First of all, building a physical exercise room enables students become healthier. Building a gym in the dormitory is convenient for students to do some exercise. Thus, it will encourage more students to enjoy the physical exercise. Students always bear a large amount of schoolwork, so the majority of students need to sit on the chair for 8 hours per day. Doing exercise can allow them to reduce fatigue and keep healthy. For example, my major is computer science and I need to sit in front of the computer for a long time. It is very harmful to my back. Therefore, I go to the gym every night and do some exercises which help me to alleviate the back pain.