

You have received an email message from your English-speaking pen-friend Mary:

From: Friend@mail.uk
To: Russian_friend@ege.ru
Subject: Welcome
<p><i>...Summer is coming and I want to look my best: healthy, energetic and physically fit. So I'm trying to eat plain, simply cooked natural food, have enough sleep at night and I have recently joined our local fitness club. Do you do anything special to stay healthy? What makes people healthy and strong? What do you think about a healthy lifestyle?</i></p> <p><i>By the way, I m going to spend a month at the seaside this summer...</i></p>

Write an email to Mary. In your message answer her questions, ask 3 questions about her coming summer holidays. Write 100–140 words. Remember the rules of email writing. You have 20 minutes to do this task.