

Lead a healthy Lifestyle!

Do you want to be stronger, live longer, and run faster? Well, if you do, then you're in luck! If you follow these simple instructions, you'll be perfectly fit in no time! So, to be healthy, you have to exercise, be drug-free, and drink plenty of water, so let's begin!

First of all, you have to exercise. You have to stretch out, so you can do yoga. But if you're more hard-core than that, you could play a sport, too. Like basketball, tennis, or baseball. Those are two great ways to exercise.

In addition to that, say "NO!" to drugs. So that means you shouldn't smoke or chew tobacco. Do you know what could happen if you did drugs? You could get lung disease, or even cancer! So don't do drugs!

Last but not least, you have to drink plenty of water! And in order to do that you have to stay hydrated, and not drink soda! Soda would dehydrate your body and if your body is dehydrated you could get very sick!

If you follow my simple instructions to stay healthy, guess what? You will be as fast and fit as a cheetah, stronger than a gorilla, and live longer than a tortoise! So the best thing to do is stay healthy!