Phùng Khắc Thuận

**TOPIC 1**

In my opinion, a healthy lifestyle is a way of living to stay healthy and go against the risk of disease. There are some tips should follow to have a healthy lifestyle. The first is regular exercise. You should spend at least thirty minutes everyday doing morning exercise, which does not only improve health but also prevents some diseases. It also helps us reduce stress. The second is a healthy eating habit. We should eat three meals a day: breakfast, lunch, and dinner. We shouldn’t skip breakfast because it is very important. We should also drink a lot of water because it helps your body filter blood well and keep our skin healthier and nicer. We should eat a lot of fruits and vegetables. They are good for your digestion. Finally, we should try to sleep early at night and always maintain a comfortable feeling when you sleep. I have a one healthy lifestyle, because I do all the things mentioned above. But I will try to sleep earlier because I usually go to bed late. In conclusion, healthy lifestyle is very important for us, it gives us confidence and has a good body shape.