# 怎样保持健康初中英语作文

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*现在越来越多的人想保持身体健康，那么你们如何保持健康吗?下面是小编为大家精心整理的关于怎样保持健康初中英语作文，希望能够帮助到你们。　　>How to keep healthy　　What is the most important t...*

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　　>How to keep healthy

　　What is the most important thing in the world? I think it is health.

　　You can take away our money, house, car, or even our clothes and we can survive. But if our health was taken away, we would surely die. That is why we always try to eat in a healthy way and exercise regularly.

　　In order to eat healthily, I usually avoid eating food high in fat, like French fries or cookies. I also eat little meat. I eat a lot of vegetables and fresh fruit which are full of vitamins.

　　Taking exercise every day helps us build a strong body. Regular exercise is an important part of keeping me healthy.

　　What\'s more, I think friends are an important part of one\'s health. Many studies show that people with a wide range of social contacts get sick less than those who don\'t. I always feel better when I am with friends than when I am alone. When I am with my friends, I always laugh. Laughing is also an important part of health. I like to laugh with my friends.

　　By eating properly and exercising regularly, I can keep my body at a proper weight and keep healthy. By spending time with my friends, I can keep my mind as well as my body happy. these things sound easy to do, but not many people can manage them. I think a strong will is necessary if we want to keep healthy.

　　>怎样保持健康

　　As we all know, healthy is very important to everybody.But do you really know how to stay healthy? Here are some useful tips. First, we should do exercise if we have time.For example, we can go to swim in the summer holiday. Or we can take a walk after supper.Doing exercise makes us healthy and strong. Second, we should take more vegetables and fruit and less candies. Stop eating junk food and drinking beers. Last but not least, we should go to bed early and wake up early. We should have enough sleep, or we will get sleepy in the day time. If we pay more attention to the tips above, we will have healthier body. I wish everybody has a strong and healthy body.

　　我们都知道,健康对每个人来说都很重要。但是你知道该如何保持健康吗? 这里有一些实用的建议。首先,我们应该做运动,如果有时间的话。例如,我们可以在暑假的时候去游泳,或者晚饭后去散步。做运动让我们的身体更强壮更健康。第二,我们应该吃更多的蔬菜和水果,少吃糖果。不吃垃圾食品和啤酒。最后,我们应该早睡早起。如果睡不够,第二天就会很疲倦。如果我们都能按照以上的建议注意自己的健康,我们的身体会更棒。我希望每个人都有个强壮和健康的身体。

　　>如何保持健康

　　What is the most important thing in the world? I think it is health.You can take away our money, house, car, or even our clothes and we can survive. But if our health was taken away, we would surely die. That is why we always try to eat in a healthy way and exercise regularly.

　　什么是世界上最重要的事情?我想，答案应该是健康。我们可以在没有钱、房子、车子，甚至衣服的情况下，活着。但是如果我们的健康被带走了，我们肯定就活不下去了。这就是为什么我们总是努力以一种健康的方式吃东西和规律地运动。

　　In order to eat healthily, I usually avoid eating food high in fat, like french fries or cookies. I also eat little meat. I eat a lot of vegetables and fresh fruit which are full of vitamins. Taking exercise every day helps us build a strong body. Regular exercise is an important part of keeping me healthy.

　　为了能吃得健康，我常常避免吃高脂肪的食物，比如炸薯条或甜点。我也很少吃肉。我会吃很多的蔬菜和富含维他命的新鲜水果。每天做运动有助于我们拥有强健的身体。有规律的运动是我们保持身体健康的一个重要部分。

　　What\'s more, I think friends are an important part of one\'s health. Many studies show that people with a wide range of social contacts get sick less than those who don\'t. I always feel better when I am with friends than when I am alone. When I am with my friends, I always laugh. Laughing is also an important part of health. I like to laugh with my friends.

　　还有，我认为，朋友也是让我们保持健康的重要部分。许多研究显示，有复杂人际关系的人比较不容易得病。当我与朋友一起时，我总是感觉比单独一个人好。当我与朋友一起时，我总是笑声不断。欢笑也是健康的重要组成部分。我喜欢和朋友一起大笑。

　　By eating properly and exercising regularly, I can keep my body at a proper weight and keep healthy. By spending time with my friends, I can keep my mind as well as my body happy. These things sound easy to do, but not many people can manage them. I think a strong will is necessary if we want to keep healthy.

　　通过合理的饮食和规律性的运动，我可以保持身体健康和体重适中。与朋友一起的时光，可以让我的思想和身体一样开心。这些事情听起来很容易去做，但没有很多人能成功做到。我想，我们如果想要健康，那强大的意愿是需要的。

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