

# Why I am so fit for Bloomsday

By Scoble + the masters

I keep my body healthy by eating vegetables and fruit and keeping my body hydrated and exercising. Always eat good food like apples, bananas, oranges. Exercise is important because it makes your muscles grow, gives you energy and doesn't make you lazy. It helps you get ready for Bloomsday. It makes you healthy by running, doing jumping jacks and jump rope, and push-ups and lunges. And never give up! It is important to be healthy and not get <sup>sick</sup> by eating candy.