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https://www.100test.com/kao_ti2020/120/2021_2022__E8_8C_83_E6_96_87_EF_BC_9A_E9_c83_120828.htm [题目] Health and Life As the saying goes, you don ' t know what happiness is until you lose it ' you don ' t know what health is until you are ill. “ Health is of vital importance to life ” sounds like a cliché to everyone, but it is absolutely true. The negligence of the delicate balance of your body and soul, the harmful habits such as smoking, excessive drinking and burning mid-night oil will catch up with you someday. How many big plans are interrupted by bad health! Even a normal life is unimaginable without the guarantee of health. How to keep fit is an eternal topic of diversity and controversy. Regardless of all the different suggestions poured from all kinds of sources, one should do at least two things for him/herself. First, hold an active and optimistic attitude toward life and maintain a mental well-being. Second, live a regular life and keep a balanced diet. Anyway, a healthy life is within reach when you begin to adjust your mind and body. 100Test 下载频道开通，各类考试题目直接下载。详细请访问

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