

Unit 8: **IMAGE**

Model answer: Write A letter giving advice

Dear _____,

I've just got your letter and I was sorry to hear that you've got a _____ problem. I bet the problem isn't as bad as it seems, though! In any case, there are lots of things you can do to lose weight. So, here are some _____ to help you deal with your weight problem.

First, maybe you should eat a _____ diet. This means you need to _____ your intake of fruits and vegetables and _____ on fatty foods altogether as well as junk food and sweets. However, you shouldn't cut out meat and carbohydrates, do take them in _____ quantities. If you do this, you'll soon _____ weight and you'll look and feel much healthier, too.

Another thing that you can do is, you could also lead a more _____ lifestyle for example walk or _____ whenever possible rather than going by car or bus. That way you'll burn _____ and get your body back in shape at the same time. I know it's hard to do at first, but believe me, it will work!

I hope I've been of some help to you. Good luck and don't forget to let me know how everything turn out.

All the best,

increase	healthy	weight
cycle	Afan	balanced
suggestions	Agnes	smaller
reduce	cut	calories