

<b>Topic 161</b>	People do many different things to stay healthy. What do you do for good health? Use specific reasons and examples to support your answer.
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<b>1. Brainstorming</b>
<ul style="list-style-type: none"> <li>• Sleep <ul style="list-style-type: none"> <li>- more energy, vibrant</li> <li>- prevent symptoms of scarcity of sleep</li> <li>- mental relaxation</li> </ul> </li> </ul>
<b>2. Outlining</b>
<ul style="list-style-type: none"> <li>• Introduction <ul style="list-style-type: none"> <li>- athletes, dieters, elderly</li> <li>- designated methods of health care</li> <li>- Opinion : more sleep</li> </ul> </li> <li>• Body <ol style="list-style-type: none"> <li>1. stay vibrant <ul style="list-style-type: none"> <li>- more sleep, more energy</li> <li>- heal the entire body</li> </ul> </li> <li>2. mental relaxation <ul style="list-style-type: none"> <li>- relieve stress</li> <li>- memories</li> </ul> </li> <li>3. lack of sleep can be dangerous <ul style="list-style-type: none"> <li>- most ignore negative effects</li> <li>- Guinness world record : no sleep for 11 days</li> </ul> </li> </ol> </li> <li>• Conclusion <ul style="list-style-type: none"> <li>- health care is the most important thing</li> </ul> </li> </ul>

### 3. Essay Writing

Worldwide athletes, dieters, models, and even the elderly people, who are in pursuit of sustaining their health follow designated instructions of health care. The methods include constant exercising, healthy diet, and keeping daily routine, and each type of means result in different form of healthy condition, with a variety of other benefits. In my preference, securing more time for sleep is the most noticeable effort to maintain a state of well-being.

First and foremost, an absolute guarantee that the persistence of vibrant and energetic state of the body for the entire day is usually followed by a sufficient amount of sleep at the day before. Sleeping is one of few opportunities to supplement energy necessary for fundamental metabolisms and any activities during the whole day, as well as consuming foods. If the body was mercilessly left in harsh physical training for a long time, sleeping will be the remedy for alleviating accumulated fatigue in muscles, which is a part of the procedure to ease and heal the whole body. Otherwise, the owner of the body will suffer from muscle pain, and experience a temporary physical disability.

Furthermore, the procedure of sleeping encompasses the relaxation of mental reactions as well. It is a scientifically proven fact that the memories contained in the brain are rearranged during the state of falling asleep. Unnecessary thoughts, feelings, and negative memories including life stressor are considered minor, and temporarily removed from the mind. A majority of the public are inclined to think about a plan of the day when just awoken at the morning, instead of reminding yesterday memories. Even if the memories are related to terrifying events or pessimistic emotions towards someone, they are often remembered later. By the period when remembering, however, it's late enough for the people to lose interest on such attachments. For instance, I have experienced a lot of cases when I was mad at my friends. It was time to sleep, and I determined to not make any conversations with them anymore. However, in the next day, I could barely remind the feeling of rage towards the friends, but it didn't persisted in my mind so long. The pledge on myself was soon broken, and I was once thinking how to spend my time in school.

Moreover, hazards from a lack of sleep are also noticeable things to consider. Constituents of the modern society, mostly busy with their works, tend to underestimate adverse effects from a scarcity of sleep. Some indeed endure such pains in order to finish designated assignments. However, they must be informed that a number of health hazards there are more than just a temporary tiredness. For example, I have heard of a man who challenged staying awake

for consecutive 11 days, without any sleep. After the time, his health condition was examined, and he frequently experienced short-term memory losses, paralysis of muscles, and even showed symptoms of mentally retarded people.

In conclusion, securing the time for enough sleep is what I mostly try to keep for maintaining decent health conditions, due to the obtainment of extra energy, mental relief, and avoid hazards from a lack of them. Although investing time in works may be more meaningful than in sleeping for some, such things become meaningless without health.

#### 4. Speaking

In my opinion, sleeping is the most recommendable way to preserve decent health.

First of all, it's the only time for my mind to be cleaned. For example, even though I feel certain mood or stress last day, I usually don't remember them after several hours of sleep.

Second of all, I can stay physically energetic throughout the whole day. In fact, supplement of energy necessary for metabolisms takes place during the sleep. In periods of school exams, I always experienced fatigue and tiredness, since I had slept at late midnight last day.