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My Favorite Sports 「我最喜爱的运动」

Sports help everyone to keep healthy, happy, and efficient. So I pay special attention to games, especially table-tennis. Table tennis is my favorite game. I play it almost every day. Table-tennis is an ideal game us because it brings the whole body into action. It strengthens our muscles, expands our lungs, promotes the circulation of the blood, and causes a healthy action of the skin. Besides, it is very amusing and does not cost us much money. Table-tennis is very moderate. it is not so rough as football. It is an indoor game and can be played even on rainy days. Thus, it is my favorite kind of exercise. 运动能帮助每一个人保持健康、快乐和有效率。所以我特别重视运动，特别是桌球，桌球是我最喜欢的运动。我几乎每天玩。桌球对我们而言，是一项理想的运动，因为它可以使我们全身运动，它可以增强我们的肌肉，扩张我们的肺部，促进血液循环，并且使肌肤产生健康作用，此外，它很有趣而且所费不多。桌球是相当温和适中的，它不像足球那么粗野。它是一种室内运动，甚至在下雨天也能玩。因此，桌球是我最喜爱的一种运动。 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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