# 英语满分范文The Important of Health

来源：网络 作者：空山新雨 更新时间：2024-01-10

*The Important of Health　　All the people want to stay in good health. Health is better than wealth. It is true that healt...*

**The Important of Health**

　　All the people want to stay in good health. Health is better than wealth. It is true that health is the first step to success. Imagine this, if you’re sick, all you can do is to stay in bed and do nothing at all, how can you chase after your dreams?But if you’re in good health, you can overcome the adversities you ever encounter and make your dreams come true. Since health is so important for everybody, how can we maintain and enhance our health? There are some useful suggestions:

　　First of all, we should lead to a regular life. Early to bed and early to rise makes a healthy man. Do not stay up late. Some people love to play cell phones games or reading electronic-books before sleep, this can be bad for the health. We should remember to turn off the phones before sleep. Second, don’t be too particular about food. Try to eat more fruit and vegetables and less sugars and soft drinks. If you want to eat a bar of chocolate, eat an apple instead. If you want to drink milk tea or coffee, drink water instead. Don’t eat too much meat in one week. Last but not least, we should do exercise everyday. There are many exercises for us to choose. Such as, swimming, jogging, square dancing, playing badminton and so on. Doing exercise can increase the circulation of blood and enhance our immune system. The one who in better immune system, the less disease he will have.

　　In conclusion, if we pay close attention to our health, we can avoid getting sick. Try to sleep earlier, eat more fruit and vegetable, drink more water, and do exercise everyday. You will realize that it’s not that hard to stay in good health.

　　>【参考译文】

　　>健康的重要性

　　所有的人都希望保持身体健康。健康比财富更为珍贵。因为健康是迈向成功的第一步。不妨想象一下：如果你生病了，你能做的就是整日无所事事的躺在床上，你如何能够去追逐你的梦想呢?如果你有个健康的身体，你就可以克服所遇到的一切困难，实现自己的梦想。既然健康对每个人都非常重要，我们该如果保持身体健康并变得更好呢?这里有一些有用的建议给大家：

　　首先，我们的作息要规律。早睡早起身体好，不要熬夜。一些人喜欢在睡觉之前玩手机游戏或是看电子书，这对健康很不利。在睡觉之前，应该把手机关机。其次，不要太挑食。试着去吃更多的水果和蔬菜，少吃糖果和软饮料。如果你想吃一块巧克力，那就吃个苹果代替吧。如果你想喝奶茶，那就喝白开水。一个星期别吃太多肉。最重要的一点是，每天都应该做运动。有很多种运动供我们选择，比如说游泳，慢跑，跳广场舞，打羽毛球等等。做运动可以增加血液循环，提高免疫力。一个人的免疫力越好，他就越少生病。

　　总的来说，如果我们重视自己的健康，我们就能避免生病。试着早点睡觉，多吃蔬菜水果，多喝水，每天都运动。你会发现，要保持身体健康也不是什么难事。

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