EX People do many different things to stay healthy. What do you do for good health? Use specific reasons and examples to support your answer. Our healthy is the only things we really have in the world. You can take away our money, our house, or our clothes and we can survive. Take away our health and we will die. That is why I eat healthfully, exercise regularly, and keep up my social life. Eating healthfully is important to maintain one's health. I try to avoid foods high in fat like French fries or cookies. I also try to limit the amount o f animal protein I consume. I never eat more than a few ounces of fish or chicken a day and I rarely eat meat. I eat a lot of vegetables and fresh fruit which are full of fiber and vitamins. It is important to know how to cook these foods so the nutrients are not lost in the cooking process. Your muscles must continue to be strong to support your body as it grows older. Exercise helps the bones build density and helps you maintain your posture. A regular exercise program of cardiovascular training and weight training is an important part of keeping you healthy. Friends are an important part of one's health. Studies have shown that people with a wide range of social contacts get fewer colds and have fewer complaints than those who don't. Laughing is also an

important part of health. I like to laugh with my friends and I always feel better when I am with them than when I am alone. By eating properly and exercise regularly, I can keep my body at an appropriate weight and can maintain my health. By spending time with my friends, I can keep my mind as well as my body happy. It's all part of my recipe for healthful living. #0000ff>

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