

Task 1: Dear Nick, My name is Nhung. I study at English class. Today, I have seen this notice and I want to take part in a concert at school. I love music. I enjoy music and I listen to it every single day. There are a lot of different styles of music for you to choose and enjoy. If I am in good mood, I prefer to listen to some energy rock music that keeps me happy and full of power. If I am tired, I choose some calm, relaxing songs. In concert, I can do things such as: cleaning, seating arrangement, guide, organize tools and bring food, I can do many other tasks. I am very enthusiastic and friendly. I will try to do a good job of it. I have more free time. I can go to concerts in the afternoons during the week. I hope I will be participating in the concert. Thanks, Nhung

Task 2: We ourselves we all know the positive benefits from exercise, everyday sports bring our health but we simply think it's mostly just good for muscle training. The fact that exercise and sport also brings more benefits than we think because we still do not know all its benefits, many people are still afraid to practice. Aversion sport practiced pretty much exist for adolescents ages. This article will give the benefits of exercise do you have enough perseverance and determination exercise.

- A Healthy heart: Dr. William Kraus a professor of Medicine at Duke University who once said: "Even if you only set the daily low but also good for the heart. Tap less than to never practice and practice a little more is better than less training. " Exercise, sports reduce blood cholesterol levels, improve blood circulation in the body are easy to heart and limit the formation of blood clots (also known as blood clotting) that causes infarction heart, enhance myocardial function and reduce myocardial fatigue. According to a survey on a large scale in the US, the majority of obese people at risk of contracting diseases such as chest pain or stenosis if exercise can take daily seminars, the risk of these diseases will significantly reduced.

- Decrease of old age amnesia According to scientists at Holuholu, who take sport to practice daily, average daily travel about 400 meters a day, potentially improving memory than 2 times higher than a normal day. Helping you have a slender body, balance For those who take exercise and sports daily, the body a balanced, slim will be a living testament to the wish to have a healthy body. The scientists added that won just 30 minutes per day for about 2-3 months you will have a body with desired shape.

-Reduce fatigue After a tiring day of work and stress you only need a few minutes to win the sport practice, you will feel fresh and dissipate more tired now also good for health