письмо

39

You keep up a correspondence with a Canadian pupil Liza. In the last letter she was interested in your opinion concerning keeping fit recipes. She told you about her problems with weight and asked if you know how to lose it without keeping a diet. She asked if you know special exercises and what time for exercises is the best. And the last question was about trying to lift very heavy weights.

In your letter:

- answer the questions, answers for which your friend is interested in;
- write a few words if you have some interesting information about this topic;
- ask your friend about her thoughts on the information you wrote and about her own opinion on the problem of keeping fit without any exhausting diets.

Write 100–140 words. Remember the rules of letter writing.

Answer:		
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