

James is a student who has an online business. Read his blog entry and comment on it.

Maintaining a Healthy Lifestyle

By James Wood. April 29, 2019, 4:15 pm.

“For many people sitting long hours at a computer is nothing unusual. But for me, the most challenging aspect is my on-the-job inactivity. I love doing sport and sitting at the computer for so many hours per day just isn’t my style. It has increased my coffee intake and has drastically reduced my overall physical activity. Recently, I have had my first health problems. My doctor says I must change my lifestyle otherwise I will end up in a hospital.”

In your blog comment:

- Describe why a healthy lifestyle is important for everyone
- Write about your lifestyle (food, sport, hobbies, coffee intake...)
- Give advice to James about how he can improve his lifestyle

Write about 350 words.

Useful phrases:

- Why don’t you trying
- Avoiding
- Start ...ing
- I recommending
- I agree / totally disagree
- As I can see it
- From my experience I know that ...
- I can certainly understand

26th May 2019

by Andrew

James, I've just come across your blog post and have read about your lifestyle and some health problems. I understand how you feel because I, like many of us, spend long hours at the computer and suffer from some health problems, too.

Well, you know how important a healthy lifestyle is and you alone have to make a decision to change your habits now. You have to find out what works best for you. First, to be successful you have to be both mentally and physically fit. That means you have to get enough sleep, keep a healthy balanced diet, do sports, and cut down screen time if possible. Secondly, if don't change your life now your health may get worse and you may not be able to run your business at all.

You know what I do? First, I never skip breakfast because it gives me energy for the whole day. Secondly, I keep drinking water even if I don't feel thirsty because I know how important it is to be hydrated throughout the day. They say you should drink about two litres of water a day! Thirdly, I love eating sweets but I try to eat a fruit instead. Generally, I try to avoid sugar and fattening food, like chips, crisps, chocolate bars and other sweets. But maintaining a healthy lifestyle is not only about what you eat but also how much physical activity you have. I usually walk to school or ride my bike when the weather is nice. At the weekend I often play volleyball with my friends. And last but not least James, I try to cut down my screen time at the computer and get enough sleep whenever it is possible.

Why don't you start today, James, and first of all, reduce your coffee intake. Keep a bottle of water at your desk and whenever you feel like having a cup of coffee drink water. I advise you to make breaks and do simple exercises, like moving your arms or stretching your legs to improve blood circulation. Reduce the time you spend sitting at your computer. I would encourage you to do sports regularly. I am not a great enthusiast of fitness studios or gyms, but if it works for you, that's fine. You can also have a run in the morning or in the evening or simply go for a long walk with your friends.

I look forward to your new blog entries. I will follow you to see how you are doing.