



Healthy Hobbies

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Leisure activities are important to us. Everyone needs to have leisure activities. It is important for us to relieve our body and mind. There are generally two types of hobbies: hobbies to train the body and hobbies to train the mind. There are also some hobbies for social interaction that we can enjoy with friends and family.

We can choose all kinds of sports for healthy hobbies, depending on our own interests. For example, if you want to train the whole body, you can go to the gym. Gym companies nowadays provide a wide range of services. You just have to pay an amount of money and you can use their facilities for the month whenever you want as long as it is open. There are also classes every day: judo, yoga, dancing and indoor group cycling. The club also provides coaches for physical plans. But these kinds of coaches usually don't come cheap, they cost up to \$7,000 a month. Although they cost a lot, they can really improve your health. For this kind of club, I recommend "Fitness First". Their equipment is better and most of their customers are foreigners. I am one of the "Fitness First" members too!

If you want to relax your body and train your mind at the same time, you can play a computer game called "Football Manager 2007". It is a game in which you can use your favourite teams and favourite players to compose your own team. It is full of tactics of football that don't just train your brain but also needs you to use your physical knowledge too.

Practising different healthy hobbies can be highly beneficial to us in many ways. For example, when you get tired of going to the gym, you can play "Football Manager 2007". On weekends you can go hiking with your family and friends.

Teacher's Feedback : A good attempt. Content is relevant to task and purpose. You managed to analyse hobbies for the mind and the body, and also the benefits. Readers will be attracted to developing their own hobbies either for social interaction or for their own health.
(Miss Yip Mei Yin)

Food For Thought : It's been found that many people in Hong Kong are not having enough exercise. How would you promote these healthy hobbies for them?