# 高二关于保持健康的英语作文keep healthy

来源：网络 作者：花开彼岸 更新时间：2025-04-01

*People are beginning to attach much more importance to their health these days than ever before. They begin to realize...*

　　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 and lungs . 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.

　　人们开始更加重视他们的健康现在比以往任何时候都要多。他们开始意识到好的饶恕的人可以拥有最宝贵的财富。然而,许多人不知道如何保持健康在这方面虽然已经取得了巨大的努力。在我看来,有三件事我们可以做,如果我们要在好。

　　首先,我们应该有合适的食物,因为适当的营养是健康最重要。避免食物有大量的糖和脂肪。多吃高蛋白质食物,蔬菜和水果。不要吃得过多。其次,我们应该得到适量的睡眠,因为没有足够的睡眠,我们往往会感到疲倦和烦躁。让自己每天至少八小时的睡眠。如果时间许可,中午打个盹。最后,我们应该定期锻炼,因为生活取决于运动”。有规律的锻炼可以增强我们的心和肺。此外,它阻止我们发胖。

　　如果每个人都这样做,将会有更少抱怨糟糕的健康状况,将会有更多的幸福在我们的生活中。

本文档由范文网【dddot.com】收集整理，更多优质范文文档请移步dddot.com站内查找