

3E Bertrand Yuen

A Letter of advice

Dear Andy,

I'm very sorry to hear about your problems and I hope I can give you some helpful advice. .

You mentioned your parents are extremely strict. They're always checking on you. They never let you go out with your friends and ask you to stop using Facebook. I think you can communicate with them more, trying to get a mutual understanding. What's more, you can promise your parents what time you will be back home and add them to your Facebook. Your father may then know more about your friends' background and your school life.

In addition, you also said you are overweight because you tend to eat junk food when you feel down. I think you should have a balanced diet and follow the food pyramid or see a nutritionist. Remember to eat more vegetables and fruit but less junk food. Besides, doing physical activities can help release endorphins which help you to feel happy.

At last, you said that you'd like to exercise but don't like team sports. I think you can try some activities on your own, such as aerobics, cycling and jogging. If you can find a sport that you enjoy, you'll find that it's easier to do it regularly.

Hope the above advice can help. Please write to me again if you need any more help.

Best wishes,

Mr. Leung