# 保持健康的初三英语作文

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*没有健康的人生也就谈不上理想与追求。智者与愚人之分就是看谁能够珍惜健康,把握幸福。下面是小编为你整理的保持健康的初三英语作文，希望你喜欢!　　>保持健康的初三英语作文篇1　　People are beginning to attach ...*

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　　>保持健康的初三英语作文篇1

　　People are beginning to attach much more importance to their health these days than ever before. They begin to realize that good healthis the most valuable possession a person can have. However, many people don\'t know how to stay healthy although great efforts have been made in this regard. In my opinion, there are three things we can do if we want to be in good.

　　First, we should have the right food, because proper nutrition is the most important for good health. Avoid foods with lots of sugar and fat. Eat plenty of high protein foods, vegetables and fruits. Do not overeat. Secondly, we should get proper amount of sleep, because without enough sleep, we will often feel tired and irritable. Allow ourselves at least eight hours of sleep each day. Have a nap at noon if time permits. Finally, we should exercise regularly, because\'life depends on exercise\'. Regular exercise strengthens our hearts andlungs. In addition, it prevents us from putting on weight.

　　If everyone is to do so, there will be much less complaining about poor health and there will be much more happiness in our life.

　　>保持健康的初三英语作文篇2

　　people want to have good health.what is good health?you are feeling strong and well.your eyes are bright and clear.your face is clean and fresh.you feel happy and ready for anything.you enjoy your work and life.you are in good health.exercise is one of the forms to keep our body in good health.exercise trains the muscles and makes them stronger.you can walk and throw a ball because you have trained your muscles to do these things.feel the soft part of your arm.you are feeling muscles.when you bend your arm you can feel the big muscles move and become firmer.exercise not only keeps the muscles of the limbs and body in good condition,but also strengthens the muscles of the heart and organs of breathing.exercise helps to make the heart strong.have you ever felt your beat?it beats faster when you are running than when you are sitting still.the heat pumps blood more freely when we do exercise,and serves all parts of the body better.exercise helps the lungs to do better work.too full and rapid breathing develops the muscles of the chest.let\'s take part in exercise.the earlier,the better.

　　>保持健康的初三英语作文篇3

　　Today,I want to tell you how to keep healthy.It is very important for us.Because if you don\'t healthy ,you will ill.How to keep healthy ?

　　First,we must have a healthy diet.Most of the students like eating fried food such as fried chicken,French fries and so on.But this kind of food isn\'t good for us.It is unhealthy food.We should eat less fried food.

　　Second,we must have a good habit.I have a good habit.I get up early and go to bed early.I exercise regularly when it is six o\'clock in the morning.So I have a strong body.But I go to bed very late,so I should go to bed earlier than before.

　　Next,We must do some housework at home.My parents are very tired which they do the housework,so we can help them.

　　By these suggestion,you will be healthy.

　　>保持健康的初三英语作文篇4

　　The methods to keep us fit vary. In the morning, you can get up early, go outdoors, breathe the fresh air, and do physical exercises. Running and swimming are extremely helpful to keep one fit. If you are a busy person and have no special time allocated to do these things, there are still some ways useful for to keep fit. The easiest way is to walk to your office instead of riding a bike or taking a bus. You also have to take a routine physical check - up. Your doctor will know the condition of your body most clearly, and he will give you the most valuable advice to keep fit. You should always try to make yourself happy. If you feel happy, you can eat well, sleep well, and your body is sure to be in an excellent condition.

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