

You **must** answer this question. Write your answer in **220-260 words** in an appropriate style on the separate answer sheet.

You recently attended a health and wellness seminar where strategies for improving personal health were discussed. You have made the notes below:

What steps can individuals take to lead a healthier lifestyle?

- Regular exercise
- Balanced diet
- Stress management techniques

Some opinions expressed during the seminar:

"Finding time for exercise is impossible in a busy schedule."

"Healthy food is too expensive; fast food is more affordable."

"Stress is a part of life; there's no escaping it."

Write an essay discussing **two** of the steps in your notes. **Explain which step you believe is the most essential** for improving personal health, providing reasons to support your choice. Incorporate the opinions expressed during the seminar, using your own words as much as possible.