

John Z Castillo
BSIT 2-5

Activity 2

Given the luxury of time and money, I plan to go biking if the weather is good or when I am having a hard time in life. I also intend to go for a walk outside or along the beach to enjoy the breeze and the soothing sounds of the wind, though I only did this when I was in the province because the sea is just near our house. I also want to jog when I wake up early and am in the mood. I do these activities because they help me relax and empty my mind. I feel like stress is gone when I am one with nature. I also do these things to pass my time when I am bored. I also do outdoor activities when the temperature inside the house is too high for me to cool down. It is also beneficial to my health since asthma runs in my family.

