# 保持健康的英语作文高一[5篇范例]

来源：网络 作者：尘埃落定 更新时间：2024-06-15

*第一篇：保持健康的英语作文高一健康是重要得多的财富和智慧。良好的健康状况使我们能够享受我们的生命，实现我们为我们的事业的希望。下面给大家分享一些保持健康的英语作文高一，希望对大家有帮助。保持健康的英语作文高一1Here are some ...*

**第一篇：保持健康的英语作文高一**

健康是重要得多的财富和智慧。良好的健康状况使我们能够享受我们的生命，实现我们为我们的事业的希望。下面给大家分享一些保持健康的英语作文高一，希望对大家有帮助。

保持健康的英语作文高一1

Here are some suggestions to keep healthy.Firstly, we should keep a goodmood.Keeping a good mood can make us healthy and wealthy.Secondly, we shouldhave enough sleep every day.Don\'t stay up late at night and get up early in themorning.Thirdly, we should develop a good eating habit, namely eating morefresh fruits and green vegetables, less meat and no junk food.Besides, makesure that eat at regular intervals.In addition, we should change our clothes asthe season goes.What’s more, when we are at home, we should open the windows tokeep the air clean.Last but not least, do the exercise every day to strengthenour health.Do please pay attention to these points, keeping a healthy body.保持健康的英语作文高一2

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’resick, all you can do is to stay in bed and do nothing at all, how can you chaseafter your dreams?But if you’re in good health, you can overcome the adversitiesyou ever encounter and make your dreams come true.Since health is so importantfor everybody, how can we maintain and enhance our health? There are some usefulsuggestions:

First of all, we should lead to a regular life.Early to bed and early torise makes a healthy man.Do not stay up late.Some people love to play cellphones games or reading electronic-books before sleep, this can be bad for thehealth.We should remember to turn off the phones before sleep.Second, don’t betoo particular about food.Try to eat more fruit and vegetables and less sugarsand soft drinks.If you want to eat a bar of chocolate, eat an apple instead.Ifyou want to drink milk tea or coffee, drink water instead.Don’t eat too muchmeat in one week.Last but not least, we should do exercise everyday.There aremany exercises for us to choose.Such as, swimming, jogging, square dancing,playing badminton and so on.Doing exercise can increase the circulation ofblood and enhance our immune system.The one who in better immune system, theless disease he will have.In conclusion, if we pay close attention to our health, we can avoidgetting sick.Try to sleep earlier, eat more fruit and vegetable, drink morewater, and do exercise everyday.You will realize that it’s not that hard tostay in good health.保持健康的英语作文高一3

Here are my advices about how to keep healthy.Firstly, build normal daily routine and eat regularly.You should go to bedand get up early.Make sure you can have a good rest.Pay attention to yourdiets.Don’t eat too much meat and sugar.Eat more vegetables.Secondly, have agood mood towards life.A good mood will bring you a healthy body, too.Last, dosome exercises.Exercises help you build a strong and healthy body.保持健康的英语作文高一4

As we all know, healthy is very important to everybody.But do you reallyknow how to stay healthy? Here are some useful tips.First, we should doexercise 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 eatingjunk food and drinking beers.Last but not least, we should go to bed early andwake up early.We should have enough sleep, or we will get sleepy in the daytime.If we pay more attention to the tips above, we will have healthier body.Iwish everybody has a strong and healthy body.保持健康的英语作文高一5

Nowadays more and more people are concerned about their health.But how tokeephealthy? Different people may give different answers to this question.In myopinion, it is essential to do the following.First, it is absolutely necessaryto take some exercise every day.Research shows that getting plenty of exercisemake the heart beat faster and the lungs work harder.This strengthens theheart, reduces the chance of heart attack, and helps lower blood pressure.That\'s why more and more people are becoming active in various kinds of sportsand exercises.Every morning many people get up early and take much exercise.Some practice shadowboxing and swordplay while others run, jog, walk or dance tomusic.In the afternoon,there are also many people keen on sports.Some playbasketball or volleyball or table tennis, others go in for gymnastics or trackevents.Through sports and exercise, people become healthier and stronger.Medical researchers have proved that what people eat affects their health.Theyadvise people to eat more fruit and vegetables and less meat such as beef andpork because meat contains more fat than poultry and fish.Fat can build up inthe arteries, block the flow of blood, and cause a heart attack or stroke.Getting rid of bad habits like smoking and drinking alcohol is also an importantway to keep healthy.Smoking and drinking alcohol injure one\'s health a greatdeal, and therefore should be given up.Unfortunately few people follow thisadvice.If people follow these three ways of keeping fit, they greatly improvetheir health.保持健康的英语作文高一

**第二篇：英语-保持健康**

Hello, everyone.Today the topic I want to talk about is to maintain a healthy and how to do when we have a sick.First and foremost, let’s pay close attention to maintain a healthy.There are many ways to keep healthy.For us, the most common is running.Indeed it is very curative if remain committed to it.But do you know what time is the best time? Studies have shown that the most respected two time periods are 9 am to 10 am and 4 pm to 6 pm.Apart from running, swimming is also a good choice.Do we still remember a person? In the 2024 Olympic Game in Beijing he got eight gold medals.He’s not only crawl、butterfly, but also medley.Yes, it’s Phelps.A flying fish comes from USA.What’s more, play also contributes to good healthy, especially for boys.They are often small groups to play in their spare time.There are some balls, do you know their names? First is football, second is basketball, third is rugby, fourth is tennis, fifth is volleyball, and the last one is baseball.Of course, some girls may choose Yoga.It not just maintains a healthy, but keeps fit.In particular everyone is pursuing the era of slim.The way some people to lose weight is diet, but it’s hazardous to healthy and rebound in short period of time.Secondly, let’s have another look at.It’s about how to do when we have a sick.Would we like the lady of the picture to accept a variety of inspection?

Of course, if we have cancer, there is no way expect going to the hospital.Furthermore, non-stop talking is god bless me in our mouth.Do you know what means the picture represents? Yes, it’s headache.When weonly have some headache or cold, do we need go to the hospital immediately? The answer for me is no.Just as the self-purification function of the rivers, our bodies have the immune function.When these diseases attack, it will make automatic adjustment.And some antibodies stay in our bodies, they will resist these diseases right mow.But if they sustain a long time, we should consider going to hospital.Sometime we also contract a number of Allergic diseases.Faced them, doctors fell hard to deal with when they don not Allergens.Then we must have eyes to the regular things around us, it could be anything.Well, the disease is not only coming from the body, sometime from the mental.We may encounter a variety of pressures in life, such as studying pressure、working pressure of the picture and so on.They are more terrible than the physical illness.If that, we also have the right approach to treat with, it is indispensable to see a psychiatrist.In summery, depending on the circumstances we have to make a different decision.Such as reasonable diet、attention to rest and maintain a good mood.Do you have other ways?

**第三篇：关于健康的英语作文,如何保持健康**

condition of your body most clearly, and he will give you the most valuable advice to keep fit.You should always try to make yourself happy.If you feel happy, you can eat well, sleep well, and your body is sure to be in an excellent condition.Health is the most valuable possession a person expects in his life.Try every means to keep fit is my advice to the people who want to live a happy life in this beautiful world.

**第四篇：2024年成人高考《专升本英语》作文保持健康**

小文档网文秘助手(www.feisuxs)之2024年成人高考《专升本英语》作文范文：保持健康

2024成人高考《专升本英语》作文范文：保持健康 how should people keep health

do you want a strong body?let me tell you how to do.you should eat lots of fruit and vegetables,and drink lots of boiled water.you should do exercise.you should sleep at least eight in the evening,too.but you shouldn’t drink coffee or tea before sleep,you shouldn’t eat too many candies.you shouln’t work or study too hart.the way can keep your health.many students do not have breakfast before they go to school.it’s a quite bad habit and it’s bad for your health.maybe you don’t have time to have breakfast but you couldn’t learn well in your classes if you don’t eat any thing.keeping in a good health which can help you study well is very important.

**第五篇：如何保持健康**

1、如何保持健康，写70个词左右：How to keep healthy

a)Nowadays students’physical fitness is declining year by year.I think there are some seasons.Students have too much homework to do,so they have little time to have sports.Some students eat too much junk food.That’s also bad for their health.Then ,how to keep healthy?Here is some useful advice.First,students should do more exercise,Second,students should eat a balanced diet.They should eat more vegetables and fruits,and try to eat less junk food.Finally ,enough sleep is also very important.b)It’s important for everyone to keep healthy.As for myself,how do I keep healthy?First,I take exercise every day.I like many kinds of sports such as running,swimming,playing basketball,etc.Second,I eat a balanced diet,I have a good eating habit.I like vegetables and fruit very much,and I seldom eat junk food.Third,I sleep for at least eight hours every night.I think the best way of relaxing is sleeping.2、a)假如你是王凯，你参加了学校上周“环保俱乐部？（Environment Saving Club）组织的志愿者活动。内容包括：张贴海报、分发广告、打扫街道、打扫公园等。请你给你的笔友Mike写一封电子邮件，介绍本次活动及谈谈对志愿者工作的看法，80个词左右。

Dear Mike,I am a volunteer in Evironment Saving Club of my school.Last Saturday ,I did some volunteer work with other volunteers.Some of us put up some posters.Some handed out advertisements.Others swept the streets.We also helped clean up the city parks.When we finished all the work,we were very tired but felt very happy.I think it’s great to be a volunteer.What do you think of volunteering?Please write back soon.Yours,Wang Kai

b)假设你是学校英语报的小记者，请你根据以下提示，写篇英语短文，报道上周你校举行的志愿者

活动。

上周六参观希望小学，召开联谊会、帮忙打扫卫生、听校长讲一些贫困生的故事

上周日在学校操场举行募捐活动

要求：内容须包括以上所有信息，不要逐句翻译。不少于80词

Last Saturday we visited a hope school.It was a great way to know some other children’s life.We had a party with the students there.We also helped them clean up their classrooms.The head teacher told us some stories about some hard-working students who from very poor families.And in order to raise money for them,we held a big sale on our school payground the next day.We raised lots of money.I think being a volunteer is really great and I’d like to help more people.3、a)假设你班要举行一次有关“该不该做家务”的讨论会，写一篇短文，阐述自己的观点。词数80。

提示：Do you often do chores?What chores do you often do ?What do you think about doing chores? Good afternoon,everyone!Now let me say something about myself.I’m a girl from the countryside.I usually do chores at home.I often sweep the floor,do some washing and clean the room.On weekends,I often help my mother cook dinner.I think we should help our parents do chores.It can make us know how hard our parents are working and understand them better,we can learn a lot from hard work,too.Thank you for listening!b)请根据以下内容写一篇英语短文介绍一下李婷做家务的情况，80词。

喜欢做的事情：整理床铺、洗衣服、叠衣服、购物

不喜欢做的事情：洗碗、倒垃圾、扫地

Li Ting is a thirteen-year-old girl.She often helps her parents do the chores at home.She always makes her bed after she gets up.On the weekend,she washes clothes.She likes washing and folding the clothes.She likes to go shopping,too.So she often goes shopping with her mother.But Li Ting hates to do the dishes and take out the rebbish.She doesn’t like weeeping the floor,either.Her brother usually does these things.

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