



# Writing a Letter

**В упражнении использовано задание финала олимпиады ПВГ 2023/24**

Your English teacher asked you to write a letter (app. 250-280 words) to your future self, which they will send you in 5 years after your graduation. Focus on your healthy lifestyle choices in this letter. Reflect on your fitness journey, care for your mental health, dietary habits, and overall well-being. Discuss your aspirations for maintaining a healthy lifestyle, ask questions about the challenges and victories in this regard, and express gratitude and kindness towards the self-discipline and self-care practices you've adopted.

Remember the rules of letter writing, but you do not need to include postal addresses.