

WRITING: EMAIL (HEALTHY LIFESTYLE)

You received an email from your friend, Aina.

Hi,

I have gained some weight recently and I often feel tired. I really want to start living a healthier lifestyle. I'm thinking about exercise regularly, eat healthier food or get enough sleep.

What do you think I should do? Why?

Hope to hear from you soon.

Aina

In about 80 words, write an email to Aina giving your advice.

[illegible]