

托福作文T164：保持健康身体的方法 PDF转换可能丢失图片或格式，建议阅读原文

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Topic164：你认为采取何种措施保持健康？

Topic164. People do many different things to stay healthy. What do you do for good health? Use specific reasons and examples to

support your answer. [ 参考提纲 ] 164、采取保持健康的方法：

(1) 作息规律，早睡早起 (2) 经常锻炼 (3) 合理的饮食

[ 托福参看范文 ] Topic: 164 Our health is the only thing we really have in the world. You can take away our money, our house, or our clothes and we can survive. Take away our health and we will die. That is why I eat healthfully, exercise regularly, and keep up my social life. Eating healthfully is important to maintain ones health. I try to avoid foods high in fat like French fries or cookies. I also try to limit the amount of animal protein I consume. I never eat more than a few ounces offish or chicken a day and I rarely eat meat. I eat a lot of vegetables and fresh fruit which are full of fiber and vitamins. It is important to know how to cook these foods so the nutrients are not lost in the cooking process. Your muscles must continue to be strong to support your body as it grows older. Exercise helps the bones build density and helps you maintain your posture. A regular exercise program of cardiovascular training and weight training is an important part of keeping you healthy. Friends are an important part of ones health. Studies have shown that people with a wide range of social contacts get fewer colds and have fewer complaints than those

who dont. Laughing is also an important part of health. Hike to laugh with my friends and I always feel better when I am with them than when I am alone. By eating properly and exercising regularly, I can keep my body at an appropriate weight and can maintain my health. By spending time with my friends, I can keep my mind as well as my body happy. Its all apart of my recipe for healthful living.

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