
Keeping Fit

Healthy is a crown on the head of healthy people. Keeping fit is the first step to be healthy. Also it helps you to study better and do daily tasks. You should eat healthy food to keep fit and healthy.

There are three types of exercises.They are aerobic, resistance and stretching. Aerobic is like running .It makes your heart works better. Resistance is like push-ups.It builds up your muscles. Stretching is like Yoga. It makes you more flexible. It also helps you to cool down. We should keep do sports to keep fit.

Healthy lifestyle

Healthy is a crown on the head of healthy people. Keeping fit is the first step to be healthy. The balanced diet is the key to healthy lifestyle. Eating vegetables and fruits keep you healthier.

We should drink a lot of water and fresh juice (to keep liquids in our body).We shouldn't eat fast food to keep fit.We also shouldn't drink fizzy drinks.Finally,we should do sports every day to be healthy.

Vegetarianism and Balanced diet

Vegetarianism is the key to healthy life. We can eat fruits,vegetables,nuts and sometimes eggs. We stop eating meats. Vegetarian diet has some advantages. It prevents obesity and heart disease. It gives you more energy. It includes high amounts of vitamin C.

Vegetarian diet has some downsides. This diet is low in calcium and iron. It can badly affect on your health. We should follow a balanced diet to keep fit.

Blogs

Blogs are very important in our life. They have some advantages. They connect you to the world. Your voice is heard and your images are seen. The blog is easy and free to create. You can share your ideas with your friends.

Blogs have some downsides. They sometimes waste our time and money. They affect badly on our values. We should use blogs in a positive way.

Inspired people-Defying the Odds

Everyone has a right to dream. We will talk about two examples of inspired persons. **Juri Al- Azmi** is a 16 -year-old girl. She lost her sight but she didn't lose her hope. She read 50 books. She won the first prize in reading.

Ghanim Al Muftah is a Qatari teenager. He was born with a rare disease. He inspired young people around the world. He became a famous paralympian. We should achieve our dreams.

Life in the space

Life in the space is like camping. We need to take everything. We should take parachutes and Oxygen. We also should take food and water. There is no gravity in space. It's so hard to live in space.

Astronauts go to space to live and work. They go to space in shuttles. They wear special suits. They eat dried food . They drink water by straw. They use special equipment. They travel to space from space station. They collect samples. Finally, I'd like to travel to space.

Handicapped people

Handicapped people are very important to our society now. They face many problems. Our society ignore them. People think that they are unable to learn. Some people think that they are different from us. They face problems in parking and jobs.

We should respect them. We need to make special parking for them. We should give them freedom to learn and play. Finally, societies shouldn't ignore them.

Pearl Diving(Kuwait in the past and nowadays)

In the past, Kuwait was famous for pearl diving. Pearls are small shiny balls. They are formed in shells. They are very expensive. Pearl diving was a social system. Life in the past was different from life nowadays. The people worked hard and were happy in the past.

Nowadays Kuwait is famous for oil. The main source in Kuwait is oil. Life now is easy and simple. Technology makes the life easier. I like life in Kuwait now.

Work

Work is very important in our life. Everyone should have a job. We work to earn money. We should work hard. We stay long in our job. We should achieve our goals in work.

We face many problems in work. We lose interest. We sometimes go to work late. We should be proud of our job.

Incredible places

There are some incredible places to visit. The first place is Luxor city. It is in Egypt. It has a third of temples in the world. It was the capital of Egypt. Tourists come from all over the world to visit Luxor.

The second place is souq Al-Mubarakiya. It is the oldest market in Kuwait. Visitors can spend hours in shopping. They enjoy eating and walking. I like souq Al-mubarakiya.

Famous Museums

There are some famous museums in the world. The first one is Tarek Rajab museum. It is the largest Islamic calligraphy museum in Kuwait. It has over thirty thousand items. There are early gold pieces. There are also metal and glass objects.

The second museum is the Louvre. It is in Paris. Tourists come from all over the world to visit it. It has ancient Egyptian and Roman items. It also has sculptures and furniture objects. I'd like to visit the Louvre museum.