

1.

POWER UP At-HOME

Think you are the only one to feel too tired to work out? Not even close. Even with access to personal trainers and private chefs, A-list celebrities need help staying focused and high-energy throughout the day.

We all need to get off the couch and sweat. While a proper diet and sleep should help fight against tiredness, there are also times when an extra boost is needed.

Enter Performix's new SST H2 and SST PRE, the latest additions to the performance-based line of products that celebrity trainers use to keep those Hollywood actors in top shape!

◎PERFORMIX SST H2: GET ALL-DAY ENERGY AND FEEL YOUR BEST

The newest addition to Performix features a best-in-class formula that fuels your daily life and exercise routine in three amazing ways.

HIGHER ENERGY

Active ingredients, including caffeine, are felt immediately with an intense burst of energy. With its first-to-market delivery system, other active ingredients will be released over time, so you continue to feel energized!

INCREASED FOCUS

Need to get through the next few hours of work? SST H2 packs TeaCrine, which is clinically proven to strengthen cognitive(认知) activity. A calculated mixture of other active ingredients including Lion's Mane and Huperzine-A help keep you dialed in throughout the day.

BOOSTED METABOLISM

Burn extra calories throughout the day? Sign us up! Active ingredient Capsimax helps accelerate your metabolism, which then provides more energy!

◎PERFORMIX SST PRE: GET THE JOLT AND MOTIVATION TO EXERCISE AT-HOME

Before breaking a sweat, it is important to prepare your body with the right pre-workout nutrients. Try the delicious and effective pre-workout drink that celebrity trainers favor a lot. Unlike other products, SST PRE is the first and only pre-workout product to use molecular hydrogen technology.

【1】Who might be the target customer of PERFORMIX products?

- A. A-list celebrities. B. Personal trainers.
- C. Hollywood actors. D. At-home exercise persons.

【2】What is clinically proven to be strengthened by TeaCrine?

- A. Metabolism. B. Best-in-class formula.
- C. Cognitive activity. D. First-to-market delivery system.

【3】What is the purpose of the text?

- A. To introduce the magical power of PERFORMIX products.
- B. To promote the sales of the new PERFORMIX products.
- C. To test the popularity of the new PERFORMIX products.
- D. To emphasize the need and importance of working out.

2.

I wanted to be a journalist. But my parents reminded me that math makes money, so off to engineering school I went. In my post-university young-adult life, I've managed to become traditionally successful. As a female engineer, I worked for a big oil company and owned a home. My life was laid out in front of me and I didn't like what I saw.

So, I did what any respectable 24-year-old would do and left my life behind. I said goodbye to my boyfriend and pulled out my suitcase. I threw myself alone into the world with the grace and beauty of a baby deer taking its first steps with skateboards under its feet. I bloodied my knees mountain biking through the red rocks of Utah. I spent four days struggling through Yellowstone with 50 pounds on my back. Two Peruvian women along my Andean journey taught me how to roast coffee and helped me practice Spanish. It wasn't Vienna's cultural museums; it was a sunny piece of grass beside the Danube river with someone from my hostel (青年旅社) who quickly became a friend. It wasn't Yellowstone's Old Faithful geyser (间歇喷泉) launching into the air; it was charging through Montana's ordinary landscape playing music so loud that the car windows shook. The truth is, I didn't actually need to be abroad to have almost any of my favorite experiences. They were just small everyday moments that happened to happen abroad, leading me to realize that the true value of my flight tickets were not the landmarks, but rather becoming an active participant in my own life.

I now spend less time online shopping and more time lying alone on the floor listening to an album cover-to-cover. I ask my friends how they're doing. Sometimes I surprise them with flowers to see them smile. I tell everyone to have a good day.

【1】What can we learn about the author from Paragraph 1?

- A. She found her work challenging.
- B. She was dissatisfied with her life.
- C. She preferred math to journalism.
- D. She dared not talk back to her parents.

【2】Why does the author mention the journeys she has taken in the text?

- A. To prove the importance of travel.
- B. To express her joy with new friends.
- C. To show what she learned from the travelling
- D. To introduce the landmarks she was interested in.

【3】How has the travel changed the author?

- A. She has become more independent.
- B. She begins to enjoy her daily life more.
- C. She begins to value her family's opinion.
- D. She has become more interested in foreign cultures.

【4】What message does the author try to convey in the text?

- A. We should participate actively in our own life.
- B. Travel is the best way to spend your holidays.
- C. We shouldn't pay attention to what others say.
- D. Interest is the best teacher in choosing jobs.

3.