

Q84. what is your favorite way of keeping yourself healthy and why?

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**ASSIGN
BUSTER**

Essay Outline

Argument: I tend to eat healthy, do a moderate amount of exercise, and reduce stress.

Support 1: Eating healthy is a very important way to keep yourself healthy.

Support 2: Regular exercise is very important to keep healthy.

Support 3: I keep my mind and body healthy by doing activities that help me relieve stress.

Thesis: All in all, I have three ways to keep my body healthy. The first way is to eat healthy and balanced meals

throughout the day. I also like to keep my body moving by walking everywhere. Lastly, I think it's very

important to do activities that relieve stress.

Model Essay

There are a number of ways to keep your body healthy; dieting, exercising, and pills are just a few. Out of all

of these ways, I tend to eat healthy, do a moderate amount of exercise, and relieve stress. First, eating healthy is better for our bodies in the long run.

Second, a moderate amount of exercise helps. Third, doing things that relieve stress, such as going to the spa or reading a good book is important.

Therefore, my favorite ways to keep myself healthy is eating healthy, exercising and doing stress free activities.

First, eating healthy is a very important way to keep yourself healthy. If I do a fad diet, then after I finish the

diet, my body will like a rubber band and bounce back to the weight it was before the diet. So, eating a diet full of

fruits and vegetables. with little meat and a small portion of carbs is the best for me. When I eat healthy, I feel better and I have a lot more energy. I feel better about myself and my body and I have a positive attitude.

Second, regular exercise is very important to keep healthy. I don't run every day because it ts very bad for my

knees. However, I love to hike every weekend and to walk everywhere. I usually walk 10 kilometers a day at the

minimum. I do this by walking instead of taking a bus to the store. It's a great way to bum calones, see the sights, and to feel refreshed after a long day of working inside. You do not need to paymoneyand go to a because you can incorporate exercise in your life everyday.

Third, I keep my mind and body healthy by doing activities that help me relieve stress. Working all the

can have negative effects on a person's body, so it is important to do that relax your body. For example, I like

to go to a spa and get a massage and this keeps my mind and bodv healthy.

I also like to relax in the evening and read a good book. These small activities allow my body to recover from all the stresses of the day.

All in all, I have three ways to keep my body healthy. The first way is to eat healthy and balanced meals

throughout the day. I also like to keep my body moving by walking everywhere. Lastly, I think it's very important to do activities that relieve stress.

All of these things are very important to achieve a healthy body.

Useful Expressions