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2nd Grade
Cesar Chavez Elementary School
Rm. T2
Ms. Kissas

Be Strong, Live Long

If you want to be strong and live long you have to eat healthy foods and exercise daily. By doing this you will prevent getting sick. I wish everyone would be healthy so they can live a long, happy life in this beautiful world. Being healthy would make this world a better place to live in. For example, you can add more vegetables to your meals and snacks. By taking out junk food from your meals you are already one step closer to becoming healthy. Five servings of fruits and veggies are all you need daily. So don't forget to eat your fruits and veggies.

Instead of sitting around playing video games you should be physically active. You can go out for a walk with your family. You need about one hour of physical activity everyday. Being on a healthy diet and exercising regularly equals a happy and healthy brain. This can help you achieve your goals that will help you succeed in school. So start thinking about your health and leave the negative behind and move forward with the positive. Remember to exercise daily so that you will be strong and live long.

Marissa Garcia
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I am physically active everyday. I play jump rope and basketball. I love to play on the monkey bars. I like to play soccer, football, dodge ball, handball and basketball. All of these sports help you to exercise. Exercising everyday is very important. I like to keep my body healthy by sleeping eight hours daily. This helps my body stay rested for the next days activities. Sleeping too much makes a person lazy and their body is not going to be active. You should exercise at least one hour everyday.

To eat healthy you have to eat fruits and vegetables. You must do this if you want to be strong and live long. You should look for healthy snacks such as: popcorn, pretzels, strawberries, and yogurt. You should eat the recommended serving size of fruits and vegetables daily. You should also see a doctor for yearly physical exams. A physical exam can let you know if there is something wrong with your body. If you eat right you will get good results.

Marcos Montano
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Healthy Foods and Exercise

People should stop eating candies, sugary juices, and chips because these are bad for you. Also, you should eat the right foods like bananas, oatmeal, corn, potatoes, broccoli, milk, water, eggs, pork, grapes, pineapple and watermelon. Everyday children are becoming unhealthy. People have to stop eating unhealthy foods.

You should exercise for two hours or more daily. Everyday children are becoming inactive. They are playing games instead of being physically active. At least walk for one hour, but running and going biking is better than walking. Play basketball, soccer, football and baseball that way you exercise. Also try other sports such as karate and boxing.

A lot of people think that exercising is important because it helps you lose weight. If you don't like working out and eating healthy foods you will become obese. This may cause children to make fun of you. For your health change the way you eat and exercise daily.

Eat Healthy Be Healthy

By Yadira Flores

Second Grade

Now in days it's important to be healthy. Especially when it comes to kids all over the world. Many of the schools around the United States have started a healthy lunch program, as well as an exercise routine. All this was because the obesity rate increased. Kids were not eating healthy or exercising because they were busy playing on ipads, computers, and watching television.

I believe that kids need to be taught to be healthy and to exercise daily. That way we don't get obese. So we can play, run, and jump without stopping to get our breath. I think that obese kids are more likely to get bullied by other kids. I think healthy eating and exercising should be introduce to every school around the United States to prevent kids from getting heart attacks and diabetes. I agree with the school program

about teaching me how to eat healthy and also exercising to maintain myself in shape.

In conclusion, we as kids should encourage our families to adopt these programs in our household. We should ask our mom and dad to buy more fruits and vegetables. Cook more fish and chicken. Grill and bake instead of frying our meats. Eat more greens and drink more water. On the weekends have your family clean the house, do the laundry, work on the garden/, and wash the cars. These are good examples of exercising as a family. Other ways of being active could be going for evening walks, and instead of going on the car to the store you should go walking. When it's movie night replace popcorn with fruit and veggies. Buy more organic groceries. All these things can help us kids not become more obese it's hard but it could be done.