Tyrell Curtis
Warrington Elem.
4th grade

Mom, I got a new job. Keeping healthy is so important so you can be in a good job and a job that you want to be in. For example my mom works with kids. She is a wonderful, great, fantastic teacher. She is the best teacher for babies that are three years old babies and younger. That is why being healthy is so important to me.

Julius Lewis
Warrington Elem.
4th grade

Mmm! What a juicy peach. Let me tell you why it's important to be healthy. It's important to be healthy so you could live long. Living long is very important but if you are not healthy you will die early and not pursue your dreams. Everyone wants to die old. If you are not healthy you would have strokes, heart attacks, or get diseases and die. That's a reason why you should be healthy so you do not die early in your twenties or thirties.

Nylah Freeman
Warrington Elem.
4th grade

Wow! Health is great! I will tell you why it is important to stay healthy. Health is really really important because if you don't stay healthy then you will get sick. But, that is what fruit is for. When you eat a lot of fruit then you won't get sick. One time when my sister was sick she started to cough a lot. Then she threw up a lot. That's when I said you're not healthy. Then in the morning she had an apple and she felt better. So that is why healthy is important. So kids don't forget eat your fruits and vegetables.

Quinndysha Redmond
Warrington Elem.
4th grade

It's good to stay healthy!!! It's good to stay healthy because you don't want to throw up and get sick. Staying healthy is hard work, but with a lot of effort we can stay healthy. For example; if you are out of energy just grab a fruit of vegetable and your energy is up again. I remember one day we were on a trip to Idaho and I was hungry so we stopped at McDonalds and I ate a kid's meal and I was all better. So this goes to show stay healthy!

Markese Harris
Warrington Elem.
5th grade

I'll be the first one to admit that good health is important because you might get sick or hurt and if you really don't have good health you could possibly pass away or be in a coma for a long time and no one wants to be like those at all. Moving right along most people in the world try to stay healthy and try to get good exercise so that they don't get in bad shape. It could result to bad things like dieing in your sleep and maybe fainting. And, thirdly most people in the world like to try to stay buff and become body builders and boxers, wrestlers and other physical activities and sports that involve building muscles because everyone loves to be muscular and like to be able to pick up heavy things that rarely saw picked up. Fourthly some people like to eat vegetables and most vegetables are good to eat and most people in the world eat them to stay in good shape and in good range of weight. Some people in the world like to be big but not offensive to any one. Finally some people jog or