

Recitation D

How Your Habits Can Help You

Do you have any habits? Of course you do. Pretty much everyone does. Good habits can make you successful and bad ones can ruin your life. I am going to give you some advice about how to be healthy, rich and wise. I'll tell you what you must do if you want to live well.

“Early to bed, early to rise, makes a man healthy, wealthy, and wise.”

This is an old English saying. Have you heard it before? It means that we must go to bed early at night and get up early in the morning. If we do, we will be healthy. We will also be rich and wise.

Is this true? I think it probably is. We know that our bodies must have enough sleep. It is said that children need ten hours of sleep every night. If you don't get enough sleep, you can't think, study or work properly. Then you will probably not become wise or healthy.

Some people go to bed late at night and get up late in the morning. This is a bad habit. It's better to go to bed when it's dark, because the darkness helps us to have a good sleep. When the daylight comes, we should get up. This is the best time for exercise. You need to get an exercise habit. Walking, running, jumping, swimming, and playing games are all exercise. If the body is not used, it becomes weak. Moving it around a lot keeps us strong.

Exercise helps blood move around inside our bodies. This is very important. Blood takes nutrition to every body part. Our brains also need blood. If we keep our bodies healthy, we can think better.

What time did you go to bed last night and what time did you get up? Did you do some exercise this morning? You may need to consider your everyday habits if you really wish to be healthy, rich and wise.

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