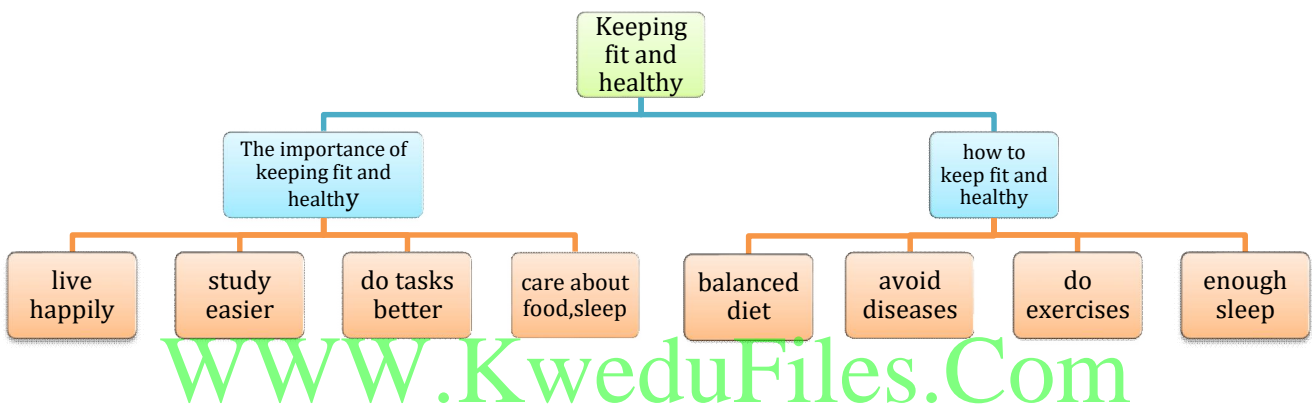


“Keeping fit and healthy helps us to live a better life.”

Plan and Write a composition of two paragraphs (not less than 10 sentences) about the importance of keeping fit and healthy explaining how to achieve that.

* Your writing should include a topic sentence, supporting details and a conclusion.

Plan



Keeping fit and healthy

Keeping fit and healthy helps us to live a happy life. When you are fit, studying is easier. You can do daily tasks better. Many people think it's difficult to keep fit and healthy, but it's very easy. All what you have to do is to care about your food, sleep and exercise.

To keep fit and healthy, we should have a balanced diet. Our food should contain all the main elements. It helps us avoid diseases. We should do exercises daily. Walking is an easy exercise which all people can do. We should also have enough sleep. In general, we should do our best to keep fit and healthy.