

Angel Casanova

Bell Gardens Elem.

Grade: 5

Teacher: Ricardo Ramirez

Room number 34

This story is about being strong and leveling a long life you shad make good chores because if you make a mistake it will be hard to fix it.

To being strong you have to exercise some of you do don't like to existed it is fun do you no haw by making games out of exercise like competent whit you friend you can do a running races to run fester and if someone is chasing you can run faster you can run You can be safer Faster and if you are going to the store.

And someone is trying to get your you can run a wage from them 'run to your house ask your dad if you can go running whit hem.

Verenico

Lopez

Mr. Ramirez

Bell Gardens Elementary

Room 34

3-5-14

Being Healthy Helps

Some people don't take care of their body because they think germs don't exist you can't see them but they do exist. There here to stay if we don't do anything about them here are some steps to be healthy and clean.

One way to live a healthy and long life is by working out to be fit and strong like eating vegetables like carrots green peas and salads. Another way is to go outdoors and walk and run and socialized you can't be home all day and just sit down watching television because you won't be healthy and in shape because nobody wants to be a couch potato. Some people work out at the gym but some stay home and work out at home like jumping jacks running and pushups.

Another way to be healthy is by being clean like taking a shower and washing your hands after using the restroom and cleaning under your finger nails and covering your mouth when you cough because you don't want to get anybody sick the reason you need to be clean is to live a healthy and long life.

Be strong, live long

3/6/14

Catherine Acosta

Bell Gardens E.L.M

Mr. Ramirez

#34

Many people around the globe want their loved ones to have a strong healthy life. That's why you should encourage them to eat healthy and once in a while exercise. Not only them, but you too should take care of yourself. You should set an example; if you eat healthy some others might do the same. A fun way to exercise would be to play a game such as soccer, basketball, jump rope, hopscotch, or just an ordinary made up game. You can always go for a stroll around the park whenever you like. Sometimes, when you go and play, you are running and jumping all around. I consider that as exercise.

Meliza Lopez

5 grade

Bell Gardens Elementary

RM: 34

Mr. Ramirez

Being Strong and Live Long

Today I'm going to tell you how to be strong and live long. I will stay strong and live long by exercising and eating healthy just like vegetables and fruits. When you eat healthy your body is getting the nutrients it needs to live long. In your body the food goes through your digestive system and like your whole body is made up of cells the cell suck up the nutrients you need, but you still need to exercise. If you don't exercise it is bad because you are not burning the calories that you've gain, and all that you're doing is collecting more fat.

You will want be healthy and strong like some famous people. They sometimes exercise and eat fruits and vegetables, but they also take steroid pills. They think that it makes you strong it those but after it harms your body. Please don't eat steroids, you can find another safe way to stay strong and live long. You can also stay away from these recommended foods: soda, chips, fries, and chocolate.

Aracely Nunez

3/5/14

Bell Gardens Elementary

Room 34

5th grade

Mr. Ramirez

Be strong live long

If you're trying to be strong and wanting to live long I have some tips that will help. First you have to exercise every day, for example you could do: jumping jacks, stretches, push-ups, crunches, and also run a few laps. You also have to eat healthy every day. For example: eat vegetables and fruits. Eat a small portion of fruits with some low fat Greek yogurt.

If you're a couch potato you won't be as strong and healthy to live long. Don't be a couch potato. You want to be strong and healthy. So if you do what I've been telling you and add some stuff of your own you'll be healthy and happy. So if you're just lying around start exercising to be strong and live long.

Like a famous quote says: The wish for healing has always been half of health. Lucius Annaeus Seneca.

Robert Quintana

5th

BELL GARDENS

MR.RAMIREZ ROOM34

BE STRONG, LIVE LONG

I will stay strong and be healthy.

I will stay strong by exercising every day. Like running in my school soccer yard. I also play sports like basketball, soccer, and hockey. That how I know how to stay strong.

I will stay healthy snack and knowing what the right stuff to eat. Like I eat 1apple a day. Drinking lots of water a day. Not to eat a lot of food. And saying what is the right stuff to eat. So that how I think I will stay strong and healthy. What will you do.

Amy Rodriguez

5th grade Room 34

Bell Gardens Elementary

MR. Ramirez

Be smart and healthy

Do you know how to live strong and healthy? All you need is to follow my directions. There really simple and easy to do. When you want to live strong you feel that you are so healthy . That you're going to do as many sports that you want just to be strong.

So you can be healthy by what you eat . Try to get rid of the junk food. Also have bunch of fruit and vegetables and have a little bit of meat to your plate. Also that helps you by losing weight but that does not matter.

Living long is to keeping your body up and going. So you can try exercising. By running and playing all the sports that you like. Also you can try lifting weights and bike riding. So you can also try changing how you eat not a lot but a little.

So this is my tips about be strong and living along . So this can be your chance to live long and have a much better life. So that is all my healthy tips.

Jacqueline Silva

5th grade

Bell Gardens Elementary School

Room number # 34

Mr. Ramirez

Live Strong and Healthy

Being strong and healthy is the key to your future to live a long life. To live a long life, you need to be energetic and eat healthy. You also need to try to do your best to live a long life.

To live a long life, you need to eat healthy and be energetic. You can eat vegetables, fruits, and dairy food. To eat healthy, you need to eat 5 servings of fruits and vegetables a day so that your cells will make you grow bigger. Fast food has too much calories so fast food is not healthy for your body. To be strong, you need to be in the TV less than 2 hours a day. Instead of playing video games and watching TV all day, you can play outside and be active. You can also dance to be athletic.

You can be strong by spending 1 hour in the TV and more than 1 hour outside being active and energetic. You can be healthy by eating fruits and vegetables by 5 servings a day.

Be Strong, Live Long Essay

Daniella Torres #34 3-5-14

I be healthy by doing the right thing and I love doing them because is fun and healthy there is many ways of being healthy and active. And that is what I am going to talk about to Be Strong Live long.

What I first do is Exercise so I can stay active I stretch for about 20 to 30mis of exercise then I start to run about 2 laps and then a I play a sport like play basketball. So that was the first thing I do and I go to my house and make me a fruit smooth like Banana, Strawberry, blue berry and it is fun to do.

Then I go to the park just to have a little fun and to get my body use to running then I don't want to over eat so I go home and my mom has food for the whole family and I ate not to much I got some water and ate it with my food.

And that's how I can Live Long and stay strong.

Evelyn Maldonado

March 4, 2014

Live Long Stay Strong

A lot of kids don't realize how important it is to get exercise and stay healthy. They also don't notice that when their playing a sport their doing exercise right then and there. For example let's say there in soccer practice they most likely run a lot. But then it's time for them to go out to P.E they complain about the running. Some kids just need to be introduced to the fun of exercise.

By making the right food choices. Also don't try to skip meals to avoid going outside and being active. Another reason some kids have many electronic devices so they do not go outside to let out all their energy.

You can stay strong and have a healthier life style by doing several activities. Spend about an hour a day outside can help you not gain weight and avoid health problems. It all starts now so later in life you don't have to spend even a day in your life in a hospital waiting for results of a health test.

Ervin Valladares

3/4/14

Mr. Ramirez Room 34

Healthy Ways

Bell Gardens Elementary 5th Grade

Being healthy and active outside is one way to be strong in order to live long. Many people around the globe are diagnosed with cancer such as tuberculosis, diabetes and leukemia. But those people fight the cancer as they receive help from kids as well when schools announce when kids can put pennies in boxes to help out kids. Those kids can help out a lot.

One way to be strong to live long is eating fruits and vegetable. You can get many vitamins from these fruits and vegetables and another way is to drink milk. Milk is all natural and has no sugar. Water is also an example.

Lots of people use steroids to win certain competitions. Some body builders use steroids, which is a drug used to make your muscles bigger. Then those people who used steroids will win those competitions although they cheated. Some people earn their muscles fairly. Being healthy is living long.

Aimee Almaraz

Be Healthy

Bell Gardens Elementary

Mr. Ramirez

3/5/14

If you want to live long and be strong you have to eat healthy you should really take care of your body you can live for lots of years. When you go to a fast food place pay attention to what you order because something are really bad.

Eating healthy is a good thing some people say that it's bad because you can't eat and you can die but that is not true. When you eat healthy you get strong but it is another nothing to be on a diet. A diet is when people try do lose weight even more so when you eat healthy you are eating healthy but when you are in a diet you are not trying not to eat. Nutritious foods are really good for you they give sometimes muscles you can live long. You can eat normal and exercise but you just can't be a couch potato because you gain weight and you get fat and really bad things can happen eventually you will get really sick and possibly die because it's really bad. So live long AND BE STRONG

Guillermo Figueroa

Mr. Ramirez

5th grade

Bell Gardens Elementary

Rm. 35

· Be Healthy

If you want to be healthy and be strong you need to work out and eat healthy. To eat healthy you need to eat veggies and fruit. Do not eat junk food like chips. An example of a good and healthy food is an apple or a carrot. If you do not want to chew the food you can blend the food and drink a healthy juice of veggies or fruits.

You also want to exercise if you want to be strong and live long. A sport is a good choice. There is a lot of sports like basketball, soccer, football, and baseball or you could go the gym to do weights. You could do exercise at home like pushups, sit ups, and curl ups. If you do not want to do that stuff you could just walk or run a mile every day. That is what you need to do to be strong and live long.

Erick Bombela Mr. Ramirez

3/4/2014 Bell gardens Elementary

Be Healthy

Be strong-Live long. Do a king size exercise. You don't need to be wealthy to eat healthy. These are some sayings that I know to stay healthy and be strong. To stay healthy eat and drink water every day you could jog, run, participate in a marathon, and maybe qualify to be in the Olympics.

Are you trying stay healthy and fit? Then stay away from those fried fries, greasy hamburgers, and bacon wrapped hotdogs and eat a salad a week or a fruit a day. Eat healthy from all five food groups' grains, dairy, meat, vegetables, and protein. You can exercise by traditionally digging or going to the gym and stay fit and you can play basketball, soccer, football, or bike and hike. You can also just go for a walk in a park or eat a couple of fries once in a while then you can bike, run, or walk to school. You can throw a javelin, make a disc glide through the air, mush down a hill, swim up a river, do sit-ups, push-ups, hill climbers, mountain climbers, and bear claws there are endless possibilities.

Sindy Fuentes 5th

Bell Gardens Elementary

Room 34

Mr. Ramirez

Be Strong, Live Long

There are many ways to be strong and live long.

One way that I will stay strong to live a long life is that I will eat healthy. I will eat vegetables and fruits. Some fruits that I will eat are oranges, apples, grapes, bananas, strawberries, and citrus. Some vegetables that I will eat are carrots, tomatoes, onion, broccoli, and cauliflower.

Another way I will stay strong to live a long life is that I will exercise. I will also go to the gym to exercise. I will run, do sit ups, jump rope, do pushups, and jumping jax I will also play sports like basketball, soccer, and baseball.

Those are all the things I will do to stay strong and live a long live. It will be awesome to stay longer in the world and see new things in live.

Janeth Fernandez

#5th grade

Bell Gardens Elementary

Mr. Ramirez class #34

Being healthy and strong

Hello my name is Janeth Fernandez and today I will be writing about how to be strong and have a healthy life. One way you could have a healthy life is by eating fruits and vegetables. By eating fruits and vegetables you get all the vitamins and minerals such as vitamin a, vitamin c, potassium, pantothenic, niacin, magnesium. That is only one way that you could stay strong and healthy but there is more ways.

Another thing that can make you strong and healthy is doing exercise and playing outside. By doing exercise like running, playing a sport, or stretching you can strengthen your muscles and your lungs to have a healthier life. By also playing outside and doing exercise you lose a lot of weight and you have less chances of getting very bad illness.

Also by eating healthy you can become very strong and healthy. By eating healthy you can grow big, strong, and very healthy. By eating healthy you will be very energetic and will have a healthier body.

These were some of the ways you could stay strong and healthy.

Naomi Tlahuiz

5th grade

Bell Gardens Elementary

Room #34

Mr. Ramirez

Be Strong and Live Long

Staying Strong and Living long are easy to be you just have to follow some steps to be healthy. To be strong and live long you have to be active and eat healthy. There are many things you could do to stay healthy and living long and these are some.

There are many ways to stay healthy and these are some. You could exercise at least 20 minutes or you could sign up to a sport. You could also eat healthy and add vegetables or fruit to your food.

Many people take steroids to be strong and have much energy. Steroids aren't good for your body they could cause death or sickness. Also steroids are illegal.

There is many things you could do to stay healthy and living long but those are all for now. Go ahead and exercise, run and jog or enter a sport and eat health to be healthy.

Be strong,

Live long

Laysha Arévalo

5th grade

Bell Gardens Elem.

Rm.34

Mr. Ramirez

Follow these steps to be healthy and live a long life. Working for your health is much funner. You have to exercise daily, eat healthy food like vegetables and fruits, you also need to know how much of that food to eat like a handful, palm, or even teaspoons. With those measurements you'll know if you're eating the right amount of food. But you also need to eat portions of the five food groups. You may also want to limit you amount of candy because that may cause you to get diabetes and overweight.

You may also want to limit the time you use technology, that may cause you to get overweight. You may also want to do more exercise to lose all that extra weight. But sometimes you could also use technology and exercise at the same time for example the Just Dance 2014. It helps you get exercise and use of technology at the same time. But most of the time it's better to do exercise without technology.

If you want to be healthy and live a life being strong follows these steps. Remember better be strong than a couch potato. Also remember exercise daily to be strong and healthy.

Yadarleeth Alvarez

Mr. Ramirez

5th grade

Rm.34

Healthy Me

I'm healthy because I want to be strong and live long. I also eat chips and drink soda. Sometimes I detest eating healthy. Exercising is another way to be strong. Eating a little bit of oily foods is okay.

I am skinny and I like to do gymnastics. I am also very flexible. I also eat healthy because I love to run. After school I like play and run. I walk to school and walk back home. This is why I'm healthy.

Maxamillion Martinez

3/5/14

#24

BELL GARDENS ELAMETRY

#34

Mr.Rameriez

Be strong and live long

I'm going to tell you how to be healthy by eating fruits and vegetables.

You can be healthy by doing a lot of thing like exercising every day and eating healthy foods like fruits and vegetables. Not chips and junk food. You can eat it once and while but not all the time because it is not healthy. Chips, hamburgers, hot, chicken is not good to eat all the time

If you eat chips, chicken hot dogs and hamburgers then you'll gain weight. But if you start eating healthy things like salad pizza soup and breakfast every morning start exercising you could lose that weight and be strong and live long

Julianne R. Torres

5th grade

Bell Gardens Elementary

Room 34

Mr. Ramirez

How to Live a Long and Healthy Life

Would you like to be healthy? Well, guess what today I'm going to give you a few healthy tips on how to live a long healthy life and how to be strong.

If you want to live a long healthy life and be strong keep reading. To live a long healthy life, you should eat the size serving's you're supposed to eat and not eat junk food because if you eat more than the size serving you're supposed to eat or you eat a lot junk food you'll gain a lot of weight. Just a little reminder doesn't do drugs that are 10 times worse than eating junk food or eating more than the size servings you're supposed to eat. To stay strong its easy all you need to do is have fun doing things that keeps you active for at least an hour and DON'T use steroids to keep you active or to give you muscles.

I hope you loved my short essay on how to live a long healthy life and be strong.

Thank you for reading.

Diana Rivera

3/5/14

29#

Be Strong Live Long

Do you know how to make your body strong and live long? If you love your body you should keep it healthy if you want to be strong you should go to the gym or play a sport. And if you do not live near a park you could all ways go outside and make up a game. Another thing is to eat right and do not eat fating food because then you will be lazing person and you would not go outside or even hang out with go family.

One way to eat healthy is to eat a lot of fruit and vegetables. You could even make your self a salad and you do not need to go to a restaurant. I hope you are going to eat healthy now because you could be strong and live long. I hope you liked my story about be strong and live long.

Isaiah Sanchez

Grade 5

Room 34.

Be strong live long

Mr. Ramirez

Bell Gardens

I will stay healthy and live a long life by doing sit ups and doing push ups. I will eat breakfast. I will run two or three miles every day so I can stay healthy all the time. I will exercise every one hour. I will do jumping jacks, pull ups, and do arm circles.

Next, I will not eat stuff that makes you fat. Like burgers only the burgers that are healthy. I always run home so I can lose weight. I also do arm circles in basket ball. During basket ball I run the whole basket ball court.

Lastly, I always eat my veggies. Sometimes People use asteroids to make themselves so strong. But when they do that they just want to be so strong. People should just eat healthy stuff. Some people just need to eat healthy.

Aaliyah Hernandez

3/6/14

Fifth grade

Bell Gardens Elementary

Room 34

Mr. Ramirez

Be strong live long

Do you know how to stay strong?

The first thing you should do is eat healthy. You also should eat some veggies and fruits with all your meals. When you have some snack tries not to be that big. Like at my house my mom cooks good things that would not get any of my family sick. She cooks meat, veggies and sometimes some rice with corn.

You also can do is some exercise. Like at school my teacher Mr. Ramirez is going to make my class mates and myself run I mile in less than I believe under 17 minutes. Also we play a lot of sports with my teacher and also with my step dad plays soccer with me. Sometimes my dad and cousin challenge me to play soccer with them and I usually beat them I really don't know if they let me win but I do. I also am in color guard every signal day after school and sometimes Saturdays.so I hold this really help you with being strong.

Isaac

Devis

3/5/14

Bell Gardens elm.

5 grade

Mr. Ramirez

How do stay Healthy?

One way is to eat healthy. Other ways is to ride a bike. And some more thing is .Are stating bordering , skating , running , ,walking, and jogging. And p.e. and some sports are soccer, basketball, and football.

Other ways are to not do drugs because it damages your body.

Allan Santos

5th grade

B&F

Mr. Ramirez

Be strong live long

In order to live long be strong is to do a lot of running, exercise and eat healthy. Don't use steroids it might affect you and you won't live long but you will be strong. I will run to help my body work better than being fat and not be strong. Do not eat more than hand full of any kind of meat or any kind of fat food. Salad is good for you but when you eat too much it is bad for you and your health. I stayed fit by riding a bike.

If you are in 5th grade you will take a physical education exam or run at home with your family or time yourself for the mile. I would really enjoy if they take you running to the mountain, park or even running in the streets.

JHF FND

Be strong, live long

Catherine Acosta
5th grade
Bell Gardens E.L.M
Room #34
Mr.Ramirez

Many people around the globe want their loved ones to have a strong healthy life. That's why you should encourage them to eat healthy and once in a while exercise. Not only them, but you too should take care of yourself. You should set an example; if you eat healthy some others might do the same. A fun way to exercise would be to play a game such as soccer, basketball, jump rope, hopscotch, or just an ordinary made up game. You can always go for a stroll around the park whenever you like. Sometimes, when you go and play, you are running and jumping all around. I consider that as exercise.