

The Impact of lifestyles choices on your health



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Healthy and unhealthy



Eat balance



Exercise



Not exercising



Smoking



Eat healthy food



Don't smoke



Eating junk food



Sleeping late



Wear masks when it is polluted



Not avoiding pollution

You've saw these pictures and word and I'll tell you some fact and what you should do even better than the picture I made!

The first thing to tell you that can change your mind to doing healthy habits. There is a scientist that puts one tooth in a cola, than after one day the tooth disappeared because of the burning stuff in it that makes it yummy. The scientist put than put the cola into the toilet and guess what happened, it burns the feces in it!

Another to tell you that the energy of chips is oily so don't trust these chips that are saying "Not fried chips "!

Well it's not only about eating healthy, you also need to exercise more. Someone will say "why" and it's because you need to get these calories out by exercising, for example if you ate three carrots it will be 7 calories and it will get burned up in 30 seconds run. If you don't want to do exercise you will exercise step by step.

Now I'll tell you how do bad things damage yourself and how good things help you.

First I'll tell you about smoking, it is bad because you breath in bad stuff and breath out carbon dioxide and bad stuff. If you are a parent please please don't smoke because you're giving your child double damage than you have! Other thing is sleeping late, it causes your whole body not ready for the next day because you need power to be alive and if you waste a bunch of your power you will be tiered and all your system won't have power too!

The end