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Riordan Clinic Health Is... contest
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Health Is... Informational Essay

Health is important. Your body needs to be healthy in order to function, so you need to go easy on it. Here are some ways you can be healthy.

Health is all about keeping your body fit and putting in the right fuel. Our bodies grow and develop well if we keep them healthy and fit. We also need healthy food and lots of water to keep up our energy.

One way you can keep your body healthy and fit is by exercising regularly. One hour or more of physical activity every day is a good way to be fit. If you think running on the treadmill is too boring, play some tag with your friends or dance to your favorite music to burn calories.

A really good way to have a healthy body is to have a healthy diet! Foods like fruit and vegetables are good sources of iron, potassium, vitamins, and more. Plus they're delicious! Try having an apple and blue cheese salad sometime. But it's not just the food you eat. It's the things you drink! You have to make sure you drink lots of water every day. The suggested amount is three to four cups a day. Milk is also a good source of calcium, for strong bones. Enjoy your healthy life!