

<<710分高分攻略>>

图书基本信息

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作者：陈淑萍

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内容概要

本书根据教育部《大学英语六级考试大纲》（2006）、《全国大学英语四、六级考试改革方案》（2005年）、《大学英语课程要求（试行）》（2004年）编写而成，其难度渐增、独具匠心的“5+3”通关式设计，同时满足意在通过者与志在高分者的需求。

本书取材广泛，讲解精辟。

附赠MP3光盘一张，纯正外教录音，完全模拟真实考场。

为学生备战最新六级710分考试提供完整的冲刺方案。

由于本书突出的实用性，因此对于读者高级英语综合应用能力的提高也很有帮助。

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章节摘录

A similar method is used for children , but instead , it has a sliding scale linked to age. As well as BMI levels , the areas where the fat is deposited in the body is important , too , explained a spokesperson for the BNF . "People who have extra fat around their mid—dle , a body we call apple shaped , are at a greater risk of some diseases than those who have most of the extra weight around their hips and thighs , or are pear shaped . "For those wanting to measure their waist circumference , increased risk for the over s occurs in men whose waist circumference is 94cm / 37 inches or over , and in women whose waists are 80cm / 32 inches or more . The risk is significantly increased at 102cm / 40 inches for men and 88cm / 35 inches for women .

Prevention and treatment When it comes to preventing and treating excess weight and obesity , experts believe a healthy balanced diet and regular exercise are crucial . The key to maintaining a good weight is to balance your energy intake and output , as weight is gained if you regularly eat more than you burn off . Obese children may require a specially developed program , said Weight Concern , which is likely to focus on healthy eating , exercise and social support . In the case of children , it's beneficial for the whole family to adopt healthier behaviors and it's important not to single out a child

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编辑推荐

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