

Change Your Habit!

Johnny is my classmate. He was an unhealthy boy. He loved eating junk food. Every day at school, he bought potato chips, hamburgers, French fries, cola and other oily food and ate them all day. He hated eating vegetables and drinking water. Because of his bad habits, he was once seriously overweight. Until last year, he finally changed.

That night, when Johnny was sleeping, he felt a sharp pain in his stomach. It was too painful that he couldn't move at all. Even worse, he wanted to vomit. He was stuck in bed and was absent from school the next day.

Mum was worried about Johnny, so she took him to the nearby clinic to see Dr. Chan. Dr. Chan did some check-ups and said, "Johnny, you should have a balanced diet. I know junk food is yummy, but you need to follow the food pyramid to eat healthily." Johnny nodded, regretting it.

From that day onwards, Johnny started changing his habits. He used to love eating junk food while watching TV, but since then, he ate less junk food, drank more water and ate more vegetables. He also found it fun playing different sports with his friends. After one year, Johnny found himself fit and strong. He was very glad and proud. Johnny learnt that if he never gives up, he will succeed one day.