

Get off the couch you lazy bums!! My paper is going to make you want to run 1 mile, play sports, work out, and eat healthy everyday.

First of all you have to know how to eat properly. No more eating cake, buddy. Even if your mouth is sobbing with saliva, no ice cream either. Those foods are filled with fats, and tons of sugars which are not good things to have in your stomach when your trying to stay fit. Now I'm not saying you can't eat ice cream, cake, candy, or whatever, I'm just saying to control the amount you eat of those products. I know you probably like McDonalds, but that place is so fattening if I ate a happy meal I'd probably gain 5lbs. So please eat responsible.

Next I'll give you some activities to do to help you stay in shape. No! no! no! not the the circle or square shape, the shape that means your body is healthy. Now your lucky I'm a sports freak because sports are an excellent way for you to be fit so I'll give you some games to play. First of all call a friend up and ask if he/she wants to go to the park and play 1 on 1 basketball. Make sure your playing hard because if you play lazidazical your doing yourself no good. Another great activity even though it's a little kidish is a game of tag. Tag is a really fast moving game that makes you hustle so that you won't get tagged. One more

great activity if you have one is a trampoline. You never notice that your getting a workout because it's so fun. When your doing something fun normally you don't feel it. So if your ever bored, try playing any type of sports game or an activity that I've listed above.

Another helpful activity is to workout. What I do is I make a routine so everyday I do that routine. If you want to workout it's easier if you make a routine, Ok. Push-ups really give you big guns, or arms. If you lift weights your guns will become bazooka launchers. Now don't get me wrong but lifting weights is hard but if you put your mind to it, you should do it no problem. Now for the stomach. Sit-ups or crunches will turn your 6 pack of fat into a ripped, huge, buff 6 pack of muscle.

So I bet you have a crush on someone. Well that person will definetly like you if you get fit. Now stop eating that junk and remember and use my steps into becoming a healthy person.