

2021 年 英语二大作文 (某市居民锻炼方式调查)



As is clearly indicated in the chart, the residents in a certain city do exercise in quite different ways. According to the given statistics, 54.3% and 47.7% of them choose to do sports by themselves or with their friends. In contrast, the proportions of being with family and participating in team activity account for only 23.9% and 15.8% respectively, ranking the third and fourth place.

Then, what might be the reason for such a phenomenon? From my perspective, at least two significant factors should never be ignored. First and foremost, with the rapid development of our society and economy, people are under more pressure than before. Therefore, it is not surprising that they will choose to do exercise by themselves or with their friends because this is a good opportunity to relax themselves. Second, by doing so, they will have more time to think about how to improve their overall abilities and interpersonal relationships.

Personally, I believe what the chart indicates will remain unchanged in the next several years. However, it is our government's responsibility to encourage more people to do exercise with their families. Meanwhile, companies should provide more interesting team activities to make them more attractive. I sincerely hope that every individual could reap huge benefits from doing exercise. (213 words)

如图所示，某市居民锻炼的方式各不相同。根据所给的数据，他们中的 54.3%和 47.7%选择自己或和朋友们一起锻炼。相比之下，跟家人一起锻炼或者是参加团体活动的比例分别只占了 23.9%和 15.8%，排在第三位和第四位。

那么，可能会是什么原因造成了这样的一种现象？我认为，至少有两个重要的因素不应该被忽视。首先，随着社会和经济的快速发展，人们相比以前承受了更大的压力。因此，毫不奇怪，他们会选择自己或是跟朋友们去锻炼身体，因为这样可以有效地放松自己。其次，通过这样做，他们有更多的时间去思考如何提高自己的综合能力或改善自己的人际关系。

我个人认为，图中所反映的情况在未来几年还会持续。然而，我们的政府有责任去鼓励更多的人陪家人一起锻炼。同时，企业也应该提供更多有趣的团体活动来吸引大家。我衷心希望每个人都能从锻炼身体中收获好处。