

Dear John,

I'm glad you ask and glad to hear from you! I would love to figure out how to help you.

First of all, try to do some sports like running, swimming, hiking and do some stretching exercises. These hobbies are really healthy. You can do exercise at home whenever you want. You can also go running or jogging at the park too!

You should also eat less unhealthy snacks because they have too many calories for your body and it's unhealthy! You should eat more vegetables, fruits and fresh meat. These are good for your body and can make you stronger.

Don't forget to smile! Cheering can help your body too. Smiling can prevent sickness and any symptoms! If you feel down, you can talk to me or your beloved family.

I believe you can do it, John.

Yours truly,  
Sandy