

## Letter of Advice

Percy Tse (3D)

Dear Andy,

Thank you for your letter. I'm very sorry to hear about your problems and I hope I can give you some advice that will help you.

First, you mentioned you have strict parents. They are overprotecting you. They stop you from using Facebook because they think it's dangerous. They never allow you to go out with friends, even on holidays. Most importantly, your parents are always checking on you. They call you whenever you aren't at home by 4:30 p.m. and ask lots of questions that make you stressed. Yet, you have to understand that they do this because they care for you, they love you and are trying to protect you. If you really think you lack freedom, I suggest you have a serious conversation with your parents to solve this problem.

Next, you say that you are overweight. You can't control yourself from eating snacks whenever you feel down. Also, you have gained more than ten kilograms over the past few months. My advice is to eat more healthy and nutritious food, and follow the food pyramid to plan your diet. Doing sports can also help you lose weight. If you feel down, you can also listen to music to relax.

Last but not least, you said that you are terrible at team sports. You are always last picked when others choose teams in PE lessons. You don't enjoy team sports and your parents probably wouldn't let you join a sports team even if you want to. I think you should try to improve your skills in team sports. Also, if you don't enjoy team sports, why don't you try doing some individual sports? You could do sports by yourself and lose some

weight.

I hope this advice can help you. Let me know how things turn out.

Write to me if you need my help again.

Yours,

Percy