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Adopting a healthy lifestyle

Good morning, principal, vice principal, teachers and fellow schoolmates. I am Wong Chak Hang, the chairperson of the Healthy School Programme. Today, I am going to talk about how to develop a healthy lifestyle and give you some suggestions.

First of all, nowadays, lots of people are not aware of healthy eating and always eat food that are bad to our bodies like fast food, potato chips, soft drinks and other fatty food. These food contains high cholesterol, excess calories and of course plenty of fats. These substances will cause different problems to our bodies like obesity, high blood pressure and heart disease. To prevent these problems from happening, you can simply eat things that are healthy to our bodies, like fruits and vegetables. Food that is rich in fibre can help lower cholesterol and blood sugar in body. Meanwhile, eating different kind of foods like whole grain and dairy products can be very good for our health too.

Second, many people have gained weight because people usually eat and sit a lot. Lack of exercise lets your body gain fat rapidly and causes obesity. So you should do more exercise every day like jogging, skipping and playing ball games. You just have to make sure you move every day. Doing exercise will help you burn fat, boost your mood and improve your health. Also, if you are hungry, you can eat some healthy snacks like nuts instead of snacks that have high calories to prevent you from gaining excessive fat again and again.

Last but not least, people are fat and unhealthy because of their pressure and going to bed at a very late time. These bad habits will surely make you feel tired, always be in a bad mood and gain fat. Therefore, you should relax your mind frequently, manage your time well and sleep earlier. Relaxing yourself well can help you be energetic, have a good mood and better performance.

In conclusion, I am very honoured to promote the healthy lifestyle in school. I hope these tips can help you know more about how to lead a healthy lifestyle. Thank you for listening.

