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they exercise almost every day. Walking is the favorite exercise.

Swimming comes next. Biking is very popular, and so are running or jogging. The other favorites are baseball, football, and softball. 大多

数美国人说他们几乎每天都有锻炼。步行是最受喜爱的锻炼，游泳其次。骑自行车非常流行，跑步和慢跑也是。其他受

欢迎的运动是棒球，橄榄球和垒球。编辑推荐：2009年下半年

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