

Task 1: Dear Nick, I want to help with the concert. I enjoy music and I listen it every single day. I prefer to listen some rock music that keep me happy and full of power. I want to help with the concert. I sing very well so I will sing in concert and I can help you promote concert. All day Sunday, I am not busy so I can come to a meeting about the concert. What jobs have needed help I will help you with all your heart. I enjoyed the concert like this. So if I 'll be involved very happy. Thank you, Nhung

Task 2: The health is very important with our life. Many people said that " Having a good health is having every things". And the truth, if you haven't got a good health, you will not have perfect happiness in family, life and career. So that, It's necessary to keep your fit. There are hundreds of thousands of way for you keep your fit. But in my opinion, you can notice some following point. You should do morning exercises or play sport as ride bicycle in fresh air. Riding bicycle helps to reduces polluted environment too. You should have a good diet, eat enough the nutriment. Always have breakfast (The nutritionist proves that breakfast is the most important meal per day). You should have meal in time. The best time to have lunch is about 11am to 12am, and for dinner is about 6 to 7pm. You should eat less meat, especial beef, turkey, fork...and should eat a lot fruit and vegetable, salad, fish; should drink a lot water, about 1l to 2l per day. Don't smoke and drink strong wine. You should breathe fresh air, away from polluted areas. You should have sufficient sleep, at least 6 hours per day, not stay at late. I deal sleeping is about 11pm. You shouldn't work too hard, reduce the pressure, prevent from stress. You should keep yourself and your home, especially your room lean, tidy. You should see the doctor regularly periodic examine. If you want to live long, the most important thing is that you have to be always happy.