

## 2017/03/11 托福寫作真題範文

- Do you agree or disagree with the following statement:
- It is better to relax by watching a movie or reading a book than by physical exercise?
- 你同不同意下面這句話？
- 看電影或讀書的放鬆效果比運動更好。

### 解題思路

1. 運動讓我們減輕身體壓力。
2. 運動讓我們釋放心理壓力。
3. (讓步)看電影最輕鬆愉快。(反駁)運動的放鬆功效持續更久。

### 高分範文

As the proverb goes, "all work and no play makes Jack a dull boy." People need some relaxation after a long hard day. To relax themselves, some prefer watching a movie or reading a book while others prefer physical exercise. For me, both options have their merits, but physical activities will be the better antidote to the problems associated with modern life.

俗話說，「只工作不玩耍，聰明孩子也變傻。」在漫長辛苦的一天後，人需要一些休息。為了放鬆，有些人偏好看電影或讀書，而另一些人偏好做運動。對我來說，兩種選項都各有優點，但針對靜態生活型態相關的問題，運動會是比较好的解方。

The reasons are quite simple. First, physical exercise helps relieve physical stress. Our sedentary lifestyle often results in problems such as back pain, slow metabolism, and obesity. Only when we are engaged in physical activities can we stimulate our blood circulation and metabolic rate, which facilitates the relaxation of our body. In fact, by simply stretching our muscle and changing our posture, we will find our body feeling less rigid and lethargic. For instance, yoga becomes popular nowadays because it improves the neck and back problems of office workers. Hence, in order to relax my body, I will choose to do some exercise.

我的理由很簡單。首先，運動有助釋放身體壓力。我們靜態的生活型態常常導致一些問題，像是背痛，新陳代謝緩慢，以及肥胖。只有在我們做動態活動的時候，我們才能刺激血液循環與代謝率，這些都有助我們身體放鬆。事實上，藉由簡單的伸展肌肉跟改變姿勢，我們會發現身體感覺比較不僵硬與無力。舉例來說，瑜珈現在變流行就是因為它能改善辦公室員工的肩頸與背部疼痛問題。因此，為了舒展身體，我將選擇做點運動。

Second, through exercising, we will also be able to release our psychological stress. When we situate ourselves in an environment different from the office, we can temporarily forget our duties, freeing our minds from work-related challenges and difficulties. In contrast, if we choose to read a book, sitting at a desk, the surrounding computer, stationery, and papers sometimes give us a feeling that we are still working. What's worse, some workaholics may find it impossible to stay focused on their reading and fail to resist the temptation to check their mailboxes. Therefore, doing exercise enables us to leave paperwork aside as words and papers are the main sources of our stress.

其次，藉由運動，我們也可以釋放心理壓力。當我們把自己放在一個與辦公室不同的環境時，我們可以暫時忘記我們的責任，解放我們的心智，不去想工作相關的挑戰與困難。相對地，如果我們選擇讀一本書，坐在桌前，周遭的電腦、文具、文件有時候會給我們一種我們好像還在工作的感覺。更糟的是，有些工作狂可能會發現自己無法專注在自己的閱讀上，無法抗拒檢查電子信箱的誘惑。因此，做運動能讓我們把文書放一旁，因為文書是我們最主要的壓力來源。

Third, common sense tells us that watching a movie is the most effortless and entertaining way of relaxation. Watching a moving surely offers us room of imagination where are oblivious of our worries and pressure. Nevertheless, no matter how relaxing the experience is, its

effect last only a couple of hours. On the contrary, numerous studies have shown that doing sports can boost serotonin, which is a natural mood regulator that makes you feel emotionally stable, less anxious, more tranquil and even more energetic for a whole day. Thus, even if I do not watch a movie, I can still relax myself, but the benefits of doing exercise to our physical and emotional well-being cannot be replaced by any other means.

第三，常識告訴我們，看電影是做輕鬆最娛樂的放鬆方式。看電影當然給我們想像空間，在這個空間裡，我們忘卻煩惱與壓力。然而，無論這樣的經驗有多放鬆，它的效果只能維持幾小時。相反地，許多研究顯示，做運動能刺激血清素分泌，血清素是自然的情緒調節物，讓你一整天都情緒穩定、不焦慮、更平靜，甚至更有活力。因此，就算我不看電影，我還是可以讓自己放鬆，但做運動對身心健康的好處，是不能被其他方式取代的。

Reading a book or watching a movie is of course relaxing. However, after considering the advantages and characteristics of both options, I believe doing exercise has a unique and significant function in helping me relax.

讀書或看電影當然讓人放鬆。然而，在考慮兩個選項的優點與特性後，我相信做運動有獨特與重要的功能，在幫助我放鬆上。