

Staying Healthy

Being healthy is the second important thing next to family, so keeping a healthy diet and lifestyle is very important. There is more than just eating fruits and vegetables, so this guide will run you through some basic methods to staying healthy.

One commonly used method is choosing the right foods to eat. Though fruits and veggies is a great option, they are not always the right choice, as long as you monitor the calories and such, you be fine.

Another way to keep healthy is to get at least 8 hours of sleep and at least 30 minutes of being outdoors. Sleep refills your energy for the day. If you're having trouble sleeping (known as insomnia), call a doctor if it continues for a long period of time. Being outdoors helps too, with the fresh oxygen and whatnot, but wear appropriate clothes for the weather out there!

Last is what pretty much is the most commonly used method to stay healthy is... exercise. There are many forms of exercise, from jogging to workouts, anything that requires movement will keep you healthy and strong!

Let's review the topics. Eating right will keep you partly healthy. Sleeping and outdoor activities are always a good choice. Last, exercise is a great ways to get healthy.

In conclusion, these were a few ways to stay healthy.

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Keeping Healthy

I want to stay strong and live a long and healthy life. I want to make good food choices and stay active with sports and exercise. I believe these two steps will help me keep healthy through out my life.

Avoid what every kid seems to do. Don't drink soda when you can drink water. Soda has sugar that is bad for your body and teeth. Water helps you keep your body healthy and strong and is the best choice every time. Choose to eat more fruits and vegetables so you can grow big and strong. I am working on growing so I challenge myself to eat the right foods so I can get taller and stronger.

Exercise and sports are the next step. When you exercise do it with focus and set a goal for yourself. How many push ups and sit ups do you want to do? How fast do you want to run the mile? How many times can you jump rope? All of these moves can help you keep healthy. Keep moving it is super important.

Keeping healthy is something I want to do. I work on it. I am sure you can too.

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How to be Healthy and Strong

Being healthy and strong starts with being active. To be active you must stretch and run daily.

Start with the stretches. Stretching takes time and has to be done right. You always stretch before you do anything like running or playing sports. Stretching helps you so that you have warmed up your body and won't pull a muscle or hurt yourself. Stretching just doesn't happen at the beginning of exercise remember to cool down too so you won't hurt later.

Running is super important. Running is going a really fast speed. Your body pushes through space with your arms and legs pumping fast and hard. This is running full force. Jogging is slower than running and you can go long distances without stopping. Power walking is slower than jogging and faster than regular walking. Power walking means you keep your arms moving high across your body so that you get your heart beating fast.

Stretches and running are the keys to being healthy and strong but your body needs good food so you can have energy to move. Choose fruits and vegetables so you can stay strong and fast and healthy.

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How to Be Healthy
It's All about Attitude

How can you live a long and healthy life? You can live a long and healthy life by exercising, eating and sleeping right and choosing to have a positive attitude.

Exercise so that you can be flexible when you get older and to keep your bones strong so that you won't hurt. Eat right so that you don't get too skinny or too fat. Eat lots of fruits and vegetables and you will stay healthy. Wake up with energy by sleeping at least eight hours a night so that you don't wake up too tired or lazy.

But first and most important is that you will need a positive attitude. You have to believe in yourself and enjoy your own life. A negative attitude means that you don't exercise and you don't care. A positive attitude means that you enjoy sports and exercise because it feels good to move. A negative attitude means that you hurt yourself by eating lots and lots of junk food and you don't want to stop. A positive attitude means that you believe that the fruits and vegetables are good for you and taste good too.

You will be happy about your choices to exercise, eat and sleep right.

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I Will Stay Alive Healthy and Strong

I will stay strong and healthy and live long because I understand the importance of eating right and being active.

I choose to eat right. I enjoy eating fruits and vegetables and my family loves to eat healthy foods. I eat moderately because I understand how to control my portions of the food groups.

I love to exercise and I am good at sports and running. In PE I get better at the activities because I set goals and focus on getting stronger and more coordinated every day. I am fit and I want to stay alive that way every day of my life.

I also believe a positive attitude is very important for staying strong and healthy and alive. I enjoy my family and friends. I smile and enjoy every second with all the love and care that I can give to my life.

I ask myself who do I want to be when I grow up. I don't know yet what that will be but I do believe in myself. I think it all starts with that and my determination to be healthy, strong and alive.

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How to Live a Long Time

There are many ways to live a long and healthy life. To live long I recommend three important things. One is to eat healthy, two is to do lots of exercise, and last to get plenty of rest.

The first thing is how you choose to eat. Choose healthy foods like fruits and vegetables. This gives your body lots of vitamins and nutrients that help you grow, think, and be able to fight sickness.

The second thing is for you to do a lot of exercise. There are so many kinds of sports and activities that I am sure you can find something fun to do. I like to run and play basketball. Exercise helps make your bones stronger and helps you burn off calories from the food you eat.

Finally it is important to rest and sleep. Sleeping recharges your body after all the exercising. Sleep helps us grow and even remember what we learned in school. Sleep helps us stay happier and healthier longer.

These three choices, healthy food, exercise, and sleep will add up to a long healthy life for you.

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An Apple a Day Keeps the Doctor Away...

The definition of the word health is the freedom from physical disease or pain. To stay healthy and live a long life there are some things you need to know and some things you have to do.

You have to know that just sitting and watching TV can damage your eyes especially if you are less than five feet from the set. Sitting around eating too much junk food can hurt you too. A diet high in sugar can cause high blood pressure, diabetes or obesity problems.

Instead you have to learn to like exercise and learn to choose healthy food to eat like fruits and vegetables. After you eat you have to brush twice a day and remember to floss. This can help prevent tooth decay.

Learning to love to run and exercising one hour a day can help you a lot. Playing sports is fun too. Playing basketball can build up your confidence and teach you how to use your body with coordination and strength.

Choose to keep the doctor away with choices like apples and daily exercise.

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Be Strong, Live Long

Do you know how to live a long, strong, and healthy life? To live a positive life you will have to have a positive attitude, a healthy diet, a balanced hygiene, and of course exercise.

To live a healthy life you will need a to have a healthy diet. To maintain a healthy diet, try to avoid eating unhealthy foods. Having a balanced diet is a big part of a healthy life. A healthy diet can release positive energy that can lead to a positive attitude.

A balanced hygiene is also a big part of living a strong and healthy life. A balanced hygiene relies on rest and sleep, which is the key to a positive life. Balanced hygiene helps us keep clean and comfortable so we can live with a positive attitude.

Exercise is the third main key to a strong life. Exercise helps your body burn any unconsumed fat, which is very helpful! We all need health related fitness, like aerobic exercise where we inhale and exhale oxygen, to keep our heart, lungs, muscles, and joints working right.

In conclusion, being strong and living long starts with a positive attitude and includes a healthy diet, a balanced hygiene, and daily exercise.

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Be Strong, Live Long
Stay Healthy

Staying strong is all about staying healthy. You will need to treat your body right or it is going to shut down on you. Here are some of my suggestions of how to take care of your body.

First of all you need to stop eating a lot of junk food. Did you know that a bag of potato chips has 250 unhealthy calories? Choose to eat vegetables and fruits and salads, which makes your body stay healthy. Remember it is okay to eat a little junk food from time to time.

Second healthy tip is for you to participate in your school's PE. Then do more exercise than what you get in PE class in school like trying to run a mile every Saturday. It will build up your leg muscles and you can run for longer times each time you practice.

Third watch the type of liquids you drink. Water is very important. Watch those sport drinks and new energy drinks, which can have more chemicals like caffeine than just a regular Coke.

In conclusion, it's important to want to stay healthy so watch what you eat and enjoy moving more.

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Be Strong and Stay Healthy
A Healthy Life

Let's be Strong and healthy. There are three ways to a healthy life. Stay active, be outdoors and eat healthy.

You could stay active in order to be healthy. Play sports like basketball, football, or volleyball.

Being outside is important. One hour of sunlight a day keeps your skin healthy. If you are outdoors then you are getting sunlight and that is healthy for you.

Eating healthy is very important way to be healthy. Salads, vegetables and fruits all can help. Eating junk like soda and chips really is bad for your system. You can't be healthy eating stuff like that because it doesn't have the vitamins and nutrition you need to stay strong and healthy.

Being healthy takes all three ways because we need to play and move our bodies with our friends, we need to enjoy the sunlight outdoors, and we need the nutrition inside the fruits and vegetables. Stay strong and healthy by following these three ways.

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Stay Strong, Live Long

Do you skate, bike or use a scooter? These are some fun ways to exercise and stay strong and healthy. Exercise has many benefits.

Research has shown that physical activity can help prevent at least six diseases. These diseases are heart disease, high blood pressure, obesity, diabetes, osteoporosis, and even mental disorders like depression. Exercise like brisk walking is a great way to prevent these diseases. Running is hard, so walk as fast as you can most days of the week.

Eating right foods can help you live a longer healthier life. The six diseases can be prevented or controlled by eating fruits and vegetables. Eating right can give you nutrition like calcium and iron which your body and brain needs to function right. Try to notice the calories of what you eat so you can balance your activity with your food choices. It is never too late to eat right.

Have fun and control your weight and health by exercising and eating right. Being physically active and eating healthy foods will help you stay strong and live long.

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Be Strong, Live Long
Health For Everyone!

Have you ever wondered how to stay strong and healthy? Do you want to live a long and healthy life? If you really do, then read on about nutrition and exercise.

It is really important to notice your food choices. Do you only like Hot Cheetos, Doritos, and Takis? Those choices will make you sick because junk food has a lot of salt and sugar. Try a different kind of snack. You can slice some fruit and eat some vegetables too. Drink more water and less soda. Stop drinking so much soda like Fanta, Coke, 7-Up. Water is good for you. Choose the right portions of food too because eating too much makes your stomach fat.

If you really want to be strong the best choice you can make is to exercise. You can run and play all the sports you love. Stop playing video games and get outside more. You can join the After School Programs like All Stars. All Stars promotes all kinds of sports like dance, soccer, basketball, football, and baseball. Remember to get exercise daily. I recommend sixty minutes a day.

Follow my recommendations to Stay Strong and Healthy. It can work for everyone.

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Live Long, Stay Strong and Healthy

There are many ways to live healthy and strong. I have been practicing since I was very young so I can give you some suggestions that might work for you.

I like exercise and I recommend this at least three days a week. Start with stretching because it can prevent injuries. Weight lifting builds muscles and aerobics can burn calories. Both types of exercise are important.

You must have a healthy diet based on the five food groups. Whole grain bread is good as well as fruits and vegetables. Healthy eating helps you lose weight too.

Third you must have eight to ten hours of sleep every night. If you can't have that amount then seven will have to do. If you sleep enough your immune system works better and you will have a better memory and be able to perform physical challenges more successfully.

Fourth to be healthy and strong, get involved with your creative side. I love to sing and play an instrument. I have found that doing creative things helps me build my confidence and self esteem.

Exercising, eating right, getting rest and being creative are the keys for me to stay strong and healthy.

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