

Be Healthy Be Happy

By Leung Hi, Isaac

Tom was a junk food lover. He liked eating fries and burgers. He always felt hungry.

One day, Tom found out that he was overweight. He weighed 207 kilograms. He was shocked. He thought, 'I have to change. I need to take action. I will do more exercise to lose weight.'

The next day, Tom had a body check. The doctor gave him some advice. The doctor said, 'You should eat more vegetables and less junk food. Also, you should do 30-minute exercise every day.' Tom said, 'I will follow your advice. Thanks!'

Tom lost about 20 kilograms in two months.

Tom knew he should have a balanced diet and do exercise to stay healthy. He learnt that '**Health is wealth!**'.

