

## A Healthy Lifestyle

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To a large extent, it is true to say that a healthy lifestyle depends on a healthy diet and good sleeping habits. However, there are also other factors that contribute to it. In the following article, I will first talk about the importance of eating and sleeping to healthy living, followed some examples of other good ways to achieve it.

A healthy lifestyle begins with a healthy diet, which includes eating regularly and nutritiously. Our body needs energy to function, and eating nutritious meals three times regularly can provide us with energy. Food contains vitamins which are vital to our body. We can strengthen our immune system and gain energy if we have a good eating habit, and that means we will not get sick easily if we have meals regularly and if we eat a wide range of food. As we can see, people living in the third world get sick more easily and more frequently than people in more developed countries. This is not only due to better medical services and facilities in developed countries, but also because of the healthier diet the people have in general. So we need to eat healthy food to retain a healthy lifestyle.

Equally important as eating is having good sleeping habits. When we sleep, our body can take a good rest after working for a whole day, and we can feel recharged and become energetic again. People usually need seven to eight hours of sleep per day. If possible, we should try to sleep for that amount so that our body can be fully recharged. A lot of people have the experience of burning the mid-night oil before examinations or various deadlines, but they usually feel exhausted and do not perform well the next day. A minibus driver was reported to be feeling drowsy and falling asleep when he was driving in February this year, His vehicle crashed with another minibus and caused several deaths. Thus, inadequate sleep may not simply affect your health, but even your life. So, developing good sleeping habits is important to having a healthy lifestyle, too.

However, a healthy lifestyle is more than having good eating and sleeping habits. It also means developing other good daily habits.

Doing sports regularly, for instance, can make you strong. Studies show that people doing regular physical exercises have a lower chance to get heart

diseases. It can speed up blood circulation and metabolism, which keep us fresh and help our body to burn excess fat. It can help us build a good body shape, which makes us look good and attractive as well. Why do athletes always look good and strong? Not only because they have good body shapes resulting from their hard training, but also because their bodies function better, they have more power, and they have a higher metabolism that burn fat. For those who seldom do sports, they may feel tired easily as their body is aging faster. They may also suffer from feeling cold, dry skin, constipation, a slow pulse and low blood pressure, as they have a slow metabolism. Therefore, doing regular physical exercise is essential to a healthy lifestyle.

Likewise, having good hobbies can make one relax and mentally healthy. No matter if it is hiking, cooking, shopping or camping, with healthy recreational activities that we enjoy doing, we can have lots of fun. We can relieve our stress, and we can have quality time instead of thinking about work all the time. If our hobby is an activity which has to involve several participants, we can meet lots of friends so that we can have a larger social circle. That means when we are unhappy or in trouble, we can have friends to share our worries or even provide assistance. This makes our life more meaningful, so having good hobbies is therefore a factor contributing to a healthy lifestyle.

To conclude, it is clear that while we need to pay attention to healthy dietary and sleeping habits, we should also develop other healthy habits like playing sports regularly and developing good hobbies, so that we can enjoy a healthy lifestyle, physically and psychologically.

Teacher's Feedback : The passage is very well organised, with a topic sentence at the beginning of each paragraph. The paragraphs contain primary supporting sentences (arguments and reasons) and secondary supporting sentences (examples), which are essential to argumentative writing. The text is also coherent as it contains several anaphoric and cataphoric references. Overall, it is a nice piece of writing. Keep it up! (Mr. Tsoi Chun Ho)

Food For Thought : Other than sports and hobbies, can you think of more factors that contribute to a healthy lifestyle?

## How To Be An Excellent Student 4D Anthony Chow

You may think that it is very difficult to become a good student; however, do you know that there are several ways to help you achieve this goal?

Generally speaking, the rule of thumb of being a good student is to comply with the school rule. To be a good student, you must not be late. You should arrive at school before the school bell rings. The school bell in our school rings at 8:10 every morning, so I suggest you should arrive a bit earlier than that. Also you should hand in your homework before the deadline. If you fail to hand in your homework on time, you will be punished by your teachers. And you should do your homework carefully and should not copy your classmates' homework. In school, when you meet your teachers or the principal, you should greet them. These will make you a polite student.

There are many things you should not do if you want to be a good student. You should not disturb other students in class. You should not run around inside the classroom, especially when the floor is wet as it is very dangerous. And you should not take drugs. Keeping yourself away from bad habits surely could help you become a good student.

If you follow these instructions, you can be an excellent student. I hope all students in CSKMS will make some progress and not let our parents down.

Teacher's Feedback : The passage is well organized and the suggestions are concrete and sound. You are able to look at this issue from different perspectives. (Mr. Lai Kam Chuen)

Food For Thought : Personally, I think the determination to strive for improvement is another factor in a person's success.