



Moring Sharing 2017–2018
Mr. Wan Siu Keung
(Vice principal)

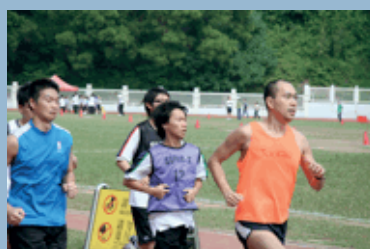
A Great Change

Good morning Principal, teachers and students. Today I would like to share with you one of the things I like to do most in my leisure time.

Just like many people in Hong Kong, I didn't do any sport when I was young except during PE lessons. I didn't enjoy sports at all because I felt very tired and there was too much sweating. Later, I became a teacher. A very very terrible thing happened to me. My weight rocketed from 150lbs to almost 200lbs in one year. I really could not believe it. I got a big belly and needed to buy a lot of new clothes. One afternoon, I thought I had to do something about it. I tried swimming but it was really boring swimming back and forth all the time in a swimming pool. I tried badminton but it was difficult to find a partner to play with me regularly. I tried hiking but I got ankle pain perhaps there was too much climbing up and down. It was a long time before I found a sport that suited me. It was running. It is an activity fit for me because it requires not much technique, can be done alone, is fun and cheap.

So the prospect of losing weight was the primary reason I took up running in the first place. However, to keep running as a habit is not as easy as you might think. Actually, I quitted running a few times. But I am not the kind of person to drop a thing I think I should be doing. I picked a race called the Standard Chartered Marathon and decided I would run it every year. I would look forward to training for it and to run in the race. It is an annual big day so I would stay motivated. I also got some friends, my brother and my wife to run with me. Some students and teachers run the race with me, too! Some Form 1 students and I have run around Tung Chung recently. It was really fun and I enjoyed it very much.

Now I run or racewalk a few times a week, 52 weeks through spring, summer, autumn and winter. I reckon I have found a companion in my life. Hey students, how about you? Have you found something you really love to do, are dedicated to it and are willing to spend your time on it?



Tung Chung Catholic School