

William Wolf's Habits

Long ago, there was a wolf called William. He lived in the forest. William was lazy. He had bad habits. He hated doing exercise. He only exercised once a month.

One day, William wanted to catch a rabbit called Rita. William couldn't catch her. Rita was curious why William couldn't run fast to catch her. She asked, 'How often do you do exercise?' William Wolf said, 'I do exercise once a month.' She said, 'That's not enough. You ought to do exercise three times a week.'

Then William wanted to change his bad habit so he followed Rabbit's advice. He went running twice a week and went swimming once a week. Three months later, he was healthy and fit. He wanted to say thank you to Rita.

At last, William went to Rita's home. He gave some carrots to Rita. William said, 'Thanks for your advice! Now I am healthier!' Rita replied, 'You are welcome.' They became good friends. They played together. They felt happy. 'It is important to do exercise to stay healthy!' William said.



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Once upon a time, William Wolf and Rita Rabbit were living in the forest. William Wolf was lazy and weak. He had many bad habits. For example, he hated doing exercise. He only did exercise once a month.

One day, William wanted to catch Rita Rabbit. He could not catch her because he ran too slowly.

After that, Rita asked William, 'How often do you do exercise?' William replied, 'I only do exercise once a month.' Rita suggested, 'You ought to do exercise three times a week.'

William listened to Rita's advice. He went running twice a week. He went swimming once a week. Three months later, he became strong and fit. He thanked Rita for the advice.

In the end, William and Rita became friends. William was stronger. He liked doing exercise.

In this story, it is important to stay healthy. We need to do exercise more often.



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One day, William Wolf was chasing after Rita Rabbit in the big forest. William wanted to eat her. But he ran as slow as a snail. He was tired and hungry. He was going to give up on chasing Rita Rabbit who ran as fast as a cheetah.

Some time later, William Wolf gave up on chasing Rabbit. Rita Rabbit was shocked because William Wolf stopped. Rita Rabbit asked, 'How often do you exercise?' William Wolf replied, 'I exercise once a month.' Rita exclaimed, 'You ought to exercise three times a week!' William nodded.

From that day on, William Wolf changed his own habits. He went running on the mountains twice a week. It was tiring for William. He also went swimming in the pool once a week. He never gave up.

Three months later, he became strong and fit. One day he was hungry again, he wanted to eat Rita. So he wanted to catch Rita Rabbit in the forest again. When Rita was out of breath, William caught her. William yelled, 'This is yummy!'

At last, William Wolf ran back home contentedly because he ate Rita Rabbit for dinner. He exclaimed, 'Good night!' and he went to sleep.



William Wolf's Habits

Once upon a time, in the Mala Forest, there was a wolf named William. He was lazy.

One day he was playing with Rita Rabbit. They had a running race and Rita ran very fast. William couldn't catch her.

Then, Rita asked William, 'Why do you run so slow? How often do you do exercise?' William Wolf answered, 'I do exercise once a month.' She said, 'You need to do exercise three times a week.'

William wanted to change his bad habits. First he went running on Mino Mountain twice a week. Then he went swimming in VASZ Lake every Saturday. Three months later, he became fit. He wanted to say thank you to Rita Rabbit. He said, 'Thank you Rita! I do more exercise now! I want to eat healthier too! Can you teach me?' Rita said, 'No problem.' From that day on, they became good friends. They cooked healthy food together. If you want to be healthier, you need to do more exercise.

