

2016年



4.23 世界閱讀日

4·23 World Book Day
Creative Competition in 2016

創作比賽



Healthy Body
Healthy Mind



高中組 Senior Secondary
中四 (S4) ▶ 中六 (S6)

IP Hong Wang

CCC Ming Yin College

Topic Healthy Body, Healthy Mind

In recent years hard-liners have given pithy criticism that sports contribute much to a higher rate of injuries like bruises and cramps. While there are certain disagreements on the contrary, it is my view that sports are multi-faceted beneficial to us, not only physically but also mentally and socially.

It is an indisputable fact that prolonged sports result in susceptibility to sports injuries, nevertheless, the advantages of sports activities far outweigh their detriments. It has been proved that people who play sports regularly are less vulnerable to chronic ailments. Burning excessive glucose, fats and calories, sports activities reduce the chances of getting diabetes and obesity, which can bring devastating impacts to our well-being.

Different sports, as well, mould our healthy body. One obvious demonstration is that aerobic exercise keeps your heart fit and capable, lowering risks of cardiovascular diseases such as high blood pressure and arteriole blockage which, when exacerbated, can incur stroke, coronary heart disease and even death. Moreover, sports can strengthen your respiratory system. Increasing your lung's vital capacity, sports enhance your resistance to tiredness. No matter at work or exercise, you can maximize your performance without feeling of fatigue.

There are specific benefits for other sports. Weightlifting, an exercise requiring explosive power, improves your muscles and strength. Rigid muscles can protect you from accidental crash, while stronger bones represent the reduction in vulnerability to joint pains and breakage of bones. Team sports such as table tennis enhance your reflective cortex in the brain for faster reaction to sudden events, the ability of which known as stimulus.

Apart from physical health, sports also exert a positive impact on our emotional well-being. Researches have revealed that exercise stimulates molecular reactions in the body, playing an essential role in cellular activities and metabolism, including that of endorphins – the source of happiness. With less worries, anger and frustration, you can achieve a better sleeping quality. If you prefer something indoors and less intense, you can try yoga and hula hooping, which focus on your body balance and muscle tone, making your body more flexible while pleasuring you with relaxation, preventing symptoms of stress and depression. If you want sports that are dynamic, trendy and exotic, why not try Bollywood dancing or hip hop dancing?

In addition, it is interesting to note that playing sports can help prevent the consumption of cigarettes and illicit drugs, as a 1997 survey conducted by the UN revealed that athletes tended to avoid these detrimental habits than non-athletes, probably hoping to obtain a better performance in sports.

Equally importantly, sports promote the sustainable development of a meaningful life. Apart from work and routines, life should consist of regular sports practice to become sustainably meaningful. While students cramp hard

for studies and the employed spend most time at work, life gradually becomes dull and monotonous. Bringing you satisfaction, accomplishment in cooperation and communication, you are not otherwise able to obtain, workouts enrich your life to make it meaningful.

Another benefit sports lead to a meaningful life is fostering new friendships. For instance, through teamwork in basketball games, communication among teammates help build up trust and mutual respect. As the time for practice becomes frequent, life-long friendships are built up and cemented. As our social circle is enlarged, our life becomes more meaningful with the recognition received from friends carrying the same sports interests.

Moreover, sports occupy an essential position in skills development that is useful in the rest of our life. Another understandable example is the discussion of tactics in sports competitions trains up problem solving skills and self-expression. Thinking critically for winning and convincing teammates with their own ideas, adolescents attain the abilities of leader through sports communication. The same skills in matches apply to scenarios at work in the future. With these interpersonal skills, self-esteem and confidence developed from team sports, it is easier for youngsters to achieve success in the society, which eventually directs to the development of a meaningful life.

It is of the utmost importance that sports shape our life attitude. Marathon, a sport requiring both endurance and mental effort, is a key to build up perseverance. To complete a marathon race, frequent practice before the race is indispensable. Time management and schedule planning, which are parts of a meaningful life, are then practised. Determination is the most important prerequisite to complete the task as daunting obstacles arise in the long-lasting race. However arduous the marathon is, you can overcome your exhaustion and reach the goal with a "never-give-up" thought. Such sports remind you of the attitude which assists you to defeat difficulties and tackle problems in life. That's how life is meaningful – overcome challenges for a better future.

While we are working hard for a better life, sports fuel us with the motivation, relationships, abilities and attitudes required for a meaningful life. Every day we practise sports, it assists you along your life, and eventually becomes a lifelong partner. It paints the meaningful color on our daily routine, our entire life.

Not only do sports help develop a healthy body, it also perpetuates a meaningful life. What are you waiting for? Make good use of your time, embrace sports as a habit for a healthy body, a healthy mind!

Comments

- Logical development with ample examples. (EDB)
- Content is sound and solid, ideas are presented, developed and supported with evidence & details. (HKTLA)

NG Sin Hoi

PLK Vicwood K. T. Chong Sixth Form College

Topic Healthy Body, Healthy Mind

Do you participate in sports often? For most working people in Hong Kong, their answer would probably be no. It is an admitted fact that people living in such an international city like Hong Kong lead incredibly hectic lives and face many constraints to participation in sports. Adults have to rush around like hamsters on a wheel, just to get the necessities done, whilst students struggle to produce all their required schoolwork. Both sectors lead fast-paced lifestyles, where schedules are tight and therefore a valid excuse for not exercising regularly is created. Yet, one thing which should be made clear – although most sports are time-consuming, they are surely not time-wasting.

In recent years, the importance of maintaining a healthy body has been recognized and valued. Playing sports is no longer just the right on an elite athlete, but a part of everybody's life. Countless reports have been generated to prove the effectiveness of sports related activities to the body's daily operation and growth. This is especially so for children, as exercise helps bone formation, muscle construction, increases stamina and helps prevent obesity and diabetes.

When teenagers reach the point of puberty, it is especially important to take part in sports activities, as this is a crucial time of growth. There are also reports that sports can help one grow taller. Some exercises, such as, stretching routines, have been specifically designed to aid in increasing height.

An ideal, healthy weight can be safely achieved and maintained to encourage a favourable body shape. A Center for Disease Control and Prevention (CDC) study has shown that being overweight is strongly associated with limited joint range-of-motion. Weight loss advertisements in newspapers, on MTR billboards and through TV broadcasts are overwhelming. Instead of buying these 'weight-loss' products or taking part in some other forms of slimming treatments, simply participating in sports and having a healthy balanced diet, produces better effects and saves you money and disappointment. Compared with these commercial products, I believe sport is a more continual and worthwhile way to obtain a beautiful body shape.

Everyone knows that sports help to build a healthier body, but until recently, little did we recognize the fact that sports could further reinforce our mental health. Various reports mention that exercising not only enhances physical strength, it even makes us think positively. In accordance with an essay published by Healthline, we know that whether you are practising yoga, working out at the gym, or taking a brisk walk, physical activity can stimulate brain chemicals, which make us feel relaxed and happier. In other words, we can reduce the potential of having a bad temper and mood swings and maintain a good mood through playing sports. It can also improve our concentration power. From research offered by Nanci Hellmich of 'USA Today', increasing the time that students spend in physical education classes improves attention and concentration ability. Concentration and attentiveness are important for a person's mental and emotional growth. If you are concentrating on learning, you can learn more and have a deeper understanding. Success depends on details. Concentration power can cause an important influence to one's future. Therefore, doing sports to boost

concentration is essential in long-term development, benefiting their health in both professional or personal capacity.

Many forms of illness have been attributed to lack of physical exercise, for example, depression, gastrointestinal problems, headaches and etcetera, especially in a heavy pressure society such as Hong Kong. Statistics produced by Health and Safety Executive (HSE), suggested that stress accounted for 35% of all work related ill health cases, these figures helped people comprehend how adverse the situation was. Sports can reduce the levels of stress hormones in your body, such as adrenaline and cortisol. As a result, people can lower the risk of mental illness.

Being involved in team sports with friends isn't only a source of fun or entertainment. It can develop connections with people, aid us in sharing experiences, views and problems with each other. Through the process of peer communication, we may receive encouragement or recognition from our teammates.

Sport, especially team sport, is a good means and platform to enhance communal relationships with friends. On the same time, we can elevate enthusiasm and release pressure. With a higher enthusiasm and morale on work, people will perform better in their own positions. Finally, it forms a virtuous circle in which increased exercise leads more advanced working performance. Nobody would deny that imbalance of working pressure and relaxing entertainment easily causes physical or mental disorders. Sport plays an active role on this "work-life scale" and hence becomes a vital element of our daily lives.

From an angle of self-equipment, sports play a great role in building self-confidence, developing a positive attitude and constructing social circles. Let's take the most popular sport in the world – football (or soccer), as an example. The whole team yells in ecstasy when a tie-breaking goal is scored and teammates embrace and slap hands to show their excitement. It is indispensable that sports and training are one of the best ways of strengthening mutual respect and understanding among counterparts, which also reinforce communication skills.

Sports are obviously a form of exercise, but also a type of entertainment. Treating sport as an interest rather than a daily mission is beneficial because people can truly enjoy the fun that brought by sports.

In conclusion, sport is essential to our lives. It keeps our mind, body and spirit healthy and positive. No matter how busy you are, you should not miss the opportunity to gain positivity in so many ways. Create a well time-managed balance, exercise regularly, and enjoy the comradery of sport and the friendships that it brings.

Comments

- Well structured and linkage between information gathered from different sources. (EDB)
- Consists of a logical progression of ideas, exhibits reasonable good use of vocabulary, well presented. (HKTLA)

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SZE Yuk Fai

Concordia Lutheran School (North Point)

Topic Sport Spreads Spirits and Shines Our Life

He sweated all over his body, and his jersey was wet. His muscles rippled and he was able-bodied. The basketball on his hands was clenched. It was a crucial one and he was not allowed to relax. The teammates who cooperated commendably were gazing at him. At that time, he was as arresstive as a candle in the teammates' heart. At that moment, he was as attractive as a fire in all the attendees' eyes.

This scene appeared in a book named "Kobe Bryant". And finally of course, he claimed the victory. All spectators shouted and cried. His teammates hugged him. Kobe Bryant won a lot of applause. A grin on his face was brilliant. For me, it is not only a scene. It has inspired me to reflect on sport. What exactly do we obtain through motion? And how can sport lead us to health?

I recall this scene constantly. In particular, the nimble movement, stocky body and robust muscles are always amazing. It shows that sport can strengthen one's physique and play an important role to improve body health. Exactly as Kobe Bryant, he played basketball very well and ran back and forth across the basketball court as if he did not feel tired. Among the reasons is sport. Sport enhances one's physical toughness, endurance and stamina, not to mention a well-built figure and a strong body that most athletes and sportsmen possess. In fact, sport is an effective tool to tackle diseases and health risks as well. Sport lowers health risks including high blood pressure, high cholesterol and obesity. In regard to obesity, the research by the United Nation has observed that obese individuals with moderate cardio-respiratory fitness have lower rates of cardiovascular disease than normal-weight but unfit ones whereas the death rate of the former group is 50% lower than the latter. For obese people, sport is the best harmless diet pill. For patients, sport is the antibiotic. For every individual, sport is the ticket to longevity.

Yet, health is not just physical. As stated by the World Health Organization in 1946, "health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

Sports or exercise programs can play a therapeutic role in enhancing self-confidence. The distinguished long-distance runner, Emil Zatopek, who is the only person to win the 5,000 metres, 10,000 metres and marathon in the same Olympics. He said in an interview, "Sport gives me a psychological encouragement. It is really a source of happiness." He disclosed that he used to be a very shy child. It was not until he won a champion in a sports meet did he realise that sport could give him happiness and boost his self-confidence. A lot of diffident youths like Emil Zatopek gain confidence from sport. I believe that people, particularly the diffident ones, can develop their self-esteem through winning sport activities and competitions as sport lets them feel that they have a certain forte. Aside from this, sport can help people develop self-concept. Sport enables them to discover their hobbies and expertise.

Three years ago, I was a teenager who lacked confidence and didn't know my strengths. On my father's recommendation, I started playing badminton. At first I didn't get a grasp of the technique. Through ceaseless exercise, my skills were gradually improved and I became more and more addicted to this sport. Happiness and optimism – these are what I have earned through challenges after challenges. And above all, figuring out who I am is all that matters.

Sport builds bridges and brings us together. During sport, people can make new friends and develop deep friendships. We can associate with each other, talk about sport, exchange experiences and compete together, regardless of what sport we are engaged in. Going out for sport with friends sometimes can reinforce companionship while participating in team sports can raise our spirit of solidarity and cooperation up. Like Kobe Bryant, he has such a united team and loyal teammates that back him over the course of his basketball career and his life.

Sport keeps people away from illness and diseases. It also helps them identify themselves and bolster their self-esteem, while people can maintain their relationship with friends and teammates by sport. Sport provides us a lot of intangible benefits.

Unfortunately nowadays, Hong Kong people seem to be too busy to witness these. They go out at dawn and come back at dusk every day amid busy calendar and high pressure. They sit still and do their daily work on computer, incurring higher risk for chronic diseases such as adiposis and cardiopathy. During holidays, most of them choose sleep all day long in order to compensates for constant sleep deprivation. They often isolate themselves from family and friends. Together with enormous stress and depression, it is difficult for them to stay healthy, be it physically or mentally. Perhaps such lifestyle is what makes this city one of the 'unhappiest' places across the globe. According to the survey of World Happiness Report, Hong Kong ranked 72nd in the world, one of the lowest ranks in more developed cities in Asia. Why is it such a tall order to live a meaningful life?

A meaningful life isn't about making big money. It isn't about owning a luxurious villa. Nor is it about being in a significant position. It is about joy and health. Of course, life cannot be complete without harmonious family and life-long friends. It sounds demanding to achieve, yet it is not as hard as you think – they can all be acquired through sport.

Why should we do sport? The answer is crystal-clear.

Comments

- Good illustration that captures the audience. (EDB)
- Content indicates thinking and reasoning applied with original thought on a few ideas. (HKTLLA)

WONG Sin King William

PLK Vicwood K. T. Chong Sixth Form College

Topic Healthy Mind, Healthy Body, Healthy Love for Life

"William wake up! You, unhealthy, fat geek, it's time to have your morning swim!" yelled my mum. I remain lying on my bed and pretend I haven't heard the call. I hate exercise and I'm not a sporty student so you can imagine how 'wide' I am.

However, I know that good health is of major importance and it means everything to some people, and I mean everything. Having a healthy body and a healthy mind can carry a person to his or her peak. In a vice versa view, an unhealthy body and mind can bring a person to their last legs. So, I will take this opportunity to explain the many ways in which sports help build-up a healthy body and mind.

Needless to say, the crux of the problem with obesity lies in a lack of exercise and poor diet. Obesity is one of the signs of an unhealthy lifestyle. In terms of physical health, participating in sport is a gateway to building-up a healthy body. The enormous amount of chemical energy inside your tummy, for example, trans-fats, high blood sugar, and cholesterol, all plays a major role in damaging your body.

Sports like swimming, running and dancing are aerobic forms of exercise. These kinds of sports can improve your muscle tone, stamina and your lung capacity, so they are wise choices when trying to combat obesity. The government recommends exercising for a minimum of 30 minutes every day as well as suggesting that the public takes part in fun forms of exercise, like the aforementioned, dancing, swimming and running. But why are the HKSAR government giving out advice like this? Moreover, why is the government rapidly spreading this message through the use of mobile advertising, web and mail? It is because taking part in sports is an efficient and effective way of removing extra chemical imbalances from the body, regular exercise contributes to building a healthy body and ignoring troubling pain and disease that can be life threatening. Let's take a look at the American presidents as an example, since the mid-1970s, almost every president had his own sporting regime which they regularly partook in. Ford swam and skied. Carter jogged every day. Reagan lifted weights in the gym, and George Bush took-up cycling until his knees caused him trouble, and then took up running.

As we can see on T.V. nowadays, American presidents, like Obama, look fit and healthy. Most world leaders are in good physical health, but don't be fooled into thinking that it's just to gain a good physique, political reasons are also a major consideration. When we talk about good mental health, many people think about psychology, but what is a healthy mind? Why is it

important? What appropriate measures should we take to ensure we don't have mental health problems? Everyone should have plenty of 'WH-words' and question marks in their minds.

According to the Maslow's hierarchy of needs, there are five stages. They are physiological, safety, social, esteem and self-actualization needs. Humans are often struggling to identify these needs, especially self-actualization.

Although we have known about the physical benefits of exercise for a long time now, it was only fairly recently that the benefits of exercise for better mental health were realised. Taking part in physical exercise is one of the most effective ways to improve your mental health. Regular exercise can have a profound positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. And you don't have to be a fitness fanatic to reap the benefits. Research indicates that even a modest amount of exercise can make a difference. No matter what your age or fitness level is, you can learn to use exercise as a powerful tool to feel better.

Regular activity is an investment in your mind, body, and soul. When it becomes a habit, it can increase your sense of confidence and make you feel strong and powerful. You'll feel better about your appearance and, by reaching even small exercise goals, you'll feel a sense of achievement.

Now for the science... when you exercise, whether it as simple as a walk or as adrenalin inducing as skiing, endorphins rush into action and race throughout the body, creating a feeling of well-being. So, what are endorphins? They're like magic chemicals that pass along signals from one neuron to the next, playing a key role in the function of the central nervous system, thus producing stimuli in a positive way.

So, if you're already partaking in physical exercise of some kind, give yourself a pat on the back, because you have already living a meaningful, joyful life both mentally and physically.

I start to lift myself on the bed, stretch my hands towards the ceiling, packed my swimming kit in my rucksack and yelled to the sun, "I want to be physically and mentally healthy and also live a meaningful life".

Comments

- Interesting twist. The essay is filled with various examples. (EDB)

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YEUNG Tsz Ying

CCC Ming Yin College

Topic Healthy Body, Healthy Mind

Since the pace of life becomes ever-more rapid, people always want to have some relaxation so as to divert their minds from the monotonous work. Sport then becomes the most popular leisure activity among them. Nevertheless, have you ever thought of the benefits that sport can bring to our bodies and lives?

Actually, sport contributes to us in various aspects, such as maintaining our physical health, developing our positive attitude and so on. All these factors are very important for having a joyful and enjoyable life.

First of all, sport helps maintain our health physically. It is understood that sport helps people be healthy and be fit. However, different sport plays different roles in improving our body health. For instance, long-distance run can increase our stamina and strengthen our hearts and lungs. As a result, we will not develop any heart or lung diseases easily. Moreover, we can recover from our fatigue faster as our respiratory systems are stronger and thus they can provide sufficient energy to our bodies at a faster rate. Another example is weightlifting. It is not used to increase our stamina. On the contrary, it can train the muscles to be more powerful and work more efficiently. Although their functions differ from each other at a certain extent, their purposes are still keeping our bodies healthy and strong.

According to many researches done by scientists, 70% of middle-aged people who did not do sport when they were youth are now suffering from many health problems, such as lung disease. Therefore, we need to do sport regularly in order to build up a fit body which provides excellent protection and a strong immune system against many health issues.

Thanks to the advancement in technology, people always have their eyes glued to the cold screen. This may develop eyesight problems if they use mobile phones continuously. Apart from that, they just stay in their own and imaginary world. They do not care about their surroundings and their beloved ones. It will affect their interpersonal relationship adversely. Participating in different sport events, people can meet new friends and build up close relationship with others. They could step out from their illusive world. Furthermore, if they work as a team, it will train up their team spirits as they will help each other to overcome all adversities. When they achieve their goals, their self-esteem and sense of well-being will also be enhanced. Thus, they will become more confident.

What's more, we can relax ourselves when we do sport as our brains will produce dopamine, which is a chemical that delivers the message of happiness to the bodies. It is important for us to relieve stress from time to time so as to

maintain our mental health. Therefore, engaging in sport regularly, we will definitely enjoy good mental health.

Moreover, we can develop our characters and positive attitudes through sport. One entity wins in a match while the other one loses. If we belong to the latter one, we may feel depressed. Actually, winning and losing are just parts of our lives. We can do nothing to avoid them. Sport teaches us how to handle failures with dignity and positive attitudes. We should accept the results happily, regardless of the honour and prizes. The most important thing is what we have learnt, but not what we have got. Moreover, it helps us in our decision-making. We need to make a quick and wise decision in different scenario. Encountering strange changes during the match, we have to give up our old thoughts and think of new methods to solve them. These are important when we work in the future. We need to have the ability to adapt to the unfamiliar situations and handle failures properly, otherwise we may collapse easily. Therefore, sport helps us cultivate our characters and positive attitudes towards lives.

Finally, sport can be chosen as a career. Outstanding athletes are always regarded as the heroes of a nation. The most significant example is the Olympic Games. Whenever an athlete wins in a competition, he/she will earn fame and be praised by the people or even the president. Their career paths then become easier. Kevin Durant also chose sport as his career. He is now a famous basketball player. When did he start playing basketball? Actually, he started when he was very young. Joining an Amateur Athletic Union youth team, Durant became one of the nation's best high school players. His success did not come as a fortune. Since then, he has practised regularly and he has scored many points in different competitions. He once said, 'Playing outside is key for younger kids growing up. It builds love for the game.' From Kevin Durant, we know that sport is essential to the growth of children. Furthermore, choosing sport as a career can help us have sustainable development in our lives. We can follow our passion in sport when we work as sportsmen. Thus, our lives will be full of excitement and enthusiasm too.

All in all, sport helps build up a healthy body in all aspects, featuring physical health, mental health and social well-being. What's more, it helps the development of a meaningful life. Now, do you want to have a fruitful life? Then, let us do sports together.

Comments

- Maintains focus on topic, organizational structure establishes relationships between ideas, skillful use of vocabulary, well-presented and argued. (HKTLA)

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