

Describe something healthy you enjoy doing.

You should say:

- What you do
- Where you do it
- Who you do it with

and explain why you think doing this is healthy.

Possible Answer:

I wake up early in the morning and then walk for an hour every day. After that, I swim in the nearby river for about 30 minutes and then I start my day. Waking up very early and then doing the physical exercise is the healthy habit I have developed from the early stage of my life.

I remember my father insisting us to wake up very early and then took us to the nearby high school ground for exercise. Nowadays, I wake up from bed at around 5:30 am and wear my exercise trousers and the pair of shoes. Then I start walking along with the road that has passed beside the river. The fresh air in the morning is very healthy for health. Sometimes I take my bicycle and instead of walking, I ride my cycle. I started doing this early morning exercise and swimming a few years back but nowadays 2 of my friends and cousins accompany me almost every day. They enjoy doing the exercise very much.

The morning is a time when the air and environment remain fresher than any time of the day. So breathing the fresh air, doing the exercises and finally swimming in the fresh water is definitely a very healthy habit. A sound mind lies on a sound body and this habit that I adopted is pretty helpful for keeping a sound health and sound mind.