

中心：_____

姓名：_____

1100719 高中職生 英翻中短文翻譯 題目

If you want to keep healthy and strong, please follow these tips.

1. Don't stay up late too often. It harms your health a lot and you may not sleep well if you go to bed too late.
2. Before you play sports, do some warm-ups, or you will get hurt easily on your knees, legs, or arms.
3. Don't spend over thirty to forty minutes sitting at the desk or in front of the computer. That will make your eyes tired easily and get near-sighted easily.
4. If your body tries to tell you something about your health, go to the doctor for help.

Remember the fact: nothing is more important than health!