

Writing Task Sample

Unit 11 Better habits, better life (p.91)

Living healthily

Write a speech about how to live healthily in about 150 words.

Good morning, everyone!

Today, I'd like to share some tips on how to live a healthy lifestyle. **In my opinion**, the key is to develop healthy habits and stick to them.

First and foremost, get enough sleep and don't stay up late. Sufficient sleep improves our memory and helps us grow taller. **Secondly**, have a nutritious breakfast every morning. Some students think that skipping breakfast may help them lose weight. **However**, it is **quite the opposite**, as it can lead to weight gain and even stomach problems.

Next is about water. Many of my friends like to drink sugary soft drinks, which can be detrimental to our health. Consuming excessive sugar can increase the risk of various health issues. **Therefore**, starting from today, replace soft drinks with water. **Last but not least**, exercise regularly. Physical activities strengthen our bodies and alleviate stress.

To sum up, the only way to become healthy is to develop healthy habits and stick to them. **So**, let us take actions together starting from today!

Thanks for your listening!

~173 words