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Be Strong, Live Long

Have you ever wondered how you can be strong and live long? Well, here you go.

If you want to live long, you can't smoke. If you smoke, it will effect your lungs! It will also make you cough and give you a hard time breathing.

Another way is, to eat a lot of fruits and vegtibals. If you eat a lot of junk food, you might get a little tummy ache.

One way is, to do lots and lots of exersize. If you just lay in bed all day, you'll be lazy and weak when you want to do something fun!

This is how you can be strong and live long. So remember, get up, eat healthy, and NO I repeat, NO smoking! ==