

# NUTRITION AND PHYSICAL ACTIVITY ESSAY

By Abby Myers

Jack and Jill went up the hill to fetch a pail of water. Jack and Jill had too much trouble getting up the hill because they were very out of shape. They were breathing heavy and sweating a lot. They just couldn't make it up the hill.

Jack played video games all the time and never went outside or got exercise. Jill spent all her time watching television and she never exercised. They both liked eating junk food such as potato chips and sodas.

Jack and Jill need to start to exercise everyday and eat healthy. They should join an extra-curricular activity at school such as basketball or volleyball. Some other good and fun types of exercise would be riding their bicycles, jumping on a trampoline, playing sports, skateboarding, aerobics, jumping rope, running races, and taking walks.

Jack and Jill also need to start eating healthy. They should not eat junk food, sugar drinks, or candy. They should eat fruits, vegetables, and healthy balanced meals. Also, they should drink plenty of water.

If Jack and Jill follow this plan, they will live a long and healthy life. A healthy lifestyle can affect every part of your life, even make you smarter in school. Healthy eating habits also affect your teeth. If you eat sugar and junk food all the time, you will get a lot of cavities. So if you eat healthy and take care of yourself that will be less trips to see the doctor and the dentist.

Jack and Jill will be able to walk up the hill and get their water and not roll down the hill if they can get in shape and eat healthy.

*\*Winning Essay\**