

Living a Healthy Life

For children of all ages to do their very best inside and outside of school, it is extremely important that they live a healthy lifestyle. To begin with, being healthy includes exercising approximately twenty-five minutes a day, which strengthens the heart, body and muscles. For example, by playing sports such as basketball, hockey or gymnastics, riding their bike, going for a walk or running around on the playground, children can stay active and exercise their entire bodies. Also, eating a balanced meal with foods from Canada's Food Guide, gives students energy to focus and concentrate during lessons in school and on their homework in the evening. Whole grains such as multigrain bread or whole wheat rice, fruits, vegetables, milk products and protein, like meat and chicken, provides their bodies with the vitamins, minerals and other nutrients needed to survive. Finally, by getting enough sleep, students are able to rest, relax and be energized for the next day. Most children between the ages of five and twelve need 10 to 11 hours of sleep each night in order for them to reach their full potential. To ensure a long and happy life, all children and their families should make it a priority to live healthy.

Legend

Title

Introductory/Topic Sentence

Detail Sentences

Expanding Sentences

Closing Sentence

Transition Words