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1、 There are many ways of traveling, the most common ways being by train, by air, by bus or in a car. Traveling by train is currently the most economical way, far cheaper than traveling by air. However, air travel is timesaving and therefore often the top choice for people traveling on business or traveling abroad. Traveling by bus is probably convenient mostly for short-distance trip. But with the development of expressways in China, and with more people having their own car, traveling by bus or in one ' s own car would become fashionable and enjoyable in China. For me, my favorite way of touring is traveling by train, because it saves money and gives us the delight of enjoying the scenery alongside our journey.

2、 Today in China, with people ' s living standard greatly enhanced, fatness has become a headache for more and more people. Gaining too much weight does harm to our health. To fight against fat, many people turn to the numerous types of medicine, which all claim to have special effects, but do not actually lead to permanent weight loss. Others would choose to be on diet but only to find them forever hungry and have greater appetite. Still others would go to fatness center, making it a fashionable way of modern life. Personally, I think inactivity is an important contributor to fatness and therefore exercise is the only healthy way to reduce appetite, taking off weight and keeping it off.

3 、 Some people work to live. For them the only reason for working is

that they need money to keep themselves alive, to pay for their shelter, and to support their family. However, there are also people who live to work. They work for the sake of success, position and control in society. For them, work is a way of life, a mental challenge, or an emotional involvement. Take some women for instance, they go out to work because it gives them a sense of independence away from the family. As for me, to work is a fundamental human need and a means to an end. However, I work not just for money, because I also see it as a badge of fulfillment.

4、 POSITIVE AND NEGATIVE ASPECTS OF SPORTS"

Sports benefit us in many respects. When taking part in sports, we get the chance to train almost all parts of our bodies. There is no doubt that proper sports activities keep our physical fitness. Furthermore, sports can enrich our life and maintain our psychological health. Through participation, everyone can learn that on the playground he not only struggles for himself but also fights for his team. Sports teach us about consideration, cooperation and optimism to failure. But sports can do some harm to those who cannot plan their activities properly. Too hard training may hurt their bodies, exhaust their vigor, and even cause them to become sick. In general, I love sports. I enjoy sports. For sports not only help me to live a well-balanced life, but also provide me with opportunities to get closer to nature. Sports add happiness to my everyday life when I perform in a decent way.

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