

Class: 6D

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Good morning, Principal, teachers and my fellow schoolmates.

I'm Chris Wong. It's a great privilege to be invited to speak to you today. I'm going to talk about Slow Movement. From your faces, I can see some may roll your eyes as if thinking "Come on, how can we be slow?" We are on a tight schedule; we've got tonnes of work to do! I know, I know. But indeed, the term 'slow living' has wide currency nowadays. So I'm here to talk you out of living fast. I'm here to talk you into living slow.

Physiologically speaking, slow living can help us maintain our health. You all love McDonald's, right? It's fast and palatable. But wait, eating fast food could harm your health, increasing the risk having heart disease. This is why slow eating is important. Slow eating consists of two main elements, which are 'cook slow' and 'eat slow'. As we all know, fast cooking involves cooking in a high temperature, which produces trans fat, a chemical that is harmful to your blood vessels. Cooking slow is a way to reduce trans fat consumption. It also helps retain the nutrients in the food, thus producing dishes of higher nutritional values. Therefore, it's essential to cook slow. Besides, do you know that you're actually harming your body if you eat fast? That's too much burden on your stomach. Eating slow can let you have a better absorption of the nutrients in food. So do remember, cook slow and eat slow.

Psychologically speaking, living slow can make your lives better. Hong Kong is a fast-paced city where most of us lead a life of hustle and bustle. As students, our daily routine is to cope with loads of homework and every test and exam. We're all under undue stress, aren't we? Too much stress triggers off mental issues ranging from anxiety to mania and schizophrenia, to name but a few. Therefore, there is a need for us to slow down our pace. As the saying goes, we rest in order to walk further. It's necessary for us to take a break from our hectic, fast-paced life. Slowing down can let us refresh our mind so that we don't feel frustrated. It's important to have a good spirit, especially for the DSE fighters like some of you.

Some people may be concerned that living slow idles our precious time away. I can really understand their worries. However, living slow is not about squandering our time, but to savour life. Isn't it more relaxing to discover the small details around us instead of finishing countless tasks reluctantly? Not only could you relish your life, but you can also finish tasks of a higher quality as you spend more time on it. It's commonly acknowledged that quality transcends quantity. So, don't rush your work but enjoy your day!

After a long talk, you may wonder how we can put slow living into practice. I suggest that you do yoga at home. Yoga is a slow sport which can invigorate your spirit after an exhausting day. Through doing yoga, you will be able to regulate your breath and take a rest from your suffocating schedule. Try it at home and you'll find it useful to relieve stress.

Besides yoga, meditation is another good way to follow the idea of Slow Movement. Meditation is gaining in popularity among the general public. Sitting alone allows us to settle down and plan your things well. By meditating, you can get away from the cramped environment and have your own relaxing time. This can definitely energise you after a long day of school and tune your pace.

To sum up, although living slow seems to be a novel idea for most of you, it works magic once you give it a try. What Slow Movement aims at is making your lives better, a relaxing life, a satisfactory life. That's what I pursue. That's what you want, too. Be slow, my friends. Thank you!