

# "Be Strong, Live Long" Essay Contest

School Name: Bell Gardens Elementary

Teacher Name: Mrs. Rubio

Class Room #: 22

Grade: 5<sup>th</sup>

Marques Rangel

Have you ever thought you could live a long healthy and strong life?

Have you ever thought you could live a healthy and strong life?

Well, I will be talking about how I will stay healthy and strong to live a long life. I will be saying how I can be healthy and stay healthy, and how I can be strong and stay strong.

One way I can be healthy and stay healthy is by eating vegetables. A 2<sup>nd</sup> way I can stay healthy is not eating grease. A 3<sup>rd</sup> way I can stay healthy is eating fruits. A 4<sup>th</sup> way I can stay healthy is not eating junk food. A 5<sup>th</sup> way I can stay healthy is spending 30 minutes playing basketball.

One way I can be strong is to drink milk to support my bones. A 2<sup>nd</sup> way I stay strong is working out. A 3<sup>rd</sup> way I stay strong is to eat vitamins. A 4<sup>th</sup> way I can stay strong is to exercise. A 5<sup>th</sup> way I can stay strong is to be active.

Have you ever thought you could live a healthy and strong life? One I can be healthy is to be active and eat vegetables. Second way I can be strong is to do things like exercise.

healthy

adelor  
Santiago  
Mora  
Mrs. Rubi'o

How to stay strong and healthy?

3/7/14

Being healthy is a good thing to live long. I know how to stay healthy. To be healthy you need to eat vegetables and healthy fruits. I'll take healthy steps to be so healthy. The things that are correct for you to stay healthy is to read my essay for clues.

To be healthy you suppose to stay healthy is to stay out of trouble. Another idea to stay healthy is to eat fruit and drink milk. The other reason is that don't eat too much junk food. I will eat healthy to be strong. To stay strong and healthy don't do drugs and other than that.

If you are so healthy and strong you could be intelligent. That could also help you be strong. To stay healthy you need to drink fresh water. Another reason to stay strong forever is to run and stretch a lot. The other fact is to eat all the healthy fruits that are in your plate.

What else you need to do to stay healthy is to be joyful and to have energy. To stay strong you suppose to be so attractive in gym. You could be a vegetarian or a person who could eat fruit only. I could live long forever. I will live long because I could be so healthy.

These reasons are good to stay healthy. Once you are like that you stay like that. That's the good news to be like that. I'll do anything to be healthy. I'll live long I'll also stay healthy and

3/7/14

# How to Stay Strong and healthy

Being strong is good for you to be strong you have to need energy a lot of energy if you want to be strong you also have to exercise a lot and run laps each day remember to be strong you have to drink a lot of water and stop drinking sugary drinks.

To be healthy you have to eat a lot of fruits what is your favorite fruit? my favorite fruit is mango because it is sweet and delicious there are a lot of fruits like grapes, orange, pine apple, water melon, mango, apples, and bananas and a lot of more if you want to be healthy eat vegetables too.

Do you know how to live a long life? Well to live a long life you need to have nutrition and stop eating sugary things and to live a long life you need to eat one fruit or two a day and that will help you have a long life.

To be strong, healthy, and live a long life you have to drink water eat fruits eat vegetables and exercise what is your favorite thing to do? is it exercising, running, eat healthy? my favorite is eating healthy.