

## Sports

Do you love to do outdoor activities?

Not really, I have no fascination for it. I can't come up with any particular reason. I guess I am naturally like it.

Absolutely, I am a big fan of it. It can build up my strength, flexibility and endurance. And I love the feeling of dripping with sweat. It is so cool!

## What is the most popular sport in China?

It depends on the different ages. The elderly people tend to love to walk at parks or practice Tai Chi; while young guys are big fans of aerobic exercise and extreme sports.

## What kind of sports do you love?

Well, It depends on which season we are talking about. If summer, I love going swimming and boating; while going skiing or skating appeal to me more.

**Do        you        love        swimming?**

Absolutely, I love swimming. It is a great way to keep fit and increase my vital capacity. It builds up my strength, flexibility and endurance.

## What are the benefits of swimming?

It builds up people's strength, flexibility and endurance.

It increases their vital capacity.

**Where do you love to go swimming, in swimming pool or in sea?**

In sea for sure. I love the feeling of swimming in the sea, soaking up the sun, listening to the sea waves lapping over the shore, breathing in the fresh sea air while feeling the gentle breeze blowing over my face.

The feeling is incredible.

**Do you love to go for a walk in parks?  
Explain why.**

Definitely! I love the feeling of walking in the park, soaking up the sun, listening to birds chirping in the trees, breathing in the fresh air while feeling the gentle breeze blowing over my face.

## Flat and house

Where do you live, in a flat or in a house?

I am right now living in a flat with my family. Although it is not as spacious or luxurious as those houses, I believe that it is not important where I live, it is important with whom I live. As long as I am with my family, it is a home.



**Which room do you love most in your flat?**

My favorite spot is my kitchen because it is the place where I can cook, especially cook for someone I love. You know, in terms of cooking, it is not important what I cook, it is important that to whom I cook.

谢谢

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