

Section A英译汉



Regular exercise can reduce the change that long-term stress may have on our body. Scientists have discovered that exercise can decrease depression, lower anxiety and help us sleep. When we exercise, all of the body's systems like muscular and nervous systems have to communicate with each other more closely than usual. So, exercise makes the body more efficient and enhances the body's ability to respond stress.

Section B汉译英



竹子（bamboo）深受中国人民的喜爱。竹文化长久以来根植于中国人的思想中。对中国人来说，竹子是美德的象征。中国古代的学者对竹子非常敬重。这也是为什么历史上有那么多以竹子为主题的书画作品。