

"Why I'm SO Fit for Bloomsday!"

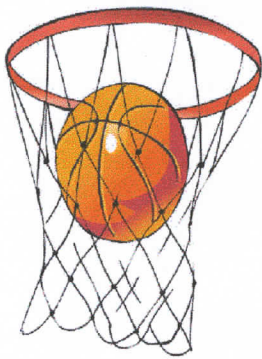
Chattaroy Elementary School, Mrs. Kenworthy

Exercise is important to me because if your healthy, you have more energy and your body can fight germs and sickness easier. Ways I exercise is by sit-ups, pushups, burpees, ride my bike, walk, run, leg lifts, Xbox 360 *Just Dance 2019*, play with my animals outside and I play basketball on a team. When we are camping we always go for hikes and I love to swim all summer long.

Some of the healthy foods I eat are; carrots, strawberries, bananas, oranges, tomatoes, avocado's, lettuce, cabbage, spinach, cantaloupe, artichokes, blueberries, chicken, salmon, grapes, shrimp, water, and much more healthy stuff along with a few snacks that may not be on this list.

As I said above it's good to be healthy because your body can fight bad germs and sickness, your bones are stronger, and my brain feels like I can process and concentrate better what I am studying in school.

I personally feel my fitness has been changed by being in the "Fit for Bloomsday" program because I am more active, and I have built stamina for running and doing many activities.



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