

"Why I'm So Fit For Bloomsday!"

The reason I'm so fit for Bloomsdays is because I exercise and eat healthy.

The reason I exercise and eat healthy is because I think it's fun.

EXERCISE

One of the reasons I'm so fit for Bloomsday is because I'm in Riverside running club.

The whole point of Riverside running club is to have fun and to get ready for Bloomsday.

On Mondays and Wednesdays after school we exercise and we run a couple of miles on trails behind my school.

EAT HEALTHY

Eating healthy is very important when it comes to Riverside running

club.

If you don't eat healthy, it
won't have the fuel to run.

Eating the right food is important
too, like fish, Meat, fruits, and vegetables
Not chips, Candy, and fast food.

MAKING EXERCISE FUN

I always make exercise fun,
Why you say, because it is!
That is why I exercise. Having
fun is huge in Riverside running
club because if I didn't think
running was fun I wouldn't do
Riverside running club.

I think I'm ready and fit
for Bloomsday, don't you?