

Good Afternoon! There are many ways to live a healthy life, but what is the easiest way? A. Exercising daily; B. Playing a lot of sports; or C. Eating right. If you thought C. you are correct. Eating right is one of the easiest and best ways to be healthy.

Now, when you're trying to eat right, there are certain things you should and shouldn't eat. You don't have to become a vegetarian to eat healthy. You can just have one serving of fruit every day and you will be good. You can still have dessert, just don't go overboard. **A** cookie is fine. **Five** is a lot overboard. When you say things like "Can I have one more?" and "I think I deserve another cookie!" sometimes you don't really need to eat another one.

First Lady Michelle Obama says, "We can make a commitment to promote vegetables and fruits and whole grains on every part of every menu."

If you keep a steady diet you are eating very healthy.

I'm not the only one who encourages healthy eating. There are many organizations that promote healthy eating. The First Lady comes to mind. She says, "The physical and emotional health of an entire generation and the economic health and security of our nation is at stake." She also participates in an organization called "Let's Move." This organization helps with childhood obesity.

TV channels like the "Food Network", "Disney Channel", and even "Local 15 News" show healthy eating. The Food Network has a lot of TV shows that show you how to cook healthy foods. Disney Channel has segments like "Try It" that show you healthy foods to eat, and how to make them. Local 15 News has a segment called "Healthy Cooking" where Cindy shows you how to make healthy foods. Many people like the idea of a healthy life.

There are good and bad ways to encourage healthy eating choices. You could make a list of how many vegetables, desserts, and other foods you want to eat per day. Please, do not have your friend spray you with a water hose every time you go for a second cookie. That won't end well. Rather you should stop their hand or ask them to stop when they try having two cookies.

Warning, if you are the friend helping the person who wants to eat healthy, **do not** taunt them. They will probably get really mad and will attack you. There are many ways to encourage healthy eating.

Well, I hope you go home and think about what I said about eating healthy. Just remember to keep a steady diet and not to use the hose to encourage healthy eating. As Mrs. Obama says, "We need to do a better job of putting ourselves higher on our own 'to do' list." So let's start eating healthy! **Thank You!**