

Ng Wah Catholic Secondary School  
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English Department  
English Writing Competition

**Champion of Senior Form**

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**How to live a healthy life**

Nowadays, our society promotes a new trend, which is how to live a healthy lifestyle.

First, when we are selecting food, we should choose the food which is low in sugar and highly refined carbohydrates. We should minimize our consumption of sweets, soft drinks, sugary juices and white bread. Choose whole fruits and freshly squeezed juices and some whole grain foods instead. Besides that, we should eat a variety of different whole foods instead of eating processed foods. Fruit and vegetables can provide vitamins and minerals. We also need to eat lean meat, and beans for protein. We should enjoy whole grain food, like brown rice. Ideally, dairy products should be low fat, so skimmed milk and reduced fat cheeses will reduce your fat intake while ensuring that you receive enough calcium.

Second, beside food, we also need to have some exercise. We should go to the gym 3 to 5 times per week for half an hour to an hour and combine cardio and strength training programmes. You may take your dog for a walk, but you need to make sure you move at a moderate pace for at least 30 minutes.

Third, we need to avoid unhealthy lifestyles. We need to stay away from fad diets, avoid liquid diets, diet pills and other diet supplements, unless we are under the supervision of a physician. Also, avoid excessive smoking and alcohol intake.

Besides, physical health, psychological well-being also needs a mention. Having a positive attitude also is one of the main elements of maintaining a healthy lifestyle. Instead of being pessimistic and thinking you will never achieve your goals, be positive and face up to your challenges.

I think a balanced, healthy lifestyle should help us to be physically and psychologically healthy.