

《四级英语作文题目及范文：健康生活方式的重要性》

Directions: In this task, you are to write an essay on the importance of developing a health lifestyle among college students. You will have 30 minutes for the task. You should write at least 120 words but no more than 180 words.

范文：

Developing a healthy lifestyle is crucial for college students. With demanding academic schedules, it's easy to neglect our physical and mental well-being. However, prioritizing health can lead to numerous benefits.

Firstly, maintaining good physical health enhances overall productivity. Regular exercise improves blood circulation and boosts energy levels, enabling students to concentrate better and perform well in their studies.

Secondly, a healthy lifestyle nurtures mental well-being. Engaging in activities like yoga or meditation helps reduce stress and anxiety, promoting mental clarity and emotional stability. This, in turn, enhances focus and retention of information.

Additionally, adopting a nutritious diet is essential for optimal brain function. Consuming balanced meals with fruits, vegetables, and whole grains provides essential nutrients that support cognitive abilities and memory.

In conclusion, developing a healthy lifestyle is vital for college students. It not only improves physical fitness but also enhances mental well-being, cognitive abilities, and disease prevention. Therefore, students should prioritize their health to excel academically and enjoy a fulfilling college experience.

译文：

养成健康的生活方式对大学生至关重要。面对紧张的学业安排，我们很容易忽视自身的身心健康。然而，将健康置于首位可带来众多好处。

首先，保持良好的身体健康能提高整体的工作效率。定期锻炼可以改善血液循环，增加能量水平，使学生更好地集中注意力，表现出色。

其次，健康的生活方式培养了心理健康。参与瑜伽或冥想等活动有助于减轻压力和焦虑，促进心理清晰和情绪稳定。这进而提高了专注力和信息记忆能力。

此外，采用营养均衡的饮食对大脑功能至关重要。摄入含有水果、蔬菜和全谷物的均

衡餐能提供支持认知能力和记忆力所需的重要营养物质。

总之，养成健康的生活方式对大学生至关重要。它不仅改善了身体健康，还增强了心理健康、认知能力和疾病预防能力。因此，学生应优先考虑自身的健康，以在学业上取得卓越成绩并享受充实的大学生活。

