

physical exercise

What kinds of physical exercise/sport do you like?

Do you think children should do sport regularly?

What was your favorite sport when you were young?

What kinds of sport are popular in China?

work out 健身

dig=like

ride the exercise bike 骑健身车

hit the gym 去健身房

lift weights 举重，做力量训练

ride, rode

work up a sweat 出一身汗

leave, left

regularly=on a regular basis 经常，有规律地

there's no doubt that ... 毫无疑问...

play a vital role in ... 在...中扮演重要角色

in so many ways 在很多方面

allow sb to do sth 使某人能够...

lead a healthy/sedentary life 过一个健康的生活/过一个久坐的生活

in turn 相应地，转而

participate in ... 参加...

cooperate with ... 和...合作

when I was growing up=when I was a child

on a daily basis 每天

opportunity 机会

my folks 我的家人

bond 促进感情（不要加 relationship）

popular=well-liked

be jam-packed 超级拥挤的

lane 泳道

dozens of people 几十人

更多话题词汇：

lose weight=shed pounds 减肥

put on weight 增肥

get in shape 使自己身材变好

stay in shape 保持体型

keep fit 保持健康

treadmill 跑步机

be physically active 经常运动的

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burn calories 燃烧脂肪

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