

“So Fit for Bloomsday!”

I'm so fit for Bloomsday because I run laps at recess and sometimes I play outside with my dog, mom, and my brother. Exercise is important to me because I get stronger and faster. Some foods that I eat that are healthy are carrots, strawberries, bananas, and I also drink lots of water. These healthy foods help my body by helping me grow. It is good to have a healthy, strong body because I'm able to enjoy many activities. The “Fit for Bloomsday” program has changed my fitness by making me faster, stronger, and a little healthier. This is why I'm so fit for Bloomsday!