**Good way to stay healthy**

Most important tip for a healthy body is to have healthy food and eat them at proper time. I have three way to show. First one, you have to buy organic foods that is so good for health. Organic foods have rich in nutrients. They can help our health to get powerful of body. And more than about this, I show other way to stay healthy. We should play sports. There are playing football, playing tennis and playing basketball. They have advantages for body to get powerful body that is the same with the first way. The last way, we should go to relax at the beach or something else. It is important to get a good feeling. Conclusion, three way to stay healthy are important for our life.