possibility that something bad or dangerous may happen
  - ⑥ \_\_\_\_\_ = the organ in the chest that pumps blood through the body
  - ⑦ \_\_\_\_\_ = the measure of how heavy someone is
  - ⑧ \_\_\_\_\_ = an opinion given by someone about what to do
  - ⑨ \_\_\_\_\_ = something that you hope to achieve in the future
  - ⑩ \_\_\_\_\_ = a time period of 60 seconds
  - ⑪ \_\_\_\_\_ = the seven-day period, from Sunday through Saturday
  - ⑫ \_\_\_\_\_ = the conditions of the sky and air relating to rain, snow, heat, cold, etc.

問2. 本文の各下線部 (1) - (7) を日本語に訳しなさい。

- (1) \_\_\_\_\_
- (2) \_\_\_\_\_
- (3) \_\_\_\_\_
- (4) \_\_\_\_\_
- (5) \_\_\_\_\_
- (6) \_\_\_\_\_
- (7) \_\_\_\_\_