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https://www.100test.com/kao_ti2020/220/2021_2022__E9_9B_85_E6_80_9D_E8_80_83_E5_c67_220060.htm 英国人写的 Why cycle? There are many good reasons to cycle. (第一句话就是主题句，西方人的习惯) Cycling is the most efficient means of getting around London. (好处之一) Many journeys we make are shorter than two miles or less and these are usually faster on a cycle than travelling by car, bus, tube, train or taxi. (进一步解释，加强说服力)。Not only is cycling good for you, it is also fun and available to all (好处之二)。It is a chance to get out of the house or workplace, to be active and to be sociable (解释)。Getting a bike needn't be expensive and upkeep is low cost and easy. (好处之三，这三个好处只是泛泛说明，一般是前面的论点比后面的更重要，所以句子一个比一个短) Save money (开始论述第一点) Using a bike to replace your regular form of transport is a great way to save money (主句，符合论点)。It's well documented that cycling is the best value way to travel around London (引用统计结果，有绝对说服力)。Compared to cars, bicycles are much cheaper to buy and maintain, and you don't have all the added costs of fuel, Vehicle Excise Duty and parking (比较法，举例说明怎样省钱)。Save time (论点二) For a typical London journey, cycling is faster than the car, public transport, taxis or walking (主句，符合论点)。Remember that cycling is a door to door service. On a bicycle you can easily cover five miles in half an hour and be confident that you'll arrive on time (解释如何省时间)。Car or

bus journeys take longer and depend on traffic, or irregular bus services (搭汽车时间长 , 从反面解释骑自行车省时间) . For longer trips, you can combine bike and public transport: leaving your bike at the station or sometimes taking it on the train/tube at off-peak times. See the LCC information booklet "Transporting Your Bicycle" for further information. (进一步解释 , 帮你解决你有可能遇到的问题 , 打消你欲辩论的想法)

Become healthier (论点三) Cycling is an excellent way to get fit and live longer (主句 , 符合论点) . By riding a bike you'll be incorporating exercise into your daily life. Remember that to stay healthy you need 30 minutes of exercise per day: that 15 minute cycle to work is the perfect prescription for losing weight and getting fit (解释。口气不是说教 , 而像是你的保健顾问 , 说服力强) . By cycling you cut down your risk of heart attacks, high blood pressure and other illnesses. The benefits, says the British Medical Association, far outweigh any risks associated with cycling. (论据二) By getting fitter and escaping the frustrations of traffic jams and tube and train delays you will also reduce your stress levels and enjoy your day more. (论据三) It has been shown that by cycling you will breathe fewer fumes than those in cars or buses, so are less likely to suffer from respiratory diseases (论据四) .

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