

1

Science and engineering college\ big school\ large library all kinds of books
Lab\ microscope\ robots

Plan Study hard \be a postgraduate \receive higher education

2

Do you really need a job
Consider how much time you are able to put in
Use time productively
Don't miss class
Use the summer vacation
Spare some time for your recreation
Know when to stop

3

Definitely peer pressure is harmful.
It keeps one from doing the right thing, because the right thing is often not the most popular.
It keeps one from becoming an individual with views and opinions that differ from society, thus killing diversity and individuality. To conform the only choice for so many too weak to stand alone.
when a boy in a team of friends the some friends may be smoking the other one imitate it because of peer pressure only. Just think about it for a second this for the team that stands for not harmful
It's very bad. It diminishes that prominent choice the person may have wanted to take. It allows others to practically control the decisions of a person. You don't really press people to do good things and usually peer pressure gives off a negative connotation. You can encourage or prefer someone to make a good decision but peer pressure is used to hopefully control the decisions one person makes.

4

the friendly people, the clean atmosphere, the closeness to nature and the gentle pace of living
As a famous tourist city, traffic has become quite convenient.
If I feel lonely I can chat with tourists come from all over the world.
Small bridge, flowing river, household
Earn a living
Find a job worth working for a life
Cost of living
House
Match my lifestyle
Type of people
Next generation

5

I choose to live in my hometown weihai. For me, a seaside city is better than an inland city. Weihai has good climate and high air quality. I think it's easy to

earn a living in this city because there is little competition. The house price is also affordable. Personally, I like the lifestyle in Weihai, for example getting up with the sun rising above sea, go to bed as early as 9PM. Weihai is a developing city, so weihai enjoys both the tranquility that a big city lacks and technology a countryside lacks. What's more, as I grew up in weihai my lifestyle is suited to weihai. I think I can live there comfortably.

6

I want to have bigger muscles, but I don't want to spend much time on it. Can these equipment satisfy my need? What equipment should I use? Can you teach me hand by hand? How often should I exercise in the gym? I feel very tired after try these equipments, how long should I exercise every time.

7

80 years old

Tai chi Qigong Five-Animal Exercises

It's believed that kongfu makes people live longer, this is the main reason old people like Taichi. When people practice Taichi they always stand on their two foot. This means there is little possibility for old people to fall.

Stroll Jogging

They are good for Heart and blood vessel. As a result the possibility of getting heart disease falls. Jogging also makes old people looks more energetic. 30 minutes is enough

Chinese chess

Square dance

6

Many of our clubs are open 24 hours a day. We work to fit your schedule, not the other way around.

CLEAN, SPACIOUS FACILITIES

From front lobby and fitness machines to locker rooms and showers, a clean club is one of our top priorities.

FREE FITNESS TRAINING

Whether you're looking for a customized exercise plan or need help using the equipment, our certified trainers are ready to help you.

JUDGEMENT FREE ZONE®

We seek to provide a comfortable, safe and energetic environment where everyone feels accepted and respected.

TONS OF EQUIPMENT

A variety of high-quality, brand-name cardio and strength equipment is available at all of our PF locations.

FRIENDLY STAFF

They're ready to give you a warm welcome and eager to help you however they can. Any time you need assistance or have a question, our club staff is at your service!

I recommend these gym bicycles for ladies who want to loose weight, first of all you should make sure the stop button works well, although we keep checking these equipments, you should check it before any exercise for your own safety. After you've done that you should adjust and sit on the seat. The next thing to do is choose a resistance that is suitable for you. Oh, don't hesitate to ask for help if you don't know which level to choose. Be careful not to touch the wheel while it rotating.

For young man I recommend strength equipments. The first thing you should do is read the warning signs on the equipments. After you've done that adjust the cushion and weight. Be sure to do warm-up exercises before you start.