

#### 4A Chan Wai Kwan, Wilson

Danny was a fat boy. He looked fat. He had a big belly because he ate too much unhealthy food.

One day, Danny measured his weight. It was forty-five kilograms. He was shocked and worried that his weight was too heavy. So, Danny decided to keep fit.

Danny went running four times a week. He did not eat any sugary food or other junk food. He also had a healthy diet to keep fit every day.

Two years later, Danny measured his weight again. It was thirty-two kilograms. He was light. He felt happy. He is a thin boy now.

