

Hazel purdy

[Food & Diet, Junk Food](#)



Hazel Purdy Dr. Angeline Godwin English 112 September 20, 2012 Eating Healthy When you keep your body strong, well, and clean, you are being healthy. In order to be healthy, the person will have to eat the right kind of food, exercise daily, take a shower, keep him/herself clean, and stay well. People who are healthy are likely to have the background of being and staying drug free. Junk food is not one of the things people eat to be healthy. Eating junk food affects your body and can make you sick. In order for a person to be healthy and stay healthy, they have to exercise daily, eat the right kinds of food, staying clean, and that person would feel good about themselves in the inside and outside. In the inside, they will feel good about themselves. That person won't be worrying about their weight or how their appearance may look like because they feel beautiful in the inside just by staying healthy. In the outside, the person will feel good and strong. They will have a positive self-esteem about themselves. They can be able to do or achieve anything that comes into the person's way without having negative thoughts. If a person were to eat a lot of junk food, drink a lot of soft drinks, and do things that could destroy their health, they are destroying their body. If they don't eat the right kinds of food, exercise daily, and stay clean, they could kill themselves faster and they could easily catch a sickness and die from it, because they don't have enough strength to fight the sickness. In their mind, they will have negative thoughts and not positive thoughts. They will put themselves down and also everyone around them, including their loved ones. They won't have the strength to do anything, except just sleep, eat, and talk. In other words, they will become very lazy, because they won't have enough energy to do anything. So, in order to stay healthy, we have to

eat the right kinds of food, exercise daily, and stay clean so that we can feel good about ourselves inside and outside. If we don't eat healthy and stay healthy, we might become lazy or catch a sickness really fast and die. So, I leave you with this quote " Healthy Me, I Feel Good".