

How to Keep a Healthy Life

Diabetes runs in my family so maintaining my health is very important to me. Today I'm going to show you guys how to keep your body healthy.

Exercising is very healthy for the body. You can go for a run at the park and burn calories that you ate for lunch or dinner. You can also do a couple of push-ups and sit-ups. The sit-ups help strengthen your abdominals while the push-ups strengthen your biceps, triceps, and the chest. Every day exercise helps you stay active. Being active helps you relax more and exercising in the mornings gives you more energy throughout the whole day.

Keeping your daily meal healthy is very important. The best things to eat are fibers and protein. Protein is what helps you build muscles. Having muscles is also very important by allowing you to do many rough and other activities. Fibers help your digestive system. Some foods that are rich in fiber are apples, granola bars, broccoli, chia, and papaya.

Last but not least, acupuncture can help you maintain a healthy life. Acupuncture can help you cure many diseases. Not only that but it relaxes your muscles. Relaxing your muscles is also very good for you. It can prevent cramps and other muscle problems.

These are only some ideas of how to maintain a healthy life style. When I grow up I'm going to try all three of these suggestions.

Healthy Living

How will I stay strong and healthy to live along life? Or is it how will WE stay strong and healthy to live a long life? This question has been in my head for days. Until I found out that the answer was right under my nose the whole time. Most people might think differently though. For example some might think to stay strong and healthy you need a diet or eat less, while others thinks it's paying for a gym that you will quit the first week! Well not for me, not for a 13 year old boy. When I found the answer I felt so dumb I didn't see it before.

Well the answer is an average teens' life! If you think about it it's very obvious. As a teen you start to get a P.E class in school. Then when we get home most of us play movement games like Just Dance, or Wii Sports, or Sports Champions. Those games work up an appetite. When it's time to eat mothers mostly cook the healthy basics. Like maybe rice or pasta, veggies or fruits, and beans or meat. So after that healthy meal you can go back to playing the movement video games. Although teens usually prefer riding bikes, or skateboarding, or sports. So therefore the way to healthy living is an average teen life.

Healthy Living

Suva Intermediate

Many people in my family have diabetes, high pressure, high cholesterol, and other sicknesses related to overweight. I see them check their blood every day. My mom for example suffers a lot when her sugar is high, she feels dizzy, tired, and sleepy. My grandma also has diabetes but she doesn't worry as much. She does everything normally my aunts are the ones always checking her. My grandpa died because of diabetes, his sugar was way too high. My great grandma died with both her legs cut because she was diabetic, she also went blind. This all happened because she didn't eat well.

My dad on the other hand eats right. He doesn't have diabetes or any other sickness related to not eating well. He exercises a lot and doesn't get tired as easily. All of my cousins eat well and exercise, most of them because of their jobs. Some are firefighters in México, others volunteered to be in the Red Cross and others want to be part of the police department. They don't have any sicknesses related to being overweight or not eating right. This is why I am choosing to exercise and eat right.

Stay Healthy

Nicole Flores

7th grade Suva Int. room 108

Ms.Fernandez

“How will I stay healthy and live a long life”? Well I will give you my reasons and thoughts and how I will stay healthy. I know if I belief myself I can achieve my goals.

I have recently noticed that my mother is becoming over weight lately but she had a stroke so I can't blame her, but now she's having a hard time getting up and doing things and I don't want to be like that when I'm older so I'm going to eat more healthy. I started to eat more healthy things and I feel amazing.

When I was in elementary kids would make fun of me since I was larger, I was almost up to 120 pounds and I was only in the fifth grade! I remember I use to cry after school because I wanted to be more thinner like my friends. And now I've gone passed that and thought better than that and now I'm feeling way better.

I'm now deciding to focus and push myself more to do better on physical education. And I also have to take care of myself now so when I'm older I get to take care of my parents because I want them in my life. And that is why I'm staying healthy.

Living Healthy

Ammily Perez

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Ms.Fernandez

How will I stay healthy and strong? Well to stay healthy, I have to do many things, two which include diet, and physical activities. These factors are both important to living long lives.

The diet is an important factor, because I remember that when I was younger, my aunt died of diabetes and other bad diseases. I then realized that she ate a lot of fast foods, sugary foods, and well basically nothing health.my first thoughts at that moment were that in my future, I would need to have a diet the opposite of hers. No too much fast foods, low amount of sugary foods, water or natural juices instead of soda, and of course, fruits and vegetables daily.

Having a physical life will also keep me living a healthier life, and I noticed that all my aunt did was watch T.V. and never exercised. Therefore, I do dance in school, and we have to work out every day. I'm also in sports; I play basketball, softball, and volleyball year round. Another thing I do to stay active is wake up early on the weekends and take a jog. I believe that if I continue this way, I will have a long, healthy life in the future.

How To Stay Healthy

How will I stay strong and healthy to live a long life? Well since my older brother has diabetes, he is the perfect example of what not to do. I remember always seeing my brother eating an excessive amount of junk food every day. I always see my brother poking his finger to see his blood sugar, and I don't want that to happen to me. I have also noticed that once he pokes his fingers he has to write it down so he can see the changes of his blood sugar.

Since I don't want to be poking my fingers every day as I get older I want to stay strong and healthy to live a long life. I will start by changing my daily eating habits on junk food. Instead of eating chips I will eat fruits, vegetables, and vitamins every day. Also instead of drinking a lot of soda I will replace it with water and milk.

A great idea to stay healthy, and not have health problems as you get older is to do exercise. To do exercise there is many great alternatives such as doing squats, pushups, and sit ups at least every day to stay fit. Another way to do exercise and have fun at the same time is doing sports. The sports that you can do are pretty much any sports that involve running such as soccer, basketball, and volleyball.

Healthy living

Some people don't exercise, eat a good diet, and keep their bodies' healthy ether. There is many ways to keep your body healthy there is fitness which is weight lifting, running, yoga, sports, marathons, basketball, soccer, and zumba.

There is also eating good foods like proteins, vitamins, grains, and wheat's. Those are the main things you should be eating. I eat those things, but sometimes I also eat junk food too. I remember that my grandma use to poke her finger with a needle and check her blood pressure was ok. So I decided not to become like her. I didn't want to get more pounds.

There is also food you should not eat like yogurt, chips, soda, burgers, and, other greasy foods. Those foods may give you more than pounds. Those foods carry large amount of calories of fat and many other things that can harm your body. Junk food may also give you diabetes and other diseases. Those foods may affect you' in the future too. So don't try to eat a lot of it, but try to drink lots of water, protein, and wheat's like stake bread and many other things like that, but try to keep your body healthy.

How to live a healthy life

What are some of the ways that both you and I can live strong and healthy so we could live longer? Well for starters this is easy for since I am a vegetarian and it is a known fact that vegetarians live longer. But there are other ways than becoming a vegetarian to live longer.

For example, let's talk about my diet, I eat a large amount of fruits, veggies, and anything that doesn't have any meat, and this is one of the reasons that vegetarians live longer. One way to live longer, but again without becoming a vegetarian is to minimize the junk food we eat a day, try drinking more water than soda, and like how your mom or dad would say "... eat your veggies," and please, please eat about five servings of fruits and vegetables a day, please. I wasn't able to spend much time with my grandma since she was diabetic and every day I used to see her prick her finger every day and got worried that she would pass away, and sadly she did when she was only eighty years old, and sometimes I would see her so lazy that she couldn't get up and play. So if possible try eating this way,

Living Strong and Healthy

Victor Corea
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Rm. 108 Ms. Fernandez

How do you live a strong and healthy life? If you don't stay healthy you might get high blood sugar or other types of diseases. Two things that can mainly affect you are your diet and exercise. This is the main things you want look for to be healthy.

Diabetes is a disease that results from a lot of sugar. I see my grandma suffer from diabetes. You could be in danger of losing your leg (with the disease). Fortunately, this has not happened to my grandma because she took care of her diet.

It is very important to take care of your diet. You should eat minimal junk food/soda and eat more vegetables/water/fruit/milk. Also eat your vitamins and never drink alcoholic beverages. My grandfather drank too much beer, so I saw him lay sick until he died.

It is also very important to exercise daily. A jog around the block is even enough to keep you in shape. You should also work on your upper and lower body strength.

This should help you stay strong and healthy. So just follow what it says here and you'll get a good and long life (results may vary).

Stay Healthy and Strong

People that I know, which is family members and friends that I know usually don't eat healthy. Sometimes I don't either which I get concerned most of the time. I see people all around some are big, some are skinny, I see restaurants that put a lot of fat in the food. I see the stores full of things that aren't really quite healthy for us humans. I don't like vegetables, that's the problem with me, I don't really eat healthy but for some reason I'm still doing fine with my weight. I think I'm going to start eating healthier, since I see some people over weight and I don't want to have health problems. My little niece, who is 4 years old, is overweight so I try to help her not eat much of the unhealthy food that is all over the streets. She's too young to be overweight and seeing my little niece like that makes me want to eat healthy. That's my goal, to eat healthy and just to try to stay in fit. I don't want to end up over weighted and have health problems that's the least that I want.

LIVING THE HEALTHY WAY

Have you ever wondered what keeps me alive and healthy today? Well there are many things like sports, food, sleep, a positive attitude and many more other things. If you don't eat right, stay up, have a negative attitude and play video games all day you will get sick.

There are some foods that are very healthy for you. All vegetables, fruits, tuna, water, juice and bread have vitamins that are good for you. My grandma didn't eat vegetables till she got diabetes. Sometimes it's okay to eat fast foods but not always since you can really hurt your body.

Your lifestyle could be Mondays-Saturdays fruits and vegetables then, on Sunday fast food and back to fruits and vegetables. My life style is very personal since my grandma died of diabetes and I didn't get to meet her so I don't want that to happen to me that's why I exercise and push myself to accomplish my goal. I rarely eat candy soda and all of that other junk food stuff.

Exercise is very important for you without it everyone will be out of shape. My cousin doesn't choose the right food so he is extremely out of weight. So stay fit and live right.

Stay Healthy

Alexandra Chavez
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Well, to start my dad is my inspiration to be and stay healthy. My dad works at construction and painting so he does get cut once in a while. One day, my dad came home with a very nasty cut after, 2 or 3 weeks it still didn't heal. That same day he was in his bed and felt sick he threw up he had threw up blood. I was very afraid and didn't know what to do or say. My dad went to the doctor and was told his blood had too much alcohol so his blood was very unhealthy that is why his cuts would not heal and he would throw up the unhealthy blood.

My dad stopped drinking and is losing his beer belly. It makes me very happy he wants us to be healthy too. He doesn't let us eat chips chocolate, and drink soda. We are going to start going to the gym, working out, and joining sports.

That is why my dad is my inspiration I won't drink nor do drugs to live a healthy life. I promise to stay healthy forever drink lots of water, eat fruits and vegetables, and do lots of activities.

Living a Strong and Healthy Life

Rm. 108 Ms. Fernandez

Some people think it's cool to smoke and drink. But the truth is that it is not healthy for you.

My grandma's aunt drank constantly. Drinking caused her a lot of harm. Instead of eating cereal with milk, she ate it with water. The store was close to her house instead of walking she took the car to the store. This caused my grandma a lot of harm to her.

She smoked a lot also. My grandma's aunt kept going to the hospital because she kept smoking. Smoking a cigarette is bad for your heart and health. That's why my grandma's aunt died at an early age. I didn't really get to meet her because all of that caused her to die so early without even meeting me.

The way I will stay strong and live a healthy life is by not smoking because smoking cigarettes hurt you more than you think and it won't make you look cool. When I see people smoking I will tell them everything a cigarette can cause them. Some people say it's hard to quit smoking and drinking. It is hard but what counts is the effort you put into it.

A Healthy Living Life

There are different ways to stay healthy. Some ways are having a good diet and exercising. Some people are overweight for lack of exercising or not having a balanced diet. Others might be underweight or anorexic. This can happen to anyone, girl or boy, old or young.

I know my grandma has diabetes; it hurts me to see to have to see her everyday pricking her finger to check her blood. She's always sleepy and only gets to eat certain foods. I try eating healthy and staying fit because I wouldn't like to get type two diabetes, I'm also scared of needles so I don't want to be pricking my fingers. I hardly go eat at fast food places mostly because I don't like the food but it also has so much grease. All the food that food has can cause overweightness and even worse break outs! I'm sure no teen wants an oily pimply face.

Overall people should just eat healthy and exercise. I'm not saying never eat junk food, it's just better if you eat minimally or balance it with fruits and vegetables. When you exercise it doesn't have to be boring, play a spot you enjoy or run while listening to your favorite type of music. Anything that won't bore you while exercising, I mean even I wouldn't exercise if it was boring. That's why I play music to keep it fun. Stay healthy to live a long beautiful life!

BEING HEALTHY

My uncle was a smoker and a drinker. He always smoked and drank but what he didn't know was that it was bad for his lungs. So one day he got so sick he had to go to the hospital. The doctor said if he didn't stop smoking and drinking he would probably die. So he stopped smoking and drinking and he got so healthy, ate good food, less junk food, stayed in fit. That was the time he changed. The last time I saw him he was fat. Now he is buff and strong also fast. Everyone was surprised and happy for him. But his lungs were not so good. So almost once a month he had to go to the hospital and give him pills to calm it down. They told him to keep eating healthy and exercising every day. But one day he had this pain in his chest and couldn't breathe well and was rushed to the hospital. They said my uncle was going to be fine and his lungs weren't working well. So they had to give him surgery on him to see what the problem was. After the surgery they let him go home and he had no problems but he still needs to take care of his body and be healthy.

How To Stay Strong And Healthy To Live A Long Life

There are several of things you could do to stay strong and healthy to live a long life. Here are some tips on how to stay strong and healthy to life a long life.

One thing you could do to stay strong and healthy and live a long life is do a lot of exercise. Some stuff you could do is go to the park every morning and run a mile or everyday coming out of school do 20 push up, 30 sit ups, 20 jumping jack, or 15 squats. Those are some stuff you could do.

Another thing you could to stay strong and healthy to live a long life is stay away from fast food places. For example Mc Donald's, In-N-Out, Taco Bell, Jack in the box, or Burger King. All the food from those places is full of grease and that is not healthy at all. Something you should really stay away from is alcohol or drugs. Drugs are really bad for you. My dad had a friend who died because he was into drugs. So don't do drugs it's really bad for you and especially for your body.

Last thing you could do is set goals. For example eat an apple every morning or go to the park every Mondays to exercise. Setting goals will also help you stay strong and healthy to live a long life.

Those are some things you could do to stay strong and healthy to live a long life.

Healthy Living

Are you healthy or strong? Or are you too fat or too skinny? Well go ahead and look at yourself. If you are fat or skinny or even in shape, think about what you eat. Now in days most of our daily meals are turning into microwavable food or fast food. If someone eats a lot of junk food doesn't mean they will get fat. Most digestive systems are the same but very little aren't.

To stay healthy you can do many fun and exciting things. Like for example sports, walking your dog, walking at national parks. I think the most exciting one is playing with your children. Most parents don't realize that their child is overweight or not eating properly. Some activities you can do with your children are riding bikes playing soccer, basketball, catch, relay races, and so many other things. You can go to picnics and take fruits and vegetables.

There are so many other ways to be healthy and strong. The most important is eating healthy and right. These were very little examples to be healthy and strong, but these were only the basics. Hope you guys can learn from it and use it.

Healthy Living

Hi, wouldn't you like to live a long and healthy life? Well I know I would. There are many ways you can have a long and healthy life. One way I try living a good life is exercise. There are many ways to exercise the ways I use to exercise are I play sports during school. I also try very hard in my P.E class. And I also sometimes go running or hiking with my whole family and friends. And I also walk my dog once in a while.

Another way you could live a long and healthy life is to eat healthy and minimize the amount of junk food you eat by doing that you will stay fit and strong I try to minimize the junk food I eat by eating only 1 or 2 bags of candy or chips. I also eat healthy food like fruits and vegetables and most of the time I eat homemade food made by my mom. That is how I try to live a long and healthy life. Hopefully you try to live the same life I am trying to live. Thank You.

Live a Long and Healthy Life

Some people think it is hard to reach a fitness goal. For example getting a six pack, losing weight, eating healthy. But the only reason why it is hard is because they are not dedicated. If you are dedicated you will reach your goal. Just wait and see.

The first thing I had to do was set my goals. My three goals are getting a six pack and losing weight. I have been trying so hard to reach my goals, but for some reason I don't lose weight. I don't lose weight because of my habits.

Second thing I had to do was cut my habit. I only have 1 habit, but that 1 habit is keeping me from reaching my goal. That habit is that when I have money I immediately go to the store and buy junk food. When I get home from the store I hide the candy from my parents.

Third exercise I always had P.E but I didn't see results so I started going to the gym. Where I do all kinds of exercise. So these are the three things I do to stay fit. And now I can see results. I am proud of getting the idea of how to stay fit.

How to Stay Healthy

My grandpa had diabidies because he was unhealthy. He got diabidies because he drank a lot soda, a lot sugar, and eat fast food. It was really sad seeing him connected with a big machine every night poking his finger and had a big stomach. So I decided to help him get healthy.

Every morning we would wake up early and we would go walk the whole block. Then we would eat a healthy breakfast. Our breakfast was eggs, an orange juice without sugar and otmeal. Every time that we would eat I will check his plate and if there was something unhealthy I will take it away and gave him something healthy.

Every day we would go to the park. Instead of talking the car we would walk. In the park we would jogged and walk all the park. Instead of eating unhealthy thing like chip, soda. We drank a lot of water and an apple. We had so much fun. But sadly he died by a heart attack. He inspires me to eat healthy and live a long life.

Healthy life

My mom has a sickness but, when I go to her room you'll see candy, soda cans, chip, and many more things. I always tell her to don't buy things like that anymore because my brother is following her path but, she says "ooo I'll do that tomorrow." Then she'll never do it. One day my dad had told her to make something healthy and so she did but my brother didn't wanted to eat it I told him "you have to eat something healthy."

I have to stay healthy by running at the park with my dad. Then we make salad for everybody. I tell my mom to come walk with us. We go for a walk then again make healthy food, but my mom needs to have her diet soda and so does brother he needs to have his soda. My dad and I drink water or juice, but on the weekends there she goes again my mom and my brother with their junk food. My mom just won't stop doing what she does every single day she is just hurting her own self. I try to take my brother for a walk with my dog but he never wants to go with me. So I go by myself and with my dog.

Healthy life

Does someone in your family have diabetes? Well I do my uncle has diabetes. We tell him that if you don't take care of yourself you are going to get worse. We try to tell him to eat right and don't drink sugary drinks. The doctor told him if you don't take care of yourself were going to have to chop off your leg. My uncle didn't care, so he was still eating bad things for him. The doctor replied if he does not listen come back. So my uncle started to eat right for a little bit. My uncle wanted to get better but he needed are help. We helped him try to get better by telling to eat right and stop drinking soda. Later he started to eat better and started to drink water instead of soda when he thirsty.my uncle got better and they didn't have to chop off the leg. He is so happy they didn't have to chop off his legs. He is still eating well but once in a while he drinks soda. He is trying to live a healthy life with his kids.

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Being Strong and healthy 🍷

Hi My name is Maria Garcia, I'm going to talk about, how staying strong and healthy. One way by being healthy is doing exercise every day, eating fruits and vegetables, drinking alot of water every day. There's alot of stuff by staying healthy examples are walking & running every day, by not doing drugs. Drugs are very bad, every time I go to the Hospital, It's sad becuase people can control themselves becuase they did drugs. Every time I go to a store and they give me change I love donating it to people that want to stop doing drugs, I even donate money to the kids that have cancer. If you want to be strong you have to not do drugs. Please don't do drugs you can get very sick. How I stay strong is by not doing drugs, not being emo.

I get very mad to when my mom screams at me but it's becuase I did something I didn't have to do. But I know she screams at me becuase she loves me. My mom works alot I Love her becuase she's the only one I have my dad doesn't live with us he doesn't visit us. Well thanks for reading. Hope you guys choose me.