Hello teacher, my name is Ha . Today I would talk about my fitness and eating habit. I don’t tall and I thin .

I think my shape is not good beacuse I’m rather lazy , I don’t like action and I want to play game . To improve my shape I often do excersie in the morning at home . I often exercises such as running 1 kilometer or skipping 100 . beside I also adjust eating habits. I have some healthy eating habits such as eat a lot of vegetables, limit fast food, so on. But I have unhealthy eating habits such as eating disorderly , skip meal, eat like a bird…. I often eat rice with egg , vegetables, fish everyday. I like water beacuse I think it healthy for me and I think water is improtant for mylife . The kind of food is fast food and soft drink ,it could be bad for me, it isn’t improtant and don’t help me improve my shape. In the evening , I sometime go to sleep at 0 a.m and I often sleep 5 or 6 hours for day beacuse my must study and do homework . I think I should eat in moderation and improve my bedtime .

Thanks for reading.