

4-16-2019

I am so fit for Blomsday because I keep my body healthy by putting healthy things in it, exercising every day, and getting good sleep. These things are important because they make me happy, strong and energetic.

I put healthy food in my body by eating healthy meals like fruits, meats, grains, and dairy. I drink 8 glasses of water every day and I take my vitamins every morning.

I exercise every day by riding my bike and scooter. I run and play and I dance and stretch my muscles.

I try to get good sleep every night by going to bed early. I try to get 10 hours of sleep every night and

I always brush and floss my teeth before bed to keep my teeth healthy.

So you can see, keeping

your body healthy is
important by exercising,
getting good sleep and eating
healthy food. I love keeping
my body healthy. It makes
me feel proud of my self!

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