

Health Is What You Need

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Nowadays, youngsters are fully occupied with heavy workloads, e.g. doing homework, preparing for examinations and working overtime. They are overburdened and have a lot of pressure. Some of them do not even have the time to take a good rest. Hence, it's almost impossible for them to spare extra time to do exercises. Besides, most teenagers are like flowers in a greenhouse and have been pampered by their parents since they were born. They are too lazy and regard doing exercises as a kind of torture. They do not want to sweat or get hurt. All they want is to stay indoors playing computer games and watching television. Hence, they never have the habit of doing exercise for five to six hours a week. Furthermore, they eat too much fast food which contains high calories, lots of salts and sugar. Vegetables and fruits which are rich in fiber are in their eyes not delicious and they eat a bit only. Also, they have too much junk food like instant noodles and potato chips.

To tackle with the aforesaid problems, it is a must for youngsters to do exercises. Sports, to a certain extent, can help us to develop physically, which can be fun and make us healthy because excessive fat can be burnt and poisonous substances can be excreted through sweating. By doing exercises, the chance of getting fatal diseases will be greatly reduced. Mentally, we will feel relaxed. Our brain will become bright and clear, and it will be much easier for us to concentrate on our studies.

A balanced diet is also essential for adolescents. We can follow the “food pyramid” and use it as a guide to a balanced diet. Remember to eat plenty of fruits, vegetables and have regular meals. Don't eat before sleeping and avoid processed food that is rich in fat and cholesterol. Balance your food intake with regular exercises to maintain a healthy weight. Ask your parents or domestic helpers to cook with less condiment and oil, and use cooking methods like steaming and boiling instead of stir frying and deep frying!

I know the process of keeping fit is hard and tough! It seems to be a great challenge! You have to be persistent in facing temptations such as chocolate and chips. But it's worth doing so! Are you still frustrated? Don't hesitate any more! Take action!

Teacher's Feedback : Your arguments are simple and easy to follow. You could do some extended research on the topic "health". (Miss Amy Lai)

Food For Thought : Can schools do more to encourage a healthy lifestyle?

