

Task 1: Hi Nick, I just have received your email. I am so excited because I will become a staff of the concert at school. The type of music I like best are Pop-ballad and Jazz. That is a reason I want to help with the concert. I think I can check the ticket before the concert start. I am free on Saturday so can I come to a meeting about the concert ? Please reply for me soon! Linh.

Task 2: In my opinion, joining a gym can be a fantastic way to get fit, but it's not the only way. You can enjoy a variety of workouts at home or outside that will give you the same great results and put a smile on your face at the same time. There are potential negatives to joining a gym, including: You may not live close to a good facility, a gym membership can be expensive, though there are reasonably priced gyms in most areas, some people are embarrassed about their bodies, or about not being able to keep up with other people in their exercise classes. Such resolutions traditionally also lead to new gym memberships - also known as the forking out of large sums of money to alleviate indolence guilt. In a recession, pouring money down a communal shower's plughole may seem even less appealing, and according to Mintel the average gym membership in 2009 cost £442. That's about £37 per month, with some chains charging significantly more than that. So perhaps it's no wonder that 23 per cent of consumers say they have already cancelled their gym membership, with a further 6 per cent saying they plan to do so, according to the report, which is out this week. That leaves working out at home. Kevin Steele, PhD, exercise physiologist and vice president of 24 Hour Fitness Centers said: "In today's world, the reality of it is people don't have time to go to a facility every day anyway," he says. "And consistency is key." Steele says, at 24 Hour Fitness, they encourage folks to exercise at home as much as at the gym. This way, they are more apt to adopt fitness as a lifestyle. "The key thing is that you do something, somewhere, sometime," he says. Steele and other fitness experts say it doesn't take much effort or money to design an effective workout program at home. Things like fit balls, dumbbells, exercise bands or tubing, and push-up bars are an inexpensive way to create a routine that works all the major muscle groups. At home, no one will disturb you while you are exercising in order to discuss the weather or to tell you that you are not exercising the right way. You will be able to remain focused and have a faster, more productive workout. In front of other people, so as not to seem silly, people might perform their repetitions haphazardly with the goal of lifting as much as possible. Ultimately, this will mean slower progress and a greater risk of injury. At home, there is no one to impress. You can focus on effective work and not worry about what other people think. There are a lots of ways to improve your fitness without having to join a gym. You can go for a walk, cycle in your local area, or even join a local sports team. These are great ways to meet new people, socialise and keep fit. I think many experiences working out have changed many things, such as: appearance, self-confidence, diet, lifestyle, social life, and etc. The effects of working out can really be beneficial towards anyone