

Write a Dialogue between Two Friends about the Benefits of Early Rising

Description

A Dialogue between Two Friends about the Benefits of Early Rising

Nancy: Hi Bobby, how are you?

Bobby: I am good, what about you?

Nancy: I am fine. When do you get up in the morning?

Bobby: I always get up [early in the morning](#), most of the time at 6 o'clock.

Nancy: Oh, that's pretty awesome. I can't do that. I am a bit worried.

Bobby: You can too. It is not that hard. If you do it for a couple of days, then it will be your habit. You just need to start.

Nancy: What is the benefit of [early rising](#)?

Bobby: First of all we get a long day to work more and enjoy our time. And then it has lots of health benefits too.

Nancy: What types of health benefits?

Bobby: When you wake up early, you will feel refreshed and your entire day will be so much lightened. If you go for [a morning walk](#) that will help you to do your [physical exercises](#) too. And it is highly important for having a strong body.

Nancy: Do you go for a morning walk regularly?

Bobby: Yeah, I go for it regularly with [my father](#). I enjoy it too much. It has so much importance to our health. There are lots of rules of good health and it is one of the rules.

Nancy: Thanks for your information, Bobby. I think I am inspired enough now to wake up early in the morning.

Bobby: You are welcome, I will be very happy if you can get up early in the morning. It is highly important for our health. Take care, see you soon.

Nancy: Bye.

That was a small and easy conversation between two friends on early rising. Early rising is important for our health. We all need to rise early in the morning.



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