

So Fit for Bloomsday

by Ezra Khan

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I love exercising and eating healthy foods.

These are some ways I get so fit for Bloomsday.

When I exercise I like to play football, walk my dog, and puppy. This helps me to get my heart rate up, because I will run for a really long time.

Finally, I eat really healthy foods like vegetables.

Also, I make sure to drink lots of water. Eating breakfast and lunch is important because I need energy to run.

I have fun getting fit for Bloomsday by exercising and eating healthy.