

Fit and healthy

These days, I feel a little bit lazy. It's time to make some lifestyle changes! My friend Martin says that exercise and healthy eating are really important. I'm going to be more like Martin. I'm going to join the gym and get fit. I'm going to eat five portions of fruit and vegetables every day. I'm going to have three healthy meals – breakfast, lunch and dinner – and I'm going to cook all my food myself with fresh ingredients – no more fast food for me! I'm going to drink lots of water. I'm going to stop smoking. I'm going to stop going to the pub. I'm going to stop driving and start walking. I'm going to stop watching TV and start running. I'm going to go to bed early and get at least eight hours' sleep every night. From now on, I'm going to be so healthy! ...Tomorrow, I'm going to get fit and healthy...

