

2010年6月大学英语四六级考试写作训练题(8)英语四级考试
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https://www.100test.com/kao_ti2020/645/2021_2022_2010_E5_B9_B46_E6_9C_c83_645947.htm Directions: For this part, you are

allowed 30 minutes to write a composition on the topic How to Deal with Sub?ealth. You should write at least 120 words according to the

outline given below in Chinese: 1. 随着世界现代化的不断加速发展，人们的物质生活水平不断攀升，但人们却日益受到“亚健康”这种不良状态的威胁。

2. 亚健康的具体表现及在我国的蔓延程度(北京 75%，上海72%，广州70%的上班族都属于亚健康状态)。

3. 在现代社会中应怎样解决亚健康问题。【范文】

How to Deal with Sub?ealth With the modernization of the world, people? standard of living has improved a lot. Then there

appears a state of sub?ealth among people which poses a new threat to them. www. Examda.CoM 考试就到百考试题 There are some

typical symptoms for people who are in a state of sub?ealth. First of all, those who suffer from it often have a headache or backache.

Secondly, they feel like having a rest frequently. What upsets us most is that, the situation is spreading countrywide. As a result, more and

more workers in big cities are harassed by it, with a percentage of 75 in Beijing, 72 in Shanghai and 70 in Guangzhou respectively. Then

how can we solve this problem effectively? Experts suggests that the best way to keep us healthy is to do exercises. It is also very important

that people should form a good living habit, for example, getting up early and going to sleep early. Only doing so can we keep us healthy.

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