

Grand Canyon State Games
Essay Contest
Sponsored by Southwestern College

Medal Awarded
(circle one)

Gold

Silver

Bronze

Honorable Mention

Student's Name: Lingey Leinart

Student's Grade: 7

Student's School: Home School

**** Note: Please paper clip this form to the top of the winning Essay**

Get Active, Get Involved, and Get Healthy!

A balanced life is a happy life. What does that look like?

Exercise. It's really not hard to get motivated. Just choose your favorite sport and you're exercising! Don't think about it too much, otherwise, you may never get off the couch. I play volleyball because I enjoy the sport. As a result, I get a lot of exercise. It's that simple. Now, just do it!

Serve. On the third Monday of every month, you'll find me behind a buffet line serving dessert. That's because my family and I cook and serve meals for the homeless in Tempe. We've been doing this for several years and now I look forward to it. That wasn't the case when we first started. I actually dreaded it. My mom says I was scared at first but that changed after I got a little older. Now I refer to the homeless as my friends since we usually see the same people every month.

Eat Right. Raspberries. They melt in my mouth and I just can't stop eating them. My mom makes sure to always have fresh fruit on the counters to remind us to eat healthy. Sometimes she surprises us with a fresh plate of homemade cookies. But I crave healthy food more than sweets. Though I must admit, I can't turn down a warm cookie or a cinnamon roll every once in awhile. I heard about a man on Oprah who ate only fruits and veggies and claimed his healthy lifestyle is the reason why he'd never gotten the flu for more than 10 years.

If you live to give, exercise and eat right, you'll feel great! It works for me. Now you try it.