Play Sports

I was prone to illness when I was a child. My mother told me that I had my first injection after catching a cold when I was only four months old. The incessant struggle between my immune system and virus has never come to an end. It did harm to my body to take medicine or have injections frequently. I realised that I should do vigorous exercise to enhance my immune system.

My parents also encouraged me to do aerobics when I came home from school. I have played sports since 10 years old. I played football with my friends. They gave me a nickname called “three lungs” because I ran a lot on the field. After a few months, I became stronger and didn’t catch a cold every month like before. Play sports makes me better, and makes me happy. I have defeated the virus.

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When I was a child, I was very weak and prone to illness. My mother told me that I had to have an injection after catching a cold when I was only four months old. Since then, I have been in a constant battle with the virus that invaded my body. Taking medicine or having injections frequently did more harm than good to my health. I realized that I needed to do vigorous exercise to strengthen my immune system and fight off the infection. My parents also supported me in this goal and encouraged me to do aerobics when I came home from school. I started playing sports when I was 10 years old. One of my favourite sports was football, which I played with my friends. They gave me a nickname, "three lungs" because I ran so much on the field. After a few months of regular exercise, I noticed a significant improvement in my physical condition. I did not catch a cold every month like before, and I felt more energetic and confident. Playing sports not only made me healthier but also happier. I have finally defeated the virus that once tormented me.