

My Opinion on Keeping Fit among Hong Kong People Nowadays

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I would like to express my opinion about keeping fit nowadays in Hong Kong. Keeping fit has become a hot topic in Hong Kong, too.

One person says that keeping fit can make us more beautiful. Another says that keeping fit can help us find jobs easily. And someone else says that it can help us fit into fashionable clothes. Yes, there are lots of advantages if we keep fit. But we should use suitable ways to get those benefits. Nowadays, so many people use the wrong way to keep fit. They spend lots of money buying slimming products. Those slimming products are not good for us. There may be lots of negative effects after we use them. Maybe some people eat less food to keep fit. It is impossible to succeed! There is a famous model called Yan Hui who wanted to keep fit, so she ate only an apple a day. Finally, she got anorexia. If we want to keep fit, we just have one way — do more exercise. Then we can be fit and healthy.

In fact, people want to keep fit due to lots of reasons. They get wrongly focussed on to being beautiful. They think that beautiful equals slim, so they want to be beauties. However, it is not true. Actually, inner beauty is more important than physical appearance. If we have inner beauty, we will be confident. Apart from that, being healthy is also important. If a person is beautiful but unhealthy, she will not get the true benefits. It is fake! As I mentioned, the famous model Yan Hui chose ‘physical beauty’, so she gave up her health and got anorexia which is irreversible! Therefore, health and inner beauty should be the most important.

To solve these problems, the government has the greatest responsibilities. The government should promote the importance of healthy lives by using the Internet, radio, TV programmes, etc. They should also encourage citizens to have healthy lives and use correct ways to keep fit. Also, the government can enforce a law to ban companies selling slimming products. Finally, people in Hong Kong will get the correct message.

To conclude, people should use correct ways to keep fit. The government should also take action!