

**Describe an activity you like to do when you are alone in your free time**

**you should say:**

**what the activity is**

**how often you do it**

**who you like to do it with**

**and explain why you like to do this activity**

**what:** running/jogging, exer+unw, not only me, many, increasing, health-conscious, neighborhood

**how often:** try 1, healthy+active, X sedentary; plate, no choice, 3/4

**who:** ??? alone??? weird ... treadmill, radio, no point

**why:** beneficial, fit+shape; reduce stress

leisure activity 休闲活动

form of exercise 健身形式

unwind 放松

on a daily basis=every single day 每天

an increasing number of people 越来越多的人

on a regular basis 定期、经常

tend to 通常、往往

health-conscious 注意健康的

go out for a walk 出去遛弯

around my neighborhood 在我家周围

live a ... lifestyle 过一种...样的生活

sedentary 经常坐着的、久坐的

if I did ..., it would ... 虚拟语气

take its toll on my health 对我的健康造成不良影响

have a lot on my plate 很忙碌

have no choice but to ... 不得不...

a lot more often than ... 比...频繁多了

weird 奇怪的

alone=on my own 独自一人

I forgot to mention that ... 我刚才忘记说了...

treadmill 跑步机

there's no point in ... ...没有任何意义

be beneficial to my health 对我的健康有益

keep fit 保持健康

stay in shape 保持体型

reduce stress 减压