

Au Siu Chun (J. 6B)

### Swimming, My Favourite Sport

My favourite sport is swimming. It is a healthy activity. I think everyone should enjoy the happiness of swimming.

Swimming is a great exercise because it needs to use every part of your body. Hence, it is an amazing full-body workout.

In addition, if you know how to swim, you can stay healthy, grow strong, get rid of fat and benefit in other ways by swimming.

Swimming is really fun because you feel proud of yourself when you can swim well or win a swimming competition. If you always practise swimming, you can coordinate your body better.

What are you waiting for? Get moving and try it now!