# 有关运动的好处英语作文

来源：网络 作者：心如止水 更新时间：2025-06-04

*Consume excessive body heat and reduce body fat accumulation and maintenance of appropriate weight. Enhance cardio and...*

　　Consume excessive body heat and reduce body fat accumulation and maintenance of appropriate weight. Enhance cardio and promote blood circulation. Reduce suffering from heart disease, hypertension and diabetes, and other chronic diseases. Strengthen body resistance and reduce disease. Strong bones and prevent osteoporosis; Help welfare, and reduce confusion. Help improve the body, strong muscles. Increase the soft joints of the body and make more flexible, to reduce casualties. Improve sleep quality, more adequate rest. A more dynamic, more spirit, more efficient learning and work; Help relax, study or work with the removal of the stress. Tempered strong will, the courage to face challenges; Help increase self-confidence, to establish a healthy self-image. With family or friends to share fun opportunity for everyone feelings. Provide opportunities for understanding new friends and learn the spirit of cooperation in group activities. Quality fitness activities building quality leisure life management.

　　>【参考译文】

　　消耗体内过多热量，减少体内脂肪堆积，维持适当的体重。增强心肺功能，促进血液循环。减少患心脏病、高血压和糖尿病等慢性病的痛苦。增强体质，减少疾病。强健骨骼，防止骨质疏松;帮助福利，减少混乱。帮助改善身体，强健肌肉。增加身体的软关节，使其更灵活，减少人员伤亡。改善睡眠质量，更充分休息。一个更有活力、更有精神、更有效率的学习和工作;帮助放松、学习或工作以消除压力。锻炼坚强意志，勇于面对挑战;有助于增强自信心，树立健康的自我形象。与家人或朋友分享乐趣的机会，为每个人的感情。提供机会认识新朋友，学习团体活动中的合作精神。素质健身活动建设精品休闲生活管理。

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