**独立写作题目**：Do you agree or disagree with the following statement? Physical exercises are much more important to elderly people than young people.

**Agree**:

（1）【耐久】提高免疫抗老化更长寿

抗老化： Anti-aging 长寿：Longevity

（2）【交流】运动社交预防老年痴呆

老年痴呆症：Alzheimer's disease

（3）【经济】老龄社会催生新兴市场

**Disagree**:

（1）【健康】白领亚健康也需要锻炼

亚健康：Subhealth 高血压：Hypertension 肥胖症：Obesity

抑郁症：Depression

（2）【效率】运动过后提高工作效率

多巴胺：Dopamine

1. 【成就】肩负提高生产力的重任

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| 【让步】论述结构演示 | |
| 篇首 | Disagree：尽管老年健身重要，但年轻人更重要 |
| 1 让步 | 尽管：【耐久】提高免疫抗老化更长寿 |
| 2 论述 | 但是：【健康】白领亚健康也需要锻炼 |
| 3 论述 | 并且：【效率】运动过后提高工作效率 |
| 结尾 | 总结：尽管老年人【耐久】，但年轻人【健康】和【效率】 |
| 【折中】论述结构演示 | |
| 篇首 | Disagree：锻炼对老年人，年轻人都很重要 |
| 1  A面 | 老年人：【交流】运动社交预防老年痴呆 |
| 2  B面 | 年轻人：【健康】白领亚健康也需要锻炼 |
| 结尾 | 总结：锻炼对任何年龄段都有好处 |

**范文立场选择：**Disagree

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| **Opening (60-100 Words)** | |
| **Intro** | People who are **more likely to take part in** physical exercise have been less **likely to suffer from** chronic illness. In particular, the elderly **experience a higher prevalence of** diseases like diabetes and hypertension **resulting from the decline in** immunity, thus someone claims that doing physical activity **has been more beneficial for elders than youngsters.** |
| **Thesis** | However, I believe that both young and old people **are in desperate need of** sound health, especially for those who **have long been engaged in** high-intensity work. |

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| **Body (120-150 Words)** | |
| **Topic** | Moreover, young sedentary office workers who **have experienced substantial stress** need physical activities to prevent chronic ailments. |
| **State** | **There is no way around the fact that** young people should **attach attention to** health and enjoy more benefits from participating in aerobic activities because the employment pressure for the young **has been increasingly intense.** |
| **e.g.** | **The occasions of** pressure on young people are **too numerous to enumerate**. Living in China’s first-tier cities, white-collar workers have to **work overtime and stay up late** in order to retain the job, which may **cause chronic syndromes** like insomnia, amnesia, and even depression. Accordingly, although young workers have been forced to **withstand long spells of pressure**, it is worthwhile for vulnerable ones to participate in fitness activities like jogging and yoga to **avoid health threats stemming from overstrain.** |
| **Close** | Therefore, young people **suffering from consistent psychological disorders** can benefit more from physical exercise than the old. |