As is symbolically illustrated in the cartoons, a doctor, wearing a white gown and a stethoscope, is holding a medical record and speaking to his patient in a hospital ward.

Apparently, the intended meaning of the drawing is that people are doing less and less exercise now, which is not good news for their health.

there are numerous ways of keeping fit. First and foremost, it is most effective to do physical exercise. People variously choose jogging, playing basketball, swimming, skating, climbing or riding as their regular exercise. Because all these exercise never failed to make us stronger and more energetic. Moreover, we should put great emphasize on forming good habits. A balance diet and sufficient sleep are both indispensable to physical fitness. What is more, mental health should also be taken seriously. Especially in adversity, we need to maintain a optimistic mentality to pull through life’s pain and sorrows, twists and turns.

As far as I am concerned, I have peculiar interest in yoga as a form of exercise. An hour’s exercise every day usually makes me feel healthier and vigorous. Besides, I never touch cigarettes or wine, nor do I stay up (熬夜)late. Instead, I keep a balanced diet and go to bed before 11 o’clock, because I believe burning the midnight oil is harmful to health. More importantly, an optimistic attitude toward life makes me confident and persistent. To sum up, all these practices guarantee a healthy body and a happy life.

As is symbolically illustrated in the cartoons, a doctor, wearing a white gown and a stethoscope, is holding a medical records and speaking to his patient. Apparently, the intended meaning of the drawing is that people are doing less and less exercise now, which is not good news for health.

There are numerous ways to keep fit. First and foremost, the most effective is to do exercise. People variously choose jogging, playing basketball, swimming, skating, climbing or riding as their regular exercises, because these exercise never failed to make us more strong and energetic. Moreover, we should put more emphasize on forming good habits. A balanced diet and sufficient sleep are both indispensable to physical fitness. What is more, mental health should also be taken seriously. Especially in adversity, we need to maintain an optimistic mentality to pull through the life’s pain and sorrows, twists and turns.

As far as I am concerned, I have peculiar interest in yoga as a form of exercise, an hour’s exercise everyday usually makes me feel heathier and more vigorous. Besides, I never touch cigarettes or wine, nor do I stay up late, instead, I maintain a balanced diet and go to sleep before 11’clock at night. Because I believe burning the midnight oil is harmful to the healthy. More importantly, an optimistic attitude toward the life makes me confident and persistent. To sum up, all these practices guarantee a healthy body and a happy life.