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STUDENTS SHOULD ATTEND PHYSICAL EXERCISE Physical exercise is a necessary part of college life. However, still some college students do not like to attend sports activities, they think those activities waste their time and influence their study. Indeed, it is very unwise for college students to keep distance from physical exercise because physical exercise is not harmful but good to them. College students can benefit a lot from physical exercise. First of all, attending physical sports can help students build a strong body, and keep abounding energy. Moreover, physical exercise is an effective way to relief pressure and keep a pleasant move. Besides, by attending physical activities, students can have chances to contact and communicate with others which can help them improve their social skills. Nowadays, all colleges and universities have provided many sports facilities for students to do physical exercises, students can chose freely according to their interests and needs. As for me, I am keen on all kinds of ball games, especially football and basketball. From these games, I have gained a lot, and enjoined great pleasure. To conclude, physical exercise is beneficial to every college students, and therefore do not hesitate to attend sports activities. 相关链接：09年6月英语四级考试试题 答案(文字版) 2009年6月20日英语六级标准答案公布 2009年6月英语六级考试真题 word版 100Test 下载频道开通，各类考试题目直接下载。详细请访问

