

Healthy Life, Healthy Shape

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Nowadays, the popular trend in Hong Kong is to appear fit, that is why everyone wants to get an easier way to appear fit. This article is about how to appear fit and have a healthy lifestyle.

First of all, in order to have enough energy for our daily work, we need to sleep early. When we want to work efficiently, we need energy. If we have enough energy then we can do more exercise which will make one aglow. We can appear fit by doing exercise. Therefore the most important thing is to sleep early.

Moreover, we should pay attention to what we eat. Eating more vegetables than meat will make our body healthy. Meat contains oil, oil has too much fat. When the input energy is more than consumption, our body will reserve fat, and the fat will be stored inside our body. We should choose to eat more vegetables. In Hong Kong, there are many people who eat fast food. From 2001 to 2003, the number of fast food chain restaurants increased by 14 percent from 520 to 593. The reason for dining out is that Hong Kong people do not have enough time to cook or even eat. The food that we eat in a restaurant or a fast food shop contains too much oil and it is unhealthy.

Furthermore, we should do more exercise to obtain a healthy life and healthy body shape. We must do exercise regularly, at least 30 minutes a day. I think everyone wants to be healthy. To achieve this goal, more exercise is necessary.

To summarize, we should have enough rest, do more exercise and eat more vegetables. This lifestyle is necessary for keeping a healthy lifestyle.

Teachers' Feedback : There is a growing awareness that we are what we eat. As the saying goes, "junk in, junk out"! Therefore it is of the utmost importance that we lead a healthy lifestyle and take care with what we eat, something that you get across well in your essay. (Mr. Elvin Tao & Miss Ruth Wong)

Food For Thought : How can people avoid eating junk food when they are incredibly busy? Any suggestions?

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