

Everyone should carefully choose what they eat

By: Lorelai S.

CRUNCH! Yum, these carrots, celery sticks, peppers, cucumbers are AWESOME! **EVERYONE** should carefully choose what they eat so you can be active, athletic, and healthy. When you're older, you do not have any health problems and potentially die. Nobody wants to be 300+ pounds. That's embarrassing. Go convince your family to go to the grocery store and refill **ALL** of your cabinets with healthy snacks and meals. Panera chips have about 600 calories!!! You should have about 2,700 calories a day if you're a male, and if you are a female you should have about 2,200 calories a day! Make sure you're not over eating like my cat!! He will literally eat until he throws up and you don't want to get really sick because you eat too much. You can make fruit salads, or fruit bark, this is yogurt in a baking pan with parchment paper laid on top of that has fruit laid on top of it, then it goes in the freezer stays in there until completely frozen and then you pull it out break it into a few pieces and then you can eat it. I prefer strawberry yogurt or plain because if you use a different flavor it might taste weird or take away the taste of the fruit itself. I would only make this for a weeks worth so it doesn't get bad. It is really awesome, or anything without salt or sugar in it. Although you may find this really challenging to do, it is definitely worth it!

To begin with, everyone should carefully choose what they eat so you can be active. You can go to the park to play with your dog or go and play with your friends, and the more you run around the more fresh air and exercise you will get. You can go shopping to get exercise, you can ride your bike to the places you go to, you can walk to get what you need. You can walk around your neighborhood, you can have races with your friends like setting up hurdles. I sometimes go to the park and run obstacle courses since there is lots of equipment. I also sometimes jog around the block so I can stay active and so I can clear my mind and not be so stressed. I normally do this when it's getting cold at night and when it's about 7:30. If you don't like running or jogging you can walk two times as jogging so you're still getting the same amount of exercise but you are not running around. Also, you don't want to get your body all hyper and all excited because you will be going to bed soon. The more exercise you get it will help prevent getting over weight. You shouldn't sit in your house eating chips and candy. You don't want to be older and have your family have to do everything for you. There are people in the world that can eat a whole entire party bag of chips in one day, or even in just one sitting! You can gain about 3-5 pounds just eating that! You could have a side of salad with your dinner or you could just have them for lunch or have a big salad for dinner. Before you buy things, look at the ingredients, and see if there is too much fat in it or you can find something that does not have that many calories.

Besides carefully choosing what you eat to be active, you should carefully choose what you eat so you can be athletic. You can sign up for a sport like soccer, baseball, basketball, football or you could just play it in your backyard with some friends. You can go to the park or in your backyard and play baseball or kickball with your friends. Before you play any of these sports, make sure you're warming up so you don't pull a muscle. You can do hamstring stretches or pushups you can also do running laps. I horseback ride and you will probably think that you're just on a horse, riding, and having fun, but actually you use so many of your muscles and they build up and you move your body a lot so you keep exercising. You can go to a summer camp to play with your friends during the summer if they go to a different school and play all sorts of games.

Not to mention, you should carefully choose what you eat so you can get exercise. You can also get a gym membership or buy some exercise equipment. It is so super important to get exercise in on a daily bases. You can go to your gym and take classes or you can workout with your friends and family. You can set up an obstacle courses with your kids or friends. You can run around the block or have running races with your friends. It's really, super important to get exercise in. You can chase your friends or play tag. Make sure you get out for at least 30 minutes a day (unless it's raining, or snowing). Don't play on those electronics. Although screens are very fun, it's important to get at about 10-30 minutes of play time. If you are in high school or middle school, you can join an after-school team to play a sport or just being with your friends, running around, playing games, can increase your activity. You can play tag, or play games that have something where you will get exercise. You can go to Five Below and get some weights to lift. Or you can go to an exercise store and purchase exercise equipment that you can use even without going to the gym. That is why you should eat wisely to get exercise.

In conclusion, you should choose carefully of what you eat for these reasons, so you can be active, so you can be athletic, and so you can get tons of exercise. These things are important to everyone so you can be healthy and happy! Many U.S Americans and other people around the world are getting bigger and bigger because they are careless of what they eat. Don't play on your electronics, even thought here fun, there in NO excuse for you not to be outside running around playing and having fun. Go refill **ALL** of your cabinets with healthy snacks and meals! If you want to save money you can go to Giant or Walmart. If you are really a person who really looks at prices in comparison, you will find that on almost every item in Giant, is like 2-5 dollars less than Acme or Weis. You can also go to Costco were you can get big portions of things and not have to go shopping for a long time. I know that my mom goes to Costco to get things that we use so much to save shopping trips. Costco and Sam's club are the best place to get big portions of things. Now go to the store, get a bundle of healthy foods, and eat **HEALTHIER!!!!!!**