**How To Keep Healthy And Strong ?**

 **Hi,my name is Catherine.Iam a primary school student,and Iam strong and healthy.**

 **Do you want to be srtong and healthy？And do you know how to keep strong and healthy?Let me tell you how to keep strong and healthy!**

 **First,you need good living habit,such as:get up early ,go to bed early, every day. Second,you should work hard and keep a happy mood every day.**

 **Third,you should do enough exercises every day . Because that can make our body stronger and stronger.**

 **Fourth,you should eat some good food.Such as vegetables and fruit.They are good for your body.And don’t eat too much meat.That is not good for your body.And don’t eat too much sweet food and fried food they are not good for you.Such as ice cream,cake,French fries and Fried chicken .**

 **If you follow these rules, you'll become strong and healthy! At last ,good health to you!**