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People do many different things to stay healthy. What do you do for good health? With the development of society, there are so many ways that are good for humans health and each of them has its own merits and demerits. Which one you prefer depends on your personal experience, life style and emotional concern. From my personal perspective, I maintain that doing exercise is the best way to stay healthy. In the following discussion, I would like to reason and provide evidence to support my viewpoint. There is no better and easier way of staying healthy than forgetting all the stress, stretching your muscles, breathing fresh air and at last, having a hot bath. The variety of sports meets everyone ' s need. No matter what age you are, what interest you have, there must be one suitable sport that you want to give a try. If you are energetic and adventurous, you must enjoy the challenging climbing. If you prefer a more relaxed sport, then cycling is one of the best choices. Some people have the doubt that doing exercises only burden our bodies more. On the contrary, it helps us get rid of stress and work because it is you who have fully control of the time, place and way to take the exercise, and no boss is watching your every movement! Another chief reason is that doing some exercises not only gives us stronger bodies but also provides more opportunities for us to meet new friends. For instance, by taking part in a soccer game, which usually involves young men with

similar hobbies, youths can easily make a lot of new friends there. Equally important and significant, sports help build teamwork, self-control, determination and confidence through competing against others or challenging one self ' s weakness. Admittedly, there is no denying that other activities, such as reading, traveling also benefit one ' s physical and spiritual health. However, compared to doing exercises, they have unavoidable limitations, such as the capital, investment and time. All in all, given the reasons mentioned above, we conclude that doing exercises is the best way to stay healthy, attain fun, make new friends and reform personality at the same time. (348 words in total) 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