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A fit body is one that can perform everyday tasks without getting tired and breathless. Staying fit helps people stay healthy into old age. Fitness depends on eating a balanced diet and exercising regularly. There are three types of fitness-flexibility, stamina, and strength. 一个健康的身体是指一个人可以完成每天的工作而不会感到很疲倦和上不来气。保持健康帮助人们健康的进入老年。健康状况取决于平衡的饮食和有规律的锻炼。有三种健康指标灵活性，耐力，强度。  
编辑推荐：2009年下半年公共英语考试报名汇总 名师指导公共英语阅读考试技巧 公共英语pets三级全真模拟试卷 公共英语pets二级语法讲解汇总 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)