

# Having A Healthy Habit

6B Ng Sze Yin

Do you want to be a successful man? Congratulations to you if the answer is positive. Before the dream comes true, you should learn how to be a healthy man. It is definitely a gateway to a prominent future. Let me give you some recommendations.

Admittedly, a balanced diet is vital for our health. We should insist upon a golden rule, i.e. more vegetables but less meat. The fact is that vegetables and fruits contain plenty of dietary fiber. They keep our skin healthy and keep us away from constipation. In addition, saying 'no' to junk food and avoiding eating at fast food restaurants are also important. Junk food and fast food often consist of relatively large amounts of fat, oil and sugar. These substances can put your body at risk, and can cause heart disease or obesity. Please learn to protect yourself from now on.

Besides, exercising regularly makes you healthy. It can increase the rate of metabolism of our body and help us maintain a standard body shape. Most importantly, our immune system can be improved. That means playing sports is a way to avoid illness and keep healthy. Many scientists have stated that doing exercise can assist the development of our body. So, get ready to act with friends.

Finally, we should keep a happy temperament in our attempt to look healthy. A joyful mood is essential for doing everything well. Unlike people who always feel depressed, we can share the success and happiness with people and have more time to do things we enjoy to do. Consequently, the cells in our body will feel "excited" as well as us. That is partly a secret to live longer.

Overall, having a healthy body is not so complicated. Eating in balance, exercise regularly and smiling more are three factors affecting your health. Hopefully, we can get a good start and good habits to run towards our future.

Teachers' Feedback: It is true that one's temperament and psychological well-being is just as important as nutrition and physical condition. Your exposition on the topic is fairly well-balanced and you made some valid points. (Mr. Elvin Tao & Miss Ruth Wong)

Food For Thought: Which point did SzeYin make is the most important? Will it be better if all the ideas are presented in order according to their level of importance?