

Healthy

People should do three things to stay healthy. You should always exercise because it is good for your body. Running is good because it pumps your blood and strengthens your body. Your whole body needs to workout because it makes you flexible. Working out cleans your body and makes it healthy.

Eating the right foods is good for your body. Vegetables are one of the foods I think you should eat. Vegetables are healthy foods for your brain and all of the rest of your body. Eat good foods so your body stays healthy.

God made our body to sleep. If we don't get sleep you will be tired and your mind won't work well. Your whole body will feel good if you get enough sleep. Sleeping makes you want to work and play. Doing these three things will make you have a happy lifestyle.