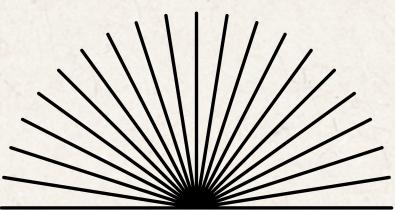


FINAL PROJECT: WHAT I DO TO STAY HEALTHY

Jesus silva mendoza



My Healthy Diet

First, I focus on my diet. I believe we should all eat healthy food. I try to eat fruits and vegetables every day. I really like pizza, but I know I must not eat it all the time.



Exercise is a must.

Second, exercise is a must. I have to go for a run three times a week. I do this because it helps me reduce stress and feel more active.



Rest and Conclusion

Finally, I focus on rest. On weekends, I could play soccer with friends. At night, I must sleep at least seven hours to recover my energy.

