

BGI
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A.M

I want to be Strong and live long. Being strong and healthy are two of my goals in life. Because I want to be able to live a long healthy life. Now, I know it might be hard because there are so many bad temptations in the world like drugs and alcohol, but I have to be strong and most important I need to have to be strong and most important I need to have "discipline". So I could achieve my goals in life.

To keep my body strong I need to start doing exercises like Cardio. Cardio is by far the most important one for a better good health. For example jogging, speedwalking, swimming, aerobics and dancing are just a few of the workouts I could do. And also push-ups, sit-ups and weight lifting are important to keep my body strong. Fitness is not the only thing that's going to keep my body strong and healthy. The choices I'll make in what I put in my body are what's gonna help me be strong and lives longer. I need to have a good diet make healthy choices, like Organic foods, take my vitamins, sleep well and most important stay away from "DRUGS" and everything else that is bad for me. Because I want to enjoy a long beautiful life.