Healthy Lifestyle

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There are so much choices for me to be healthy. YOU should try eating healthy, eating healthy is good for your teeth, you should try to eat and drink dairy, meat, fruit, vegetables and do not eat sugar or sweets.

Another way for me to stay healthy is by exercising you should try lifting weights, swimming and go to special gyms and do pull

Ups.

Swimming, lift weights, special gyms and pull ups are all good for your body and muscles pull ups help your muscles get stronger. Swimming is also good for your

Muscles and body because it is like your pushing and kicking and also it is like you’re a fish.

If you want more information check out this website at www.healthy .kids/exersize.org also if you want more information call this number at

1800951787