WRITNG TASK 2

You should spend about 40 minutes on this task.

Write about the following topic:

A healthy person is often described as someone who has a good diet, gets lots of exercise, and avoids stress. What do people do to stay healthy in your country? Give reasons for your answers and include any relevant examples from your own knowledge or experience.

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You should write at least 250 words.

SAMPLE1.

Scientists have proved that in order to be physically strong and not ill people should lead a healthy life. Leading a healthy life involves eating more fiber-rich food, regular workout, no addiction to alcohol, smoking, and drugs plus also avoiding stressful situations.

Unfortunately, according to the statistics Russian people do not lead a healthy life and as a result mortality rate is very high in Russia. The most harrowing thing is that almost 75 per cent of population is addicted to smoking which can cause a fatal disease such as cancer. Moreover, Russian people are inclined to consume quite a big amount of alcohol which also harms their health.

Russian authorities pursue a police to make the nation more aware about being healthy. There are social advertisements which encourage people to stop smoking and avoid drinking spirits. There are also several campaigns to fight with unhealthy habits. For example, shops are forbidden to sell spirits and cigarettes after 10 p.m. A lot of fitness centers and swimming pools are being built nowadays.

Fortunately, the recent poll carried out among adolescents show that there is a tendency to improve their fitness and to take care about their health. More and more young people are giving up smoking and take up different sports such as skiing, swimming, and visiting fitness centers.

As for me, I think that I am quite health-conscious. I do not smoke and never drinking spirits, most of my diet consists of fruits and vegetables. I often brew green tea and try to be physically active in one word not to be a couch potato.
The saying is "Health is Wealth". Staying healthy is pivotal for every human being to succeed and to be happy in life. A healthy lifestyle which includes healthy eating habits, regular exercise and relaxed mind are primes for staying fit and healthy. There are many other factors depending on age, gender and profession which could help in staying fit.

To begin, the proliferation of sedentary jobs in my country have detrimental impact on young professionals causing hazardous problems like overweight, diabetes etc. In addition, computers are used to an enormous extent. Taking a break at regular intervals, brisk walking around office premises and few stretching exercises is crucial for these professionals to stay fit. For example, working in an IT industry, I was very inactive throughout the day. These activities helped me be active and regulate my weight.

Furthermore, doing repetitive exercises like in a gym can be very boring at times. Consequently, many people in my country stop exercising. Many adventure sports like hiking, mountain climbing, cycling etc. are frequently organized in my country. I advise people to participate in these activities. This will not only help in staying healthy but are also incredibly interesting. To add, people should refrain from foods with high level of saturated fats. Instead, a low fat oils like olive oil or canola oils can be used to prepare food. Moreover, yoga and meditation are suitable for people of all ages and genders. These have scientifically proved to have beneficial influence to human body and mind.

In a nutshell, I assert that there are umpteen measures to help us keep fit. The necessity is to be regular and serious about our physical activities, eating habits and relaxing our minds. It is upon us to choose to curtail the heavy doctor and medical bills or to continue our unhealthy lifestyle.