

You have received a letter from your English-speaking pen-friend Mary who writes:

*...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?*

*By the way, I m going to spend a month at the seaside this summer...*

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