

Task 1: Hello Nick, I want to help with the concert. I like listening to pop music. I can help with the concert such as: prepare musical instrument, check the list of people invited, make everyone quiet... and so on. I will free during on Monday, so i will come to a meeting about the concert. See you soon. Best regards, Ngoc. Task 2: In my opinion, go to a fitness club is the way to keep fit. Because we will be guide practice buy the coach with the best exercises. But if we do not eat as directed, we should not keep fit. Besides of go to a fitness club, we have many way to keep fit such as: weight loss by do exercise, walk every day,... so on. So we need persistence to keep fit, because it is a process.