

Name Armona

A HEALTHY SCHOOL YEAR

This year

I learned that eating healthy and exercising healthy will make me stronger and healthier.

To stay eating and exercising healthy I eat crackers or fruit when I get home from school then I go exercise, ride my bike for an hour, or jog for an hour.

This year my habits of eating and staying fit have changed alot!

last year I would come home, eat a candy bar then watch T.V., but now I come home eat a healthy snack, then get up and go

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Name Arianna

A HEALTHY SCHOOL YEAR

exercise.

On the wellness nights
I come and help with
snacks and drinks.

I think these activities
should continue because they're
fun and they teach us
to exercise and eat healthy.

That's what I
learned about nutrition
this year