

run and some people listen to music while they are going and sometimes people in the world got to gyms or they set up their own little gym at home. I think that it is cool in my opinion. When all is said and done everyone loves to go to the gym and punch the punching bag that is some fun exercise.



My Pham
Warrington Elem.
5th grade

There are things in life we think is important. To me it's smoking. Why do people do it? It's bad for your life. I have three reasons why. First of all, I've learned when you smoke you die five years earlier than you are suppose to. Smoking is bad for your health and bad for people around you. When you smoke you're putting your life on the line. Do you really want to do that? Next, I think this is really important when you have a baby in the future or present. Smoking can affect your child. Your baby might not have a chance to live so stop smoking today. There are several consequences for smoking. Third, but not least, smoking can hurt you right now; it causes lung cancer, gum cancer, and a lot more side effects. I'm telling you this for your own good. Stop smoking. Smoking can harm the one's you care about, stop today, before it is too late. There are programs to help you quit smoking. When you smoke you might be hurting someone, so stop please. Stop smoking that is all I want in the world. Smoking will shorten your life for five years, your putting your life on the line when you smoke. Your newborn baby can die if you smoke, if you smoke you will have lung cancer, gum cancer, and many worse than the others to come. You can go in a stop smoking program and quit, before it is too late, you're hurting others, and you're hurting yourself. So stop smoking today please! So this is what matters to me, the health of others. Specifically, no smoking.



QUIZ

- Who likes juicy peaches?
A. Julius B. Markese C. Nylah
- Who thinks everyone should eat vegetables?
A. My B. Quinndysha C. Da'shanique



Da'shanique Dupree
Warrington Elem.
5th grade

Have you ever wondered why health is so important? If you don't, let me give you three reasons why. My first reason is when you are healthy you add additional years to your life. My second reason is when you are not healthy you can get osteoporosis. My third reason is being healthy is very important. My first reason was when you are healthy you add additional years to your life. When you are healthy that means you eat right and exercise daily. Also, when you're healthy you develop strong teeth and bones. When you are healthy you eat lots of fruits and vegetables. Which, all add years to your life. My second reason was when you are not healthy you can get osteoporosis. Osteoporosis is the softening and weakening of your bones. When you are not healthy you are not fit or in shape. When you're not healthy you can gain a lot of weight and fat on your body. That's why you should stay healthy. My third reason was being healthy is very important. Being healthy is very important because it helps your finger nails, toe nails, your eye sight, and your hair, and your skin. Also being healthy helps your digestive system. To stay and be healthy you have to brush, floss, and bathe. Also being healthy is to have lots of nutrients. The three reasons why I wrote about health is because health is an important thing in life. I like health because it's about people's chest and other things. I wrote my first reason about health because it's good to add years to your life not subtract. And I wrote my second reason because it's not good to get that bad sickness. Also I wrote my last reason because health is very very important.

DEFINITION

health [helθ]

noun

the state of being free from illness or injury

