

短篇英语作文：运动对我们的健康有益 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/271/2021_2022__E7_9F_AD_E7_AF_87_E8_8B_B1_E8_c83_271769.htm Taking Exercise is Good For Our Health 「运动对我们的健康有益」 Taking exercise is good for our health. All work and no play makes Jack a dull boy. By taking exercise, we can relax our body and mind. At the same time, we can harden our muscle and have a good figure. If we dont take exercise for a long time, we may easily fall sick. I enjoy several outdoor sports. Swimming in the sea is my favorite. Because there are too many people in a swimming pool and the water is always dirty, I prefer to swim in the sea. Playing badminton is also fun. I can always find a place in the park for playing badminton. Besides, I enjoy jogging in the morning. Sometimes, I jog with my parents in the park. 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