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“How You Can Stay Healthy”



I bet your parents told you to eat healthier a million times. You think it sounds appealing, but once you really start to eat healthier it really isn't as good as you thought it would be. Well I am going to make that thought change by telling you facts and fun ways that you can stay healthy.

One way you can stay healthy is by getting lots of exercise. Running one mile can be boring, so instead of doing that you can play tag with some friends, go roller skating, or play your favorite sport. There are many ways to exercise while you are having fun.

Another way you can stay healthy is by eating right. For instance when you are hungry for a snack you can eat an apple or any kind of fruit or vegetable. At lunch and dinner you need to eat either fruits or vegetables. Getting enough vitamins is also important. Vitamins decrease your chance of getting sick, and they keep you body healthy.

Getting enough water to drink is important because your body is made of 70 percent water. If you don't drink enough water you can get dehydrated. You need to drink at least 64 ounces of water a day.

Brushing your teeth and washing your body is also very important. Brushing your teeth keeps you teeth nice and strong it also helps keep the cavities away. Washing your body prevents you from getting germs. That is why brushing your teeth and washing your body is the right thing to do.

Getting enough rest is important too. The average kid needs between 8-12 hours of sleep. The average adult needs between 7-9 hours of sleep. If you don't get enough sleep you will probably feel miserable throughout the day.

Keeping your mind active is also important. Reading books, playing games with strategy, and doing puzzles are some ways you can keep you mind active. The reason to keep your mind active is so that you can learn more and get smarter! So read those books and keep your mind active.

Be aware of stress! Stress can be caused by many different things. Stress can give you depression, anger, and poor judgment. Here are some ways you can reduce stress: eating right, getting enough rest, and getting plenty of exercise.

Another important thing you can do to stay healthy is by limiting the alcohol and cigarettes. Only put in your body what is healthy and avoid alcohol and cigarettes. This will decrease your chances of getting some kind of disease. The best thing to do is to not drink or smoke.

So keep that body nice and healthy and keep those germs away or as you can see there are some consequences. These ways of staying healthy are actually very important. Like I said take very good care of your body.

