

雅思口语高分必备材料：Keep fit PDF转换可能丢失图片或格式，建议阅读原文

[https://www.100test.com/kao\\_ti2020/562/2021\\_2022\\_\\_E9\\_9B\\_85\\_E6\\_80\\_9D\\_E5\\_8F\\_A3\\_E8\\_c8\\_562369.htm](https://www.100test.com/kao_ti2020/562/2021_2022__E9_9B_85_E6_80_9D_E5_8F_A3_E8_c8_562369.htm) To feel ‘ fit as a fiddle, you must tone down your middle. Author Unknown Movement is a medicine for creating change in a persons physical, emotional, and mental states. Carol Welch Walking is the best possible exercise. Thomas Jefferson Exercise alone provides psychological and physical benefits. James Rippe, M.D.把雅思加入收藏 Breathing correctly is the key to better fitness, muscle strength, stamina and athletic endurance. Dr. Michael Yessis Dont dig your grave with your own knife and fork. English Proverb Physical activity is an excellent stress-buster and provides other health benefits as well. It also can improve your mood and self image. Jon Wickham Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. John F. Kennedy Running is the greatest metaphor for life, because you get out of it what you put into it. Oprah Winfrey 相关链接：1月雅思考试网友机经汇总月刊 百考试题特别推荐雅思新手入门指导 2009年4月雅思考试最新信息整理 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](http://www.100test.com)