# 有关健康的英语作文带翻译

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*how to keep healthy　　What is the most important thing in the world? I think it is health.　　You can take away our money h...*

**how to keep healthy**

　　What is the most important thing in the world? I think it is health.

　　You can take away our money house car or even our clothes and we can survive. But if our health was taken away we would surely die. That is why we always try to eat in a healthy way and exercise regularly.

　　In order to eat healthily I usually avoid eating food high in fat like French fries or cookies. I also eat little meat. I eat a lot of vegetables and fresh fruit which are full of vitamins.

　　Taking exercise every day helps us build a strong body. Regular exercise is an important part of keeping me healthy.

　　What\'s more I think friends are an important part of one\'s health. Many studies show that people with a wide range of social contacts get sick less than those who don\'t. I always feel better when I am with friends than when I am alone. When I am with my friends I always laugh. Laughing is also an important part of health. I like to laugh with my friends.

　　By eating properly and exercising regularly I can keep my body at a proper weight and keep healthy. By spending time with my friends I can keep my mind as well as my body happy. These things sound easy to do but not many people can manage them. I think a strong will is necessary if we want to keep healthy.

　　>【参考译文】

　　世界上最重要的事情是什么?我认为这是健康。

　　你可以拿走我们的钱、房子、汽车甚至我们的衣服我们可以生存。但是如果我们的健康被带走了我们肯定会死。这就是为什么我们总是尽量吃健康的方式定期锻炼。

　　为了吃得健康我通常避免吃高脂肪的食物比如炸薯条或甜点。我也很少吃肉。我吃很多的蔬菜和富含维他命的新鲜水果。

　　每天做运动有助于我们建立一个强壮的身体。有规律的运动是我们保持身体健康的一个重要组成部分。

　　更重要的是我认为朋友是一个人的健康的重要组成部分。许多研究表明人们广泛的社会联系生病比那些不。我总是感觉更好当我与朋友比当我独自一人。当我和我的朋友我总是笑。笑也是健康的重要组成部分。我喜欢和我的朋友笑了起来。

　　通过合理的饮食和规律性的运动我可以保持我的身体在一个适当的体重和保持健康。通过花时间与我的朋友我可以让我的心灵以及身体开心。这些东西听起来容易做但没有多少人可以管理他们。我认为坚强的意志是必要的如果我们想要保持健康。

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