**2.建议信**

Dear Mike,

I was worried when I heard your present situation. Therefore, I'm writing to offer you some suggestions for a healthy life, aiming to break your bad habits which are harmful to your health.

First of all, keep a balanced diet and have meals regularly, which will build up your strength. Secondly, I strongly recommend you taking some exercise. Doing exercise can make you feel energetic, thus enabling you to devote more time to your study.

I hope you can take my suggestions, build up your body and make steady progress in your studies.

Yours sincerely,

Li Hua