**things I do to stay healthy**

The habits I have to stay healthy I get up in the morning at 6 am and I run 10 kilometers every day. I also work out 3 times a week, such as sit-ups and push-ups at home. There are always my 4 friends who give me some advice to improve with my diet. Besides, I play soccer, and I wrestle with some friends every weekend to stay in good shape. From time to time, I go to swim for 20 minutes to reduce my stress and increases flexibility. I always stretch to prevent future injuries.

From now on.  I would like to stop eating fast food like burgers and cans of soda and I want to start eating more vegetables and fruits, and among other things, I really like to drink plenty of water daily and eat fish and meat. On the other hand, I love to stop eating a lot of rice y bread. Another habit I want to break is playing videogames so I can sleep 8 hours or more to feel energized enough to improve the quality of my work. 6 months ago, I got a job as programmer and I spend a lor of time in front of my laptop screen, so I try to take short breaks every hour, and I do eye exercises for my health.

Finally, having good habits is very important because it helps you prevent many diseases such as diabetes, high blood. Aside from that, it gives you plenty of energy and a good mood to continue at work or whatever you want to do. Always listen to good advice from professionals to improve your health. This way, you can not only improve yourself, but you can also give a piece of advice to your family or a friend or anyone who needs it.to conclude, it’s important to continuo with these habits in the future to always have a good health.