

中心：_____

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1101108 高中職生 中翻英短文翻譯 題目

如果我們的身體不強壯，我們做事就會顯得遲鈍。同時，我們也缺少足夠的精力來讀書。但為什麼我們的身體會不強壯呢？因為我們缺乏運動。基於此理由，我們必須時常做不同種類的運動。運動使我們變得強壯並避免疾病。它也幫助我們發展人際關係，因為大多數的運動都是團體的。

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If our bodies are not strong, we will be blunt to do things. At the same time, we also lack enough energy to study. But why are our bodies not strong? Because we lack exercise. For this reason, we must often take different kinds of exercises. Exercise makes us strong and keeps diseases away. It also helps us develop relationships for most sports are played by team.