

## **Your future plans**

**Talk about your future plans.**

**You should say:**

- **what your plans are after the SPM**
- **reasons for your plans**
- **who inspires you to have such plans**
- **what you will have to do to fulfil your plans**

I plan to do two things after the SPM. Firstly, I want to hone my skills in photography. I think I can get a lot of money by taking good quality pictures for other people. I want to follow in my uncle's footsteps and be a professional photographer taking pictures for companies and individuals. He also travels to many interesting places to get the pictures taken. I would love to specialise in nature shots, especially wildlife and plants. I realise that in order to be a successful photographer, I will need to have perseverance and be motivated. I will also need to meet a lot of photographers besides attending talks and exhibitions to gain knowledge and experience. Secondly, I want to learn how to cook from my mother. My mother is a great cook and she can offer me many useful cooking tips. I may not be able to stay with my parents when I further my studies, so it would be nice if I can cook for myself. I can also save a lot of money. I think I am going to ask my mother to teach me how to cook one type of dish every day.

What do you want to do after the SPM? Do you have a goal you want to achieve? What is it?

I would like to travel after the SPM. I would like to immerse myself in the experience of exploring the sights and sounds of some local destinations in Malaysia. I would be able to travel without any care or worry about examinations or unfinished assignments! My goal after the SPM is to relax my mind, find happiness as well as learn about new cultures and surroundings.

**Your favourite music.**

**Talk about your favourite music.**

**You should say:**

- **the type of music that you like**
- **the origin of the music**
- **why you like that particular type of music**
- **why music is important to you**

My favourite music is Korean pop (K-pop) music. It is popular music originating from South Korea. It is influenced by different genres of music from around the world such as hip-hop, R&B, rock and jazz, to name a few. I enjoy K-pop music due to its unique blend of addictive songs, skilful choreography and not to forget numerous glamorous and attractive performers. My favourite K-pop music group is BTS and Black Pink. Music is important to me because listening to it can improve my mood. Listening to K-pop music, for instance, gets me very excited and pumped up. I also believe that listening to music that I enjoy enables me to relieve my stress after a hard and strenuous day at school.

## What do you consider to be good music? Why?

I think good music is music that unites and brings people together. While every country has its own language, there is only one language we can all understand and that is the language of music. People who attend music festivals and concerts are able to just dance and sing together while enjoying the whole musical experience. It doesn't matter who you are or where you are from, everyone is treated the same. That is my idea of good music.

## What are the benefits of exercising?

- helps to lose and maintain weight
- improves our mental health
- improves our physical health
- reduces risks of serious illnesses
- helps people perform daily activities easily
- improves self-confidence

Right, let's begin. In my opinion, there are many benefits of exercising. First of all, I believe that exercising helps us lose and maintain our weight as well as it helps reduce the risks of serious illnesses.

**Do you agree with me, Siew Leng?**

Yes, I totally agree with you that exercising is beneficial. I believe that it improves our physical and mental health. Exercise can help contribute to a sense of confidence and well-being, thus making us more appreciative of our bodies and feel good about ourselves. What do you think, Azura?

**Yes, absolutely. As I said earlier, exercising regularly helps us lose and maintain our weight. When we exercise regularly, it prevents us from falling prey to obesity. Obesity diseases such as heart ailments, diabetes, blood pressure, depression, and anxiety, to name a few, can be taken care of when we exercise. Yes, You're right. Regular exercise has been shown to increase our metabolic rate, which will burn more calories and help us lose weight. Well, Azura, are there any other benefits of exercising that you can think of?**

Well, in my view, I believe that if we exercise and eat healthily, we can become more alert and focused. Exercise can be a real energy booster for healthy people and those suffering from ailments. It has been proved that regular exercise reduces feelings of fatigue and significantly increases our energy level. What would you say?

**Yes, I am with you on that one. I believe regular exercise can help us improve our mood and decrease feelings of anxiety and depression. It is said to produce changes in the part of the brain that regulates stress and anxiety.**

Indeed, and additionally, Siew Leng, it is said that exercise increases the production of endorphins that is known to help produce positive feelings.

**Yes, that is true. It is recommended that we do some kind of aerobic exercise at least three times per week for more than 20 minutes to reap the health benefit of exercise. I feel that exercising helps people perform daily activities easily because when we exercise, we are more energised.**

You're right. Daily routines like going up and down the stairs or carrying the groceries will not feel like heavy chores anymore.

**You can say that again! Having good health makes it possible for you to do many things in life. Exercise offers incredible benefits that can improve nearly every aspect of our life.**

Yes, I am with you on that one!

## Which is the greatest benefit of exercising?

Okay, so we're given six benefits of exercising. In my opinion, the greatest benefit of exercise is that it helps us lose and maintain weight. Many people start exercising in the first place because they're unhappy with their weight. They often see exercising as a way for them to lose weight naturally. What do you think, Siew Leng?

**I'm afraid I have to disagree with you. I think the greatest benefit of exercising is that it reduces the risks of serious illnesses. When we exercise, our health improves, just like the saying 'health is wealth'. Regular exercise strengthens our heart and improves blood circulation. This in turn reduces the risk of heart diseases such as heart attacks.**

## What is the importance of promoting exercising among teenagers nowadays?

So let's talk about the importance of promoting exercising among teenagers nowadays. First and foremost, we need to encourage them to exercise as it helps in maintaining their physical and mental health. They should change their priorities from living a sedentary lifestyle to living an active lifestyle. What would you say, Siew Leng?

**I absolutely agree with you. Exercises such as aerobics, swimming, running, biking and football can help boost their energy level and allow them to stay physically fit for a longer period of time.**

Yes, it is also important to promote exercising among teenagers nowadays as it will encourage them to burn calories and develop a healthy body. This will reduce the risk of depression due to weight gain.

**I couldn't agree more, Azura. In addition, when teenagers exercise regularly, they become more alert, thus their performance in school will improve. OK, I think that is all from us. Right, Azura?**

Yes, that's right.