

Be Strong Live Long

I think the way to be strong and live long is to exercise, eat healthy, and play sports. It is important to wake up early and drink a lot of water, too.

My first reason to live long and be strong is to exercise. For example: you can run or walk every day. You can do sit ups, push ups, and pull ups. You can also bike ride or rollerskate.

My second reason to live long and be strong is to eat healthy. For example: you can eat fruits and vegetables every day. You can eat beans, whole wheat bread, and soup. You can also eat lentils and rice.

My last reason to be strong and live long is to play a sport. For example: you can play soccer, basketball, baseball, volleyball etc. It is important to play sports because it is good for your health.

It is important to exercise, eat healthy, and play sports because it gives you nutrients and health. That's why I think this is the way to be strong and live long.

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Be Strong, Live Long Essay

I think the way I will stay strong and healthy is by eating fruits and vegetables. I will also be exercising 60 minutes every day. These are my reasons.

The reason why I think that to stay strong and healthy I need to eat fruits and vegetables is because our body needs nutrients. So when I get sick my body could be strong enough to resist it. Fruits and vegetables have many nutrients that help our body be strong and healthy. I also have to try not to eat any junk food.

My second reason why I think that to stay strong and healthy I need to exercise every day for 60 minutes is because exercising helps our body make muscle. It helps our muscular system too. It helps you so you don't get overweight. You can exercise in many ways. It doesn't have to be running. It could be jumping jacks, jump rope, push-ups, sit-ups and many other ways.

These were my reasons how I'll stay strong and healthy. I have to eat fruits and vegetables. I also have to exercise daily. This is how I'll stay strong and live long.

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Be Strong, Live Long

Everyone has different ways of staying fit. One way I'll stay healthy is by eating healthy. The second way is to exercise daily.

One way I'll stay healthy is by eating healthy. I will do that by eating more food from the four food groups. I will also watch what I eat more carefully. I will eat healthier snacks, too. That is how I will eat healthy to stay fit.

The second way I will stay fit is by exercising daily. I'll do that by doing push-ups, sit-ups, and running. I'll also do different forms of exercising, such as sports or dance. I'll play more games with my sister. Finally, I can join programs in the city that include physical movement, such as baseball. That is how I can exercise daily to be healthy.

The ways I will stay healthy are exercising daily and eating healthy. I will be very healthy if I do this ritual every day. Hopefully I exceed my expectations of staying healthy. That is how I will be strong and live long. How are you going to stay fit?