

Wait!!!

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In Hong Kong, most people walk so fast and they do things quickly. Actually, if we can walk slowly, we may be able to enjoy some amazing views that we have never seen before.

The pace of life of most people is really fast. Every morning, it seems that everyone is rushing to work or school. Other than work and study, Hongkongers don't have enough time to do their own things, therefore, they need to do everything fast, so that they can have their own time to do things they like.

However, being too fast can be harmful to our life. Just think of having lunch for five minutes only! That's clearly bad for our stomach and we may get sick easily. Also, we get tired every time we go home after work or school and still have lots of things to do. We may miss some precious moments to gather with our family and friends

If we can live over life more slowly, we will have time to enjoy watching the sky and magnificent natural scenery. We will have more chances to get close to our family and friends. Our health will improve and we can stay healthy and fit.

Some people may think that they are busy all the time and can't do things more slowly. I have some ideas to share with them. First, we should wake up early and sleep early - at around 10 o'clock - -then we will have enough energy to start our new day. Second, we should have a well-digested meal when we eat because it is good for our body. Next, we should often plan a schedule for our work and other things to do in our life. In this way, we may be able to do lots of things on time and we don't have to rush.

If you really try to live a slower life, you will know that's a great choice!