



The Importance of Physical Fitness

All this year, people come, and people go. Counting every new year start, people start to do planning for their new year resolution and is a must do to plan their year throughout. All year-round still wishing for the same old new year resolution? Dreaming to have that ideal body? As always, I would always list down my new year resolution. I always tell myself that: "Annie, new year is coming, make sure that all of the new year resolution listed would be done by this year, said with finger crossed."

Few years back, I remember after I graduated my high school, doing fitness and sports is never in my list anymore. This shows how much I hated sports and fitness because who likes being under the dirty sweat and under the hot sun?

Being healthy and staying lean has always been my number one new year resolution. Once in year 2017, I started my first workout. To be honest, it was tough and very tiring. Despite I was very tiring, but I always tell myself: "Annie, no excuses and keep going after all it will be worth it to see your ideal body to come to reality."

My mum once told me, "how you do one thing decide how you do everything in your everyday life." She might not be the best mentor but however this phrase has been resonated around me for plenty years. With countless of hours spend in the gym and researching online, thousands of observing and meeting a lot of new people whom is also passionate in fitness.

They always love to share their thoughts and discussing about their fitness and sports techniques throughout their fitness journey. Oh, not forgetting famous celebrity diets

Importance Of Physical Exercise Essay

Léo Pomar



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