duan lian qiang jian ti bo

Zai xian dai she hui zhong，ti zhi de gao di cheng wei ying xiang yi ge ren sheng huo zhi liang he gong zuo neng li de zhong yao yin su。Yi fang mian，yue dong bu jin neng tiao dong ji rou，zeng qiang gu ge，hai neng tiao jie Shen ti de zong he su zhi；ling yi fang mian，guo du de an zhi sheng huo hui yin qi ti zhi xia jiang，shen zhi yin fa yi xie fu bing。Yin ci，duan lian qiang jian ti bo bu jin shi yi ge ren ti neng li de xian shi xu yao，geng shi yi zhong jian kang de sheng huo tai du。

duan lian de zhong yao xing

Shen ti de jian kang shi yi qie huo dong de ji chu。Mei you yi ge hao ti zhi，bu jin nan yi cheng shou fan fu de gong zuo ya li，ye neng ying xiang xin li jian kang he sheng huo xing qu。Guo wai nei de yan jiu dou biao ming，shi dang de ti yu yun dong ke yi tiao jie Xin fei gong neng，tigao mian yi li，shen zhi dui kai fu da nao de ling min du you suo bang zhu。Sui zhe yi xie nian lai“ya zuo”ren qun de zeng duo，gen duo de ren kai shi yi shi dao：yi ge qiang jian de ti bo cai shi zhen zheng de chang ming de bao。

yao you fang fa de duan lian

Ran er，lian chu ti bing bu shi yi wei de“kan leng re”，er shi yao you ke xue de ji hua he fang fa。Li ru，xuan ze zi ji xi huan de yun dong fang shi（ru pao bu、you yong、da qiu deng），zhi ding he li de yun dong qiang du，ji zhong zhu yi yun dong qian hou de Re shen he liao xi。Ci wai，mei you chi zhi de yun dong ye hen zhong yao，zhi you ba yun dong bian cheng yi zhong xi guan，cai neng zhen zheng da dao“qiang jian ti po”的mu de。

jie yu

Zong er yan zhi，duan lian qiang jian ti bo bu jin shi yi ge ren xiu yang de biao xian，geng shi yi chong dui zi ji he jia ren fu ze de tai du。Zhi you na chu yi fen shi jian he yi zhi，zhen xi mei yi ci yun dong de ji hui，cai neng rang wo men de shen ti he jing shen dou chu yu zui jia zhuang tai，wei ri chang de gong zuo he sheng huo ti gong jian shi de bao zhang。

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