

## Regular Life

6B Vickie Ku

In this generation, young people seem to have distorted the meaning of health. They think it is fashionable to appear fit. However, they have a bad lifestyle which makes them fat and ailing. If you want to have a healthy life, you have to do everything regularly.

First of all, eating regularly is the most important way to have a healthy life. Nowadays, people spend too much time on their work. They have to work eight hours a day on average. But they usually need to finish their work in office over time. As a result, they do not have enough time to have lunch or dinner. Then they may have meals in fast food restaurants. According to a study, 98 percent of Hong Kongers are fast food consumers and most claimed to have visited fast food chain stores as much as seven times a month over the past six months. Eventually they become fat.

Besides, sleeping regularly is also an important way to lead to a healthy life. Physicians suggest us to have eight hours of sleep each day. We rest in order to attain mental tranquility and regain energy. If we do not have enough rest, we cannot do things properly and it damages our vitality.

Moreover, exercising regularly is indispensable, too. A recent survey has shown that only one quarter of the teenagers exercised frequently and thirteen percent did no exercise at all. Nearly three quarters had not had a medical check-up for over two years. We have to exercise at least two hours each week. Otherwise it will reduce our metabolism.

In order to have a healthy lifestyle, we need to have regular meals, enough sleep and do exercise regularly. Remember doing things regularly is the way to have a healthy life.

Teachers' Feedback : Given the hectic lifestyle of our urban youth, allied to the attractions of appealingly marketed fast food outlets, it is clear that such habits have become a way of life. You describe the situation as it stands clearly and offer some solid practical advice. (Mr. Elvin Tao & Miss Ruth Wong)

Food For Thought : Every busy person knows the importance of eating well and exercises regularly. Why do they still put their lives at risk?

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