

Anai Plancarte

C3 2/28/14

Mr. Mendoza

Be Strong, Live Long!

Have you ever wondered how you want your life to be? Well I want mine to be healthy so I could live a long nice, healthy life. So I'm going to talk about my life and what do I have to do to live this life healthy and what to eat and not what to eat because a lot of people are obese and they really need to change that.

For example, I will get a job so I can help my family pay the rent when they don't have enough money. Because what about if they don't have enough money they will kick them out of there and I don't want that to happen. I don't want them live in the street because I want them to be happy and live their life without problems.

Moreover, I have so many friends that are obese. I wouldn't like to be like that because it feels bad you can't run because then you'll get tired really fast and probably you could even faint . Being obese you will always feel lackadaisical that are too lazy to exercise. They will just spend their time on bed and would be too lazy to get up.

In other words, I would also go to health classes so I can know what to eat and not what to eat because if I don't eat healthy then I'm going to get sick and be obese too. I want to stay healthy. People have died of that and so in order for me to stay healthy I'm not going to eat those kind of junk food I want to eat healthy and eat vegetables.

In conclusion, this is how I want to stay healthy. You guys should eat healthy too if you guys are obese. You guys should stop eating chips and start exercising a lot. Stop eating junk food.

Have you ever wanted to be strong and live long? You have a choice be strong and to live long , that choice is to exercise and stay healthy. There are many ways to be healthy let's find out.

If I wanted to life long and strong I would work out. I will go outside exercise and I will stay active. I will be in a team too. The team I am is a soccer team which contains a lot of exercise. When I was ten year old I was fat I joined soccer now I am healthy. Another way to be healthy is to say no to drug it can hurt your body.

Did you know that 36% of Bell Gardens is obesity? That is a lot in Bell Gardens. I feel horrible even embarrass. I will prevent myself from eating junk food and unhealthy food. An easy way to be healthy is to walk from school or ride your bike to school. In my school there are PTA that sell junk food they should banned them. The unhealthy food could get us sick and kill us.

I will start eating nutrition food. I will also eat vegetables and exercise every day. I am going to keep my family healthy too. If I don't exercise I would be lackadaisical. One best exercise is the pool because you use your muscle and that is laborious. It is hard to exercise because of the water it is pressuring your body. Don't eat McDonalds because it can make you obesity and it can give you cancer for some reason. You don't know how they make the chicken nugget and is not real chicken. That why you should not eat McDonalds either am I eating McDonalds?

In conclusion, stay active and healthy for that reason for you won't be lackadaisical. Exercising is not that really laborious. If your obesity you will regret it. I rather be strong and to live long than being unhealthy and obese.

Live Longer

Daisy Garcia Mr. Mendoza class: pm C3

Have you ever been on a diet ? Did the diet work ? Have you ever been told that you have to eat certain things ? People say there are so many things that you can do to be on a diet.

For example, you can start off a diet by facing your fears. Like be strong, ignore other peoples insults. What I mean about be strong like don't be afraid to be on a diet. Don't be shy if you get on a diet. Ignore other peoples insults like if they make fun of you because you are on a diet. I actually have done a diet for fun. It actually worked out .

Secondly, something that may help you is you can exercising. What you can do is go to the park so you can jog, run, and do other work outs. You can dance and do push ups. Maybe that might work out for you. Those are things that many people say might work for you.

For these reasons, you can eat healthy. For example, you can eat vegetables, fruits, and salads. What you can do is get lettuce, cucumber, ham, and mix it together. Another thing is you can eat tuna in different ways. You can eat proteins, and grain. Remember you can eat junk food just not a lot.

Lastly, you can live longer in many ways. You can face your fears being on a diet. Also, go exercise and eat healthy. You shouldn't worry about other insults. When people tell you things. Just remember you can still eat junk food just not a lot and focus how much you eat.

Alyssa Rodriguez 7th grade

02/28/2014

Mr. Mendoza C-3

Bell Gardens Intermediate

“LIVE LONGER”

“If you eat.....you will live longer.” Have you ever heard this? I hear it all the time. Many people say different facts about living longer. There are many ways to live a healthy strong life.

For example, your body has many muscles which need to be worked daily. One possible way is to have a daily walk. To contrast though, many people over exercise their body which harms them. So, you need to exercise your body at you own pack and your own way. You can also do something that’s enjoying like dancing.

Second, we need to have a balanced diet. All us humans need the right amount of everything. For example, we need enough carbs, proteins, vitamins, etc. to get through a day.

Many people make a huge mistake by eating too much or too little. Our bodies need many vitamins but a main one is the antioxidants. If you don’t care for your body you will get diabetes or high blood pressure.

Lastly, people need to avoid smoking. Smoking is in the top for reasons of deaths. If you avoid this you avoid a high risk of getting Lung Cancer. Your lungs will become stronger by not letting the smoke go inside your body. Smoking causes Heart Disease. Even young children from your community can get asthma if you smoke around them. All these negative effects from smoking makes you miss the most memorable once in a life time moments of your relatives.

To conclude, you can live longer in many ways. You can exercise by working out your muscles daily. Your diet also plays a big role to living a right long life by getting the right amount of nutrients. If you avoid smoking you have less of a chance to get Lung Cancer.

Hopefully, this will help you choose your life style to live longer.

Agustin Velasquez

2/25/14

Pm

Mr. Mendoza

Be strong and live long

What do you think of when you hear live long and live strong? I think that to live long and live strong you have to exercise ,be healthy and people should have a anti bully program .I work out to stay healthy but that's me not you.

For example, when you exercise it doesn't mean to be a body builder. It means to stay healthy. When I exercise me either run a mile or I jog a mile. Exercising is fun when you know what you are doing you have to know but, if you don't "good luck". You have to know how to stretch or else you will pull a muscle.

In addition, people like to stay healthy. To stay healthy you have to be on a diet. When you are in a healthy diet you have to eat healthy food such as salads, sandwiches, and pasta and other foods that are very healthy. Don't eat junk food such as hot Cheetos "caution very hot". Drink tropical shakes .to be healthy you have to be safe.

Furthermore, we should have an anti-bully program and a occosiation , because stress can kill you and bullies can kill you also .Bullies can also make you mentally sane.Bullies cause people to think of suicide, but programs can prevent suicides from happening.

In conclusion, working out keeps your body very strong. Exercising makes you live longer ,and eating healthy can help your heart and all of the organisms in your body. So you should eat healthy at all times.

BE STRONG LIVE LONG

Do you want to be strong and live long ? I do so that's why you should make healthy choices .

If you work out and eat healthy you would have a healthy body .Make healthy choices and stay healthy and happy .

Moreover you should eat healthy everyday . put the right amount of food you want on your plate .Eat the right amount of food . Do not eat junk food

Everyday just a bag of chips a week would do . You have to eat of vitamains and proteins to stay healthy .

In other words creating an antibully program .Too much stress can kill you .If a kid is being bullied at school they could abuse themselves .Kids could get hurt when their getting bullied .If your stressed out just relax and calm down .

Further on you have to exercise everyday .You can do yoga which is really good for you .

You could also dance and have fun at the same time while you exercise .

You could meditate to help you relax and not get stressed out .

Running also helps you stay fit even jogging would help .

Finally staying strong throughout your life .

You could work out every day and you will get stronger and stronger .

Doing push-ups every day for an hour would help your arms ,legs and stomach .

Lifting weights for 30 minutes would help your muscle .

You can even do a daily plain .

Be Strong, Live Long

What would you do to be strong and live long? Well what your about to read will be shocking because you are going to see what makes you happy. The important idea is to keep your body safe is by eating vegetables, fruit, and drinking water. Another way to live long is by not doing drugs.

First, you have to eat healthy. The most important thing is not to get intoxicated; you can hurt your body badly by getting intoxicated. Another thing is to be careful what you eat. More likely, you can't eat a lot of junk food.

Second, you have to work out. You have to work out like 3 or 4 times a week. Try to lose a little bit of weight. Sometimes you have to set some goals. Maybe you can run or jog a mile. You can join dance, yoga, or run.

In other words, you have to take care of your body. More things that can help your body are drinking tropical drinks, salads. You can go to the gym. You can't be doing drugs or get intoxicated. Getting intoxicated can get you into a lot of trouble like if you're intoxicated and driving. When you have your body intoxicated your body starts to get bad.

In conclusion, you have to keep your body in good shape and do not do drugs. Never ever do drugs and drive because you can get really hurt. Don't ever drive intoxicated. Just listen to me and you'll be safe. Remember always be safe be strong and live long.

Juliana roman

Mr. Mendoza

3/7/14

Period P.M

Be strong live long

“Crunch, crunch” that’s the sound of a healthy person chewing a carrot. Would you like to be that person? Being healthy is the most important thing for your body. Also doing exercise like walking . Your body can get diseases. Sports, are good you can do one to get your heart pumping

Exercise is good for your body. You can do all sorts of exercise like planks, curl ups, ect that’s just any were. Also you can go to the gym. Just don’t over do it that can be bad . take a walk around the block that wouldn’t hurt you.

Sports, are also good for you. . You can play volleyball. Soccer is also good for you because, you run. Swimming is also good for you because, you use your upper body strength. In my experience I do dance and I work out, we strengthen all our muscles just like any other sport.

You’re body can get diseases like cholesterol, diabetes, high blood pressure, ect. You also need to eat well. Give you’re body protein, fruits, vegetables, grain, water, ect. You don’t need to be eating junk food every day. All this is good to keep your heart pumping.

Last but no least, eat healthy, do exercise, and do something active. Remember be strong. Eat healthy. I do sports afterschool.

Mr. Mendoza
Erik Garcia
3/7/14
period:P.M

Be strong to live long

You have to be strong to live long. You will need to do many stuff to stay health for example exercise and your eating habit and the most important you mind need to be fit for example you cant be depress all day you will need to have so fun or a good time in your day.

To start with the exercise in you day. You can do many thing to stay health for examples you can do sports and many people think these is not a sport but it is and that sport is yoga and that is the best sport out there because you can get fit and you mind gets clear and you are in you on time. And there is many things you can do and the best that I think is the yoga but there is many out there for example football baseball track and many more.

There is much other reason's to be health and the one I pick is your eating habits. That is very imported because if you see what you are eating it will be mostly junk food and that is because most of the people don't have time to make the good choice and many make a bad one and most of are commute is obese and that is because all of the bad choices we make and he pick a hamburger that has two meets grill onion and some large fries and a milk shake and that is what many people eat for there three meals a day.

The last thing that is think that its very important is that you will need to be minutely fit. What that means is that you are going to a lot of thing in your life and you are getting these feeling that is called stress and that is very bad because all of that can lead to bad stuff for example you can get a stroke and you can make some bad choices because you cant think street and many people are working so hard that they forget to relax and all the time they are mad at you coworkers and they think that you are bad Person.

In conclusion I think these are the most important things you will need to fallow to be health and live a long live with the most loving people in you live and that is the best felling in the world.

Be Strong Live Long

What would you do to live long and be strong? To be strong I think you should work out. To live long you should eat healthy and take care of yourself. By working out it keeps you strong because you build up muscle, which build up resistance to diseases. You live long by eating healthy because it keeps your body healthy.

To begin with I would take care of myself. I wouldn't stress out a lot because stress can cause a stroke or anxiety. I would go to the doctor once every 3 months for a check- up. I wouldn't do drugs or drink alcohol. Smoking kills you faster than mostly anything. Also sleeping would help me live longer because you grow in your sleep.

Another thing I would do is eat healthy. Eating healthy should be a daily routine. I would eat junk food once a week the most 2 days. Also, I would eat a full plate meaning grains, fruit, protein, and vegetables. Also I would drink lots of water.

Therefore, working out would keep you strong. But, I wouldn't force myself because it's not healthy. In the meantime I would set goals for myself. Working out could be going to the gym or running. Also I would do yoga because it's healthy.

Finally, working out keeps you strong. Taking care of myself would help me live longer. Eating healthy also would help me live long. I think other people should do this so people can live longer.

Edith Prieto 7th

2/25/14

Mr. Mendoza

Bell Gardens Intermediate

Be Strong, Live Long

Do you know how to live long and stay strong? I think I know how to. In this essay I'll be giving you some examples of how to live long and stay strong. So hopefully you listen to these examples.

First, do not eat too much junk food. You can become obese. By this, I mean don't eat it every day. You can have a little but not a lot. Try to eat vegetables and lots of fruits. Also don't eat too much McDonalds, Burger King, and KFC. Or else you will become over weight

Second, do a lot of exercise or else you will become a couch potato. By going to that gym you could have muscle. And muscle gives you energy to do most of the stuff you do. Do lots of push-ups, sit-ups, and running also many more exercising. Play football, soccer, volley ball and more.

Third, prepare an anti-bully program. Lots of kids who get bullied try suicide. By preparing an anti-bully program we will prevent suicide. Also do lots of yoga to keep you mentally sane. So if you want to live long keep doing yoga and prepare an anti-bully program.

Last but not least, to live long do not do drugs. Drugs could kill you and destroy most of your brain cells. Without most of your brain cells all you will think is about drugs you'll get addicted. You will also forget about your family, if you have one. Or if you haven't left them, So I hope you follow these examples you will have a long strong life.

Be strong live long

Are you being healthy or not? If you are then you are on the track. Many people aren't healthy; some of them don't even have a shelter. Being healthy is good for you and the body. It can help you grow and makes you stronger.

First, be healthy don't rot out. Don't eat junk food all day. Eat vegetables or fruits once a day. You should always sleep eight hours a day its good for the brain to relax. Sleeping helps you grow. Don't do bad things in school. Always sleep well don't stay up too late.

Next, exercise every day don't be lazy. Go outside jog, run a mile, or just walk. Don't be inside all day long at least go out out side half an hour.do yoga relax help your muscles. If dance is your favorite thing to do then dance its part of exercising and that's very good for you especially at a young age.

In other words, eat healthy. Try new meals. Eat vegetables or fruits. Don't eat a lot of chips only once in a while or a day. Ting healthy is a good thing to do and good for your body. I like eating healthy its good for me and my body.

Last of all, go join a sport team, there's all kinds of them. My favorites are soccer, basketball, and volleyball. I like to play soccer the most one reason why is because it gets me energetic. Try to prevent turning fat or out of shape.

Efren Rodriguez

Mr. Mendoza C-3

Period: PM

2-24-14

Be Strong Live Long.

What would you do to be strong and live long? What I would do is I would do exercise. Also I would eat healthy to not be obese. Last of all relaxing is important and not to be stressed.

First of all, What kind of exercise would you do? Running to your own pace is better than pushing yourself to lose weight. Also when exercising it is important to do only what you can or you will hurt yourself. Jogging is also good you can lose lots of weight just by doing that. In my experience doing exercise for me is good.

Second of all, When it comes to eating would you stuff your mouth or eat the right amount? Eating vegetables and fruit is a good way to stay healthy because different types of fruits and vegetables give you lots of nutrients and vitamins. Also proteins are the reason you are strong. You also need fat to have energy. In my experience fruits taste good and give me vitamins.

Third of all, Relaxing can help you not to be stressed and kind of makes you younger. Also a way to not stress yourself is not to do exercises you can do. You could also go to the park to walk and breath slowly. Yoga is also a good way of relaxing. In my experience is fun and relaxing.

In conclusion, What would you do to be healthy. I would exercise. I would eat healthy to be fit. Last I would relax to do good in school.

Erika Juarez 7th

2/25/14

Mr. Mendoza

Bell Gardens Intermediate

Be Strong and Live Long

Do you know how to be strong and live long? Well I think I feel will be strong and live long. I always eat healthy. Once in while I eat junk food. Though some kids eat a lot Hot Cheetos and its bad for them. Now people do not like helping the community and its something sad.

For example, people should eat more healthy food. Now people are eating junk food everyday. They eat more fruits and vegetables and different kinds of nuts. People are killing themselves by eating junk food. That's really sad. I don't eat junk food so I could live long.

Although, people should do more exercise. The only time I see kids doing exercise is during physical education. I do exercise with my mom so I could be strong. Why do other people don't exercise its fun. People could do activity like soccer, yoga, swimming.

In other words, I would help the community by recycle, tell people to not do drugs, and their should be more libraries in the city. Though people don't want to help the community. Its really sad for me. When I see trash in the city I pick up. My mother tells I should help others. I love it when I help people.

In conclusion, people should eat healthy, exercise, and help the community. We should do something nice. If I want to live I have to do the right things. I'm glad I do exercise and eat healthy. My whole family eats healthy and exercise. I think I feel I will be strong and live long.

Krystal Nunez

02/25/14

Mr. Mendoza C3

Bell gardens intermediate

Live long be strong

Do you want to live long and be strong? I do there are many ways that can make you stay strong and live longer. I have three examples that can help. I will tell you what can help me next.

For example, I have to watch my health. If I don't watch my health I can get obese and that's bad. I can also get high cholesterol or diabetes. If I can get diabetes I can lose a foot of a hand and that's worse. Then I have to watch your sweets. Also you don't want to do drugs because your body gets intoxicated. Then your lungs are going to turn black and unhealthy. Then it can mess up your brain and can get cancer. Also I have to sleep good so I won't be tired.

Another example, is I can do a lot of exercise. I can do exercise once a week at least. I can do track, or join baseball, basketball, soccer and many more. I can also join a dance team or cheerleading team. Or I can also do gymnastics to stretch. There are many more things I can do to exercise.

In addition, we can create a program to clear my mind. We can do this because there is a lot of people dying of stress. They are so stressed that they can commit suicide. Those people can also have a stroke. So it's better to make this club. Those people and myself can also go to yoga and get relaxed. This is good to clear my mind of bad things.

Last but not least, you can live long and be strong. If I watch my health to live long. I can do a lot of exercise at least once a week. Also I can clear my mind so I won't be stressed. I can also join sports team. So this is how I can live long and stay strong.

Angie Cuellar

Mr. Mendoza

3/7/14

Period P.M

Be strong , Live long

Do you know how to be strong ,and live long. I know! Nutrition and exercise every day. Your health is very important.

First, You need to sleep well. Its part of your health.to sleep well you need to sleep at the right time. Don't stay up late. The more you sleep the more your body will be active.

Second , exercise, you have to stay active. Do yoga once in a while it can relax you and it can also take stress away! Working out is also a big part of your health, I also heard that if you eat oatmeal every day in the morning and drink soy milk it can make you live long and be strong.

Third, Nutrition is also very important. It also depends on how much protiens, vegetables, and dairy you eat a day. For ,my nutrition I would eat at least 25% of vegetstables, and eat 25% of and eat 50% of protiens.

Conclusion, To conclude there's are are many ways to be strong and live long! You can sleep better, exercise and eat healthy! What would you do to Live strong, live long

Brianna Martinez

2.25.2014

Mr.
Mendoza C3

Bell Gardens
Intermediate

Live long, stay strong

Do you know how to be strong and live long? Well there is many ways like eating healthy. Eating healthy is only one way out of thousandths ways to stay strong. I will be talking about three different ways to stay strong and live long. First, create an antibully program. Second, you can exercise. Finally, I will be talking drugs.

To begin with, create an antibully program. These antibully programs prevent students, teenagers, and even adults from committing suicide. It will also help you not get stressed by being bullied. This program will be showing how to do yoga witch will take out all your stress. This is how the antibully program will help you be strong, live long.

In addition, you can also exercise. Running is a very good exercise so we can be strong. Swimming helps your legs and arms get very strong. Dance will help your arms, legs, muscles, and body stay strong. That's why exercising can help you be strong and live long.

Moreover, don't do drugs it is really bad for you. Don't do drugs because you can lose your legs, or even a finger, and also your brain cells will die and you can stay paralyzed forever. That will lead to selling drugs and harming other people. It also ruins your health by your heart shrinking and it can stop pumping blood. Eventually you will die by doing drugs. When you do drugs you are only risking your health and it doesn't help you being strong and living long.

Last but not least, this will help us be strong, live long. So don't do drugs, exercise, and an antibully program will help to. This is how you will be strong and live long. These ideas can help me as well as you so when I do exercise I am going to be strong and live long. Take my ideas to live long stay strong to heart try it and you will live long and stay strong.

Saray Ruelas 7th grade

Mr. Mendoza C3

Bell Gardens Intermediate

“Be Strong, and Live Long”

Have you ever heard of how to be healthy? In this essay I will be writing about how to be strong and to also live long and to be happy. Also about exercise , food choice , and to be strong to go to the doctor. This essay will teach you a lot of how to stay healthy. And to live long. I hope you enjoy my essay.

For example, exercising is important. You have to exercise to be healthy. Also exercise at least one hour or more a day. You could stay healthy by doing yoga , dancing , and playing sports. If you work out your muscles they get stronger.

Moreover, you can also stay healthy by having a food choice. Like, Mc. Donald's is not healthy. According to the internet, Mc. Donald's has gotten at least thousands of people overweight. You should eat fruits and vegetables. You can also eat junk food, but only once a month. Well you can eat junk food like once a week, or once two weeks. But if you eat less junk food you stay very healthy. In my experience, eat less you stay healthy.

Lastly, you can see how healthy you are by going to the doctor. You should at least go to the doctor once a month. If you are not healthy the doctor will tell you what to do and what to eat. If you do not go to the doctor you can be deadly ill. So young ones, go to the doctor. It is actually important that you go to the doctor, so that you if you are in very good shape or sometimes you are not. The doctor gives you very good advice for what you have to do to stay healthy. According to my friend it is important to go to the doctor to see how strong and healthy you are.

In conclusion, if you are healthy you can have a long and happy life. Also you can be strong and be happy. I learned a lot by staying healthy and to be clean. Also to go to the doctor, it is very important. So, I hope you learned a lot today. Hopefully you enjoyed my essay. Thank you for reading it.

February 26, 2014

Mr. Mendoza

Rm. C3

Be strong Live long

How can you stay strong and healthy? What would you do to stay healthy. Would you watch television or play a sport outside. For example, would you become obese or live for hundreds of years by staying healthy and strong. Some of the things we could do is exercise , have cooking classes , and say no to drugs.

We go to school every day right! We should make up ideas we come up with to help our beautiful heart to get strong and healthy. One idea I came up with is that we should have trampoline to jump. Some people don't know we are doing exercise when we jump. Another idea I came up with is to have a pool. Swimming is a very laborious thing to do because you use all you muscles to swim.

Some people say that we should have a cooking classes and I agree. We should have cooking classes because could show us how to cook healthy food. How many of you guys want to have strong muscles and bones. Well if you do you should eat a lot of vegetables and milk.

In other words say no to drugs because with drugs you would not even be able to carry a table. Some people die because they get addicted to drugs and won't do exercise to stay strong. Also many drugs can deface (destroy) your body from the inside.

In essence we should do some of the things I plan to do to live strong is that we should have a pool , have trampoline and have a fitness program. Also don't forget eat right and don't eat junk food.

Sincerely , Christian Castro

Leslie Perez

2/25/14 Period 1

Be Strong, Live Long

Mr. Mendoza

Room C-3

When are you going to start being strong and healthy to live a long life? Well I have I have thought of being strong and living a long life. It only takes a few things to live a great life. For example not doing drugs, doing exercise , eating vegetables and not junk food.

Well I want to live long and be strong to be like that you only need to do some few steps. Doing exercise like skating , and being in basketball could help you to. Some stuff I do to live a better life is walk a lot and skate. Some people can't even walk because they eat too much and that is sad so it's better to stay healthy. Another one is not doing drugs. Drugs are bad they could make you die or only live a few years. Drugs could even ruin your skin and your body from the inside.

In order so I can be strong I will do a lot of exercise. In school every Tuesday they make us run a mile and that is really good exercise. Doing exercise and being active is a really good way of exercise it makes you stronger. You should eat vegetables and fruits and not that much junk food. Maybe once in a while but if you eat too much junk food you could become fat or you could even die. That is why eating healthy is a really excellent idea.

There are a lot of things that could make you live longer. For example doing the entire thing you love to do. The more you enjoy your life you might live longer. Some of the thing I like to do is spend quality time with my family. There are a lot of great things you can do to live a better and great happy life.

In conclusion, those are some things you can do to be strong and live a long life. In fact you should always be happy and do what you want to do with your life. Be Strong, Live Long

Jocelyn candelario

3/3/14

Mr. Mendoza

Be strong live long

What would you do to live long be strong? To love long and be strong you should exercise, Take care of yourself, and eat healthy food. I'm going to tell you a couple of things of what you should do to live long and be strong.

First, what you would do is workout. I would run a lap or mile. Then you could set your goals. Also you could dance or go to a dance class. That's what you should start off with.

Also, another thing you should do is eat healthy. You should eat junk food once a week. Also, you wouldn't go over the amount of cal. You need in your body. That's other thing you should do.

Last, you should take care of yourself. I wouldn't stress myself. Also, go to the doctor for a checkup once a month. Another thing is not to drink. That's what you should do.

In conclusion, you should exercise, Take care, sand eat healthy. This is how you should live long and strong. This is really good to keep you strong. That's all you should do.

Be strong live long

Will you like to have your child healthy, strong and live long. Well I will tell you how to do that with your family .Be active as a child don't be lackadaisical at home watching T. V.

For example, I'm going to tell you that a little 5 year old girl was 30 pounds overweight because she was just on the couch and watching T. V. People should be outside with their family then inside on their phones. Kids could play tag with their friends and prevent junk food. Children should select right chooses to be strong and live long.

Other words, we should have cooking class in school for we can try new things. Next, go outside and make something, nothing gets better if your just on the internet. I think we should have a room of games like the Wii. You can play just Dance and it moves your whole body. Also, a jump-rope makes your legs strong

In these reasons, a pool moves your body like your arms legs and makes your system work. . Can we get a trampling and it builds up tour muscles.

Furthermore, this is how you can get active with your family .This is what I want to win for my class to be active, strong and HEALTHY.

Katie Barajas

2-27-14

C-3

Mr. Mendoza

Be Strong Live Long

When are you going to stop being lackadaisical and start being active? In order to become strong to live long you need to start making the right decisions. What are some goals you would like to accomplish to become healthy?

Many people decide to do bad choices in their life. They start doing drugs and thinking is the right thing to do. Drugs aren't going to help you be strong and live long, they will do the opposite. Drugs can make you feel weak and make you not do active things. Drugs are something you wouldn't want to do if you want to live long.

Being active is really important in order to be strong and live long. Exercising is something you should start doing if you don't do any; it helps you be in shape. A type of exercise you could start doing is basketball, soccer, dance, or even join an afterschool activity. Stop being lackadaisical and start doing exercise with friends.

Eating healthy is probably the most important thing. An example of healthy food are salads and fish, fruit, and etc. Many people wonder why junk-food isn't good for, it's bad for you because it causes diabetes, heart diseases, and threatening illnesses. These are some reasons why you should start eating healthy. Not eating healthy food can make you feel weak and not strong.

In conclusion, I think in order to live longer you should stop eating a lot of junk food and start doing exercise. Being strong is the key to living longer. Living longer is important because if you don't, you wouldn't see the people you love like your family and friends.

Stay Strong to Live

What are some ways to stay strong to live long? There are many ways to stay strong to live long like: don't do drugs or eat healthy.

One way to stay strong and live long is by doing a sport like soccer. I am a soccer player and it is a very good exercise because it is fun and at the same time you are building muscle in your legs. Maybe if you like a different sport like football it is also exercise and it is fun and you are building muscle in your legs and arms. All sports are fun, can help you loose weight, and build muscle all over your body. Not only sports can help you build muscle and are fun. You can just work out at home by using a jump rope or by jumping jacks and all other sorts of ways. You can also get up in the morning put some tennis shoes on and go run 2 miles in the morning a day. For example, my cousin was fat till I started waking him up every other morning to go run 3 miles. In about a month he was skinny not too skinny but skinny enough.

Another way to prevent obesity is to eat healthy. Based on a video on YouTube, one out of five Americans become obese from eating too much unhealthy items like McDonalds. McDonalds can also make lots of people obese and chubby. The community is trying to prohibit obesity. People who are chubby and obese also get harassed by bullies. I recently interviewed my chubby friend and he said that bullies use to pick on him and make fun of his weight and size. This can cause students to hurt themselves.

Finally, the last way we can prevent others from becoming obese is buy not doing drugs. From my experience, I use to be in a place where there was a lot of people who do drugs and this guy who did drugs one day got in a fight with his girlfriend and he took it too far this time and got a gun from a box and shot his girlfriend five times one in the head two in the stomach and 3 in the legs. He was sent to prison and he was sentenced for twelve years in prison for murder and currently still has seven more years left. This is what drugs do to you they make you do something that you are going to regret.

In conclusion, this is what I think we can do to prohibit obesity and unhealthy people. I also will not do drugs, I will eat healthy, and exercise.

By: Giovanni Soto
2-26-14
Mr. Mendoza
Room: C3

Be Strong, Live Long

How do you live long and also be strong? The way I live long and stay strong is by going to the gym every day, but if I don't go to the gym I will run a mile around the block. Sometimes I don't go to run or to the gym because I have soccer practice so I go to practice to be in a great fit and in a great health.

For example, the P.T.A should not be selling junk food to students. Most kid that get junk food like chip, nachos, and candy are all overweight and do not play any sport. The P.T.A program would help lots of kids by selling vegetables and fruit.

Moreover, with all the money the P.T.A gets from all the junk food the P.T.A should make playground with a big trampoline. Also, we could play a sport that will make you be fit like soccer, football, basketball, and baseball. Some people that are laborious are fit because they care about their health. Also, people that are lackadaisical are the ones that are overweight.

In other words, overweight kids are watching t.v. with a 1 litter coka-cola and a big bag of chips in his hands. Those kids that workless should be the ones that run the mile around the block. The other way to be in shape is to go to the gym. The kids could tell their dad to buy the treadmill.

In conclusion, overweighted kids should lose weight because they would get obesity which is very bad. That's why junk food should be banned from any schools in Bell Gardens. Especially, in this school B.G.I.