

5E Lau Jason

Gary's Story

Gary had some unhealthy habits. He ate a lot of potato chips and sweets every day. He played computer games for four hours every day after school. He didn't do any sports in his spare time.

One day, Gary had a PE lesson. He ran slowly. He was the last one to finish his lap. He was very tired.

Gary was sick. His mum was worried. Then, she took him to see the doctor. The doctor said, 'Gary, you are overweight. You need to eat less salty and oily food. Moreover, you need to do more sports.'

Gary listened to the doctor. A month later, Gary became fit and healthy. He ate less junk food and he exercised after school every day. Therefore, he lost his weight successfully. He was happy.