

Ng Wah Catholic Secondary School  
2014 – 2015  
English Department  
English Writing Competition

**Champion of Junior Form**

**Choi Chun Kit 2A(05)**

**Keeping Healthy**

Do you want to have a healthy life? Here is my advice for you.

First, you need to do exercise every day. For example, if you want to have strong legs, you need to have long walk every night or go running. For strong legs and balance, you need to ride a bike; you also need to wear a helmet for your personal safety.

Second, for hygiene, to get rid of germs, you need to wash your hands to wash away dirt and germs, taking a bath or shower is the best way.

Last, you need to have a healthy diet to have a healthy life. You need to eat meat and fish for protein, which is very important as it helps muscles grow. You have to eat fruit and veggie for vitamin C. If you want to have strong bones and teeth, you need to drink milk and eat dairy products but, be careful, don't have too much, otherwise the fat content is

dangerous and could have a bad effect on your body. Sunbathing, is a good source of Vitamin D but it's bad for your skin, it will turn your skin black and you risk developing skin cancer.

A healthy life is very important to avoid disease. Start leading a healthy lifestyle today.