# 以跑步为话题的英语作文

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*以跑步为话题的英语范文【一】　　I like running, because I think it’s a funny and easy sport. I can do it by myself. I was not very healt...*

**以跑步为话题的英语范文【一】**

　　I like running, because I think it’s a funny and easy sport. I can do it by myself. I was not very healthy when I was a little child. So my father took me running with him. He said it’s good for me. At first, I didn’t like it at all. But after a few weeks, I felt great when I was running. Therefore, I go to running every three days. Now, some of my classmates run with me. We always talk to each other. I like this sport.

**以跑步为话题的英语范文【二】**

　　Running is a whole body movement, which enables the body\'s muscles rhythmic contraction and relaxation, so that muscle fiber

　　Dimension increased, protein content increased. Fit and muscular is one of the symbols.

　　Skeleton is the body of the stent, human activities leverage. In a period of growth and development of young people, adhere to running

　　Step can improve blood circulation, increase the supply of nutrients in bone cells increase bone cell growth capacity, from the

　　And to promote the normal development of the bone. The elderly, reduced metabolism, muscle gradually shrink, and bones appeared back

　　Line of change in bone and joint disease is also increasing. Persist in running can enhance metabolism, delayed bone

　　Degenerative changes, prevention of bone and joint disease in the elderly occur, so that you slow down aging.

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