

中心：\_\_\_\_\_

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### 1090504 高中職生 英翻中短文翻譯 解答

A strong, healthy body can do an amazing job of resisting disease. There are many things you can do to keep your body healthy. Eating proper foods is one of the effective ways. A balanced diet gives the body the nutrients it needs to function properly.

Getting plenty of sleep is another good way. A tired, run-down body does not function efficiently and is like a car that needs a tune-up. Sleep refreshes the body and restores the energy necessary to fight disease.

Exercise is also important in reducing stress and keeping the body healthy. Regular, moderate exercise, such as running, dancing, swimming, biking or playing a sport, will relieve muscle tension, keep the muscles firm, and make the heart and blood vessels healthy. Exercise, like sleep, makes the body function more efficiently. People who exercise regularly can even strengthen their hearts.

一個強壯、健康的身體可以完善地抵抗疾病。你可以做很多事情來保持你的身體健康。吃適當食物是其中一個有效方法。均衡飲食提供身體正常運作所需的營養。

充足的睡眠是另一個好方法。一個疲憊、過度勞累的身體不能有效運作，就

像一輛車需要調整。睡眠使身體恢復活力，恢復對抗疾病所需的能量。

運動對減輕壓力和保持身體健康也很重要。規律、適度運動，像是跑步、跳

舞、游泳、騎單車或做運動，可以緩解肌肉緊張，保持肌肉結實，使心臟和

血管健康。運動，就像睡眠一樣，使身體更有效運作。規律運動的人甚至可

以強健他們的心臟。