

Let's Keep Fit

Have you ever thought that you can lose more than 20kg of weight without joining any beauty company and gym club? How can it be done? By getting illness and taking medicines? No, we can do it in a healthier way. I was a fat boy one year ago. Now, I am a keen sports person. Why can I make such a big change? I will explain it to you.

First of all, I think that picking up a sport that you are interested in is very important. This can be a motivation to push you to do exercise. For me, I have chosen basketball as my interest. After a long time of practice, I become a basketball team member in my school. I learn how to practice team work through the game and I enjoy the excitement that was brought by the game.

Second, some light exercises should be added to your daily routine. I have spent around one hour to practice sit-up, push-up and running before I sleep. It is not only for me to lose weight but also gives me a good quality of sleep and it is good for my respiratory system.

Third, you should make an adjustment on the diet. The government always said that teenagers should eat more vegetables and fruits than eating meats in the advertisement. It's true as eating more vegetables and fruits is good for our digestive system and it helps us to lose weight.

Last, you should be optimistic when you are losing weight. When you are losing weight, classmates may tease you or say something negative, for example, "you are so fat, I don't think doing exercise can help you." It may easily cause you to give up.

You may ask "Does the process of losing weight work fluently? Have you faced any difficulties?" It's not an easy job. I face a few difficulties. After having exams or in any festival, my friends and parents usually hang out and held parties. When I participate in those parties, I may see a lot of junk foods and soft drinks. I have to overcome the temptations of the meal. Other than that, we may feel tired after a long school day. It's very difficult to do exercise everyday. We should write some notes on the desk to remind and cheer up ourselves to do exercise. Also, students should have good time management on having revision and doing exercise. Too much exercise may worsen your academic result.

Doing exercise is not boring. We can know more friends and release our pressure and negative emotion through it. I become out-going after playing basketball.

After introducing the above combination of tips, you may find that losing weight and doing exercise are interesting and easy. You can gain satisfaction from it. If you think that you are heavy or overweight or you want to have a slim body shape, don't procrastinate on losing weight.