

There are many important decisions people need to make in life. I believe eating healthy is one of them.

If one of my friends were to sit on their couch, eating unhealthy snacks. As they were watching t.v, or playing video games all day. This is how I would explain why eating healthy is important.

First of all, it's good to stay fit. You don't want be fat and lazy. Also eating healthy gives you more energy. So you can be active and move around. Another reason is if your not fit, sometimes people won't hire you. It just might be difficult for some people to find a job. Lastly, you can die if you are obese. Obese is when you are way passed being overweight.

Most people don't like eating healthy, here are some reasons why. Most people don't like the taste of healthy food. A bunch of healthy food is very expensive.

Eating healthy isn't the only thing that helps you stay fit. You can also exercise. Exercise is very good for your body. You should at least exercise 2-3 times each week.

Here are some examples of exercise. Jogging/running, push ups, sit ups and zumba. Zumba is a 2 hour exercise class.

That is mainly how I explain why eating healthy and exercise is important. If you just wanna sit around all day and eating junk food, let me just say you won't live as long as other people.