

新四级范文：学习与身体锻炼的关系 PDF转换可能丢失图片或格式，建议阅读原文

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八.学习与身体锻炼的关系 1对大学生的时间安排有两种不同的看法：有人认为大学生就该整天读书；有人认为来源：[www.examda.com](http://www.examda.com) 参加体育锻炼是大学生生活的一部分。 2我的看法(并举例说明)。 3学习和体育锻炼的关系。

How to arrange/allocate time? This issue splits college students apart. Some individuals schedules are packed with various tasks related to study. They immerse themselves in books and dont do regular physical exercise. But most of the college students support the value of physical exertion. To develop or maintain physical fitness and overall health, we must involve in regular sports practice. Chen Jingrun, a Mathematics towering figure, planted himself in complex questions without physical exercise. His premature death highlighted the significant health benefits from sports. Historically, physical activity has been associated with health. Today, science has confirmed the link, with overwhelming evidence that people who lead active lifestyles are less likely to die early, or to experience major illnesses such as heart disease, diabetes and cancers. A vast majority of college students do not meet recommended levels of moderate physical activity. Just do it! Lets participate in more physical exercise. 来源：[www.examda.com](http://www.examda.com) 100Test 下载频道开通，各类考试题目直接下载。详细请访问 [www.100test.com](http://www.100test.com)