

IELTS SPEAKING

Domino High Score Course

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环球英语网校网络课堂 www.eng24.com

Healthy lifestyle

What do you think is the healthiest lifestyle?

Off the top of my head, it is to set an ordered biological clock. Say, get up before seven AM and go to bed before ten PM.

Besides, a person should be a regular gym goer. Three or four times a week sounds perfect. A lot of scientists found out that working out regularly enables people to secrete happiness factors, which sounds inconceivable, but it is proved true.

Additionally, it is to have a healthy and balanced diet. Have more fruit and vegetables which are rich in vitamins, high in nutrition yet low in calories.

Gyms

Are there a lot of gyms in your community?
What are the benefits of gyms?

Yep, there are quite a lot of gyms in my community. A good gym enables me to have access to a wide variety of exercise equipment, such as treadmills and stationery bikes. Besides, I am attracted by the fascinating classes that the gym offers like aerobics, yoga, Pilates and spinning.

The most attractive part about gyms is that I have to block off some specific times every week for it, which makes me no excuses doing other things.

TV

Do parents in China allow their kids to watch TV? Explain why.

Most of the parents in China don't allow their kids to watch TV because parents think it is a waste of time. They require their kids to take as many training courses as possible to become more versatile. They mistakenly believe it is the only way for their kids to stand out from the peers.

News

Do you love reading news?

Yep, I love it because it can keep me posted on what is happening on this planet. If I don't want to be alienated by my friends or always want to find topics to talk about during the chit-chat session, following the latest news is definitely a good choice.

What kind of news do you love reading?

Entertainment news undoubtedly as it is entertaining. It is always exciting to know what is new with those high-profiled celebrities in the showbiz. They entertain and influence us in a fashionable way.

Besides, entertainment news is not as serious and provoking as news concerning public affairs, politics and economy.

What kind of news do you prefer to read, international news or local news?

I prefer to read local news because it can keep me posted on what is going on around me. It is closely connective to my daily life. Well, as to international news, I read it as well. It just doesn't draw as much attention as local news does.

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