

5C Tsang Choi Lam, Charlie

The importance of doing exercise.

Doing exercise is very important to us. Many people like doing different kinds of exercise such as playing basketball, playing badminton, swimming, running, jogging, going hiking and riding bicycles, some people even like mountain biking which is very exciting.

Doing exercise not only makes us strong and healthy, but also can protect ourselves. Unfortunately, if you fall into the river, you can save yourself if you know how to swim. Besides, doing exercise can help you make more friends. People have the same hobbies always share their happiness and experience.

Many people in Hong Kong have a lot of unhealthy food and drinks. Therefore, we need to have a balanced diet and do more exercise to be fit and healthy.

‘An apple a day keeps the doctor away’ and doing enough exercise is also important.

5C Tara Constance

David had a bad experience

One day in the summer holiday, David started playing computer games from day until night. He didn't eat anything or take rest.

His mother was very angry and scolded him, "David, stop playing computer games!" But David did not listen and kept on playing computer games.

The next morning, David's mother went into David's bedroom and saw David lying on the ground. She was scared. She called the ambulance and sent David to hospital. When David woke up, the doctor said, "David, your eye sight is getting worse and you are very weak. If you want to be healthy, don't play computer games for more than two hours every day." David promised.

After this incident, David learned that he should not play computer games for too long. From then on, he does exercise every day and has a balanced diet.

5C Tara Constance