

A Healthy Lifestyle

Good morning Dr. Wong, Vice-principals, teachers and fellow schoolmates,

This morning, I would like to share with you how to lead a healthy lifestyle. If you lead a healthy lifestyle, you will have a healthy body. First, you need to have a balanced diet. You should eat more vegetables and less meat. You should avoid eating fried food or food that contains too much sugar or salt. Furthermore, you need to drink at least 8 cups of water a day.

Apart from a balanced diet, you should exercise frequently or you will get fat easily. Running, swimming or ice-skating can consume your fat, make you strong, increase the metabolism rate, strengthen the lungs and heart muscles and increase the amount of oxygen in the blood.

Last but not least, you should remain light-hearted every day. If your spirit is high, you can work more efficiently. If you are in low spirits, you will look peak and you will have a poor result in your studies. Share your thoughts and misfortune with others.

Having a balanced diet, exercising frequently and remaining cheerful are keys to a healthy body. I hope that all of you will lead a healthy lifestyle and be a lively person. That's the end of my sharing. Thank you!