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### **Three Ways to Be Healthy**

Sports play a big part in my life! When I play volleyball, it helps me fight obesity. Sports make my brain think better, so I am more alert. Exercise can also help my immune system, so I am less sick. Exercise, however, is only one part of living a healthy lifestyle.

Another way of living a healthy lifestyle is eating right. For example, if you want to be healthy on your next stop to McDonald's, pick a salad with a fruit cup instead of a cheeseburger with fries. The reason why you would is because the salad & fruit cup contains vitamins and antioxidants, which help make your body healthy. Nutrition and exercise are both important, but there is still one more way to be healthy.

The third part of building a healthy life is sleep. The reason why your parents say to go to bed is because sleep gives your body a chance to recover and rebuild. I usually get about nine hours of sleep each night; however, when my brother doesn't get enough sleep, he becomes even grumpier than before. So get out there, exercise, eat right, and get enough sleep!