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"Why I am SO Fit For Bloomsday!"

Exercise is important, that is just one of the things the Fit For Bloomsday program is all about. Exercise helps you be strong and healthy. The food you eat is also important. Always make sure to fuel your body before exercising. That means eating healthy food. Healthy food is the fuel you need to exercise. You also need to drink water while you exercise. It's always important to stay hydrated. It's good to have a healthy body. Having a healthy body can help you feel good about yourself. One of the other things Fit For Bloomsday is all about is fun. Why would you do it if it wasn't fun?

Running is a fun thing. It's extra fun if you run with friends. There are also running games that also make the program extra fun as well. Fit For Bloomsday has helped me with my running a lot. I used to not have very good stamina. Now I have better stamina. I have better running form. I know to use a medium stride, swing your arms, do high knees, and run on the ball of your foot. So think about this: "Are you Fit For Bloomsday?"