

An outdoor basketball court is shown, enclosed by a wall with a yellow upper section and a blue lower section. A basketball hoop with a red rim and a clear backboard is mounted on a black pole on the right side. The court floor is green with a red key area and white boundary lines. Lush green trees and a brick building are visible in the background.

# Fitness

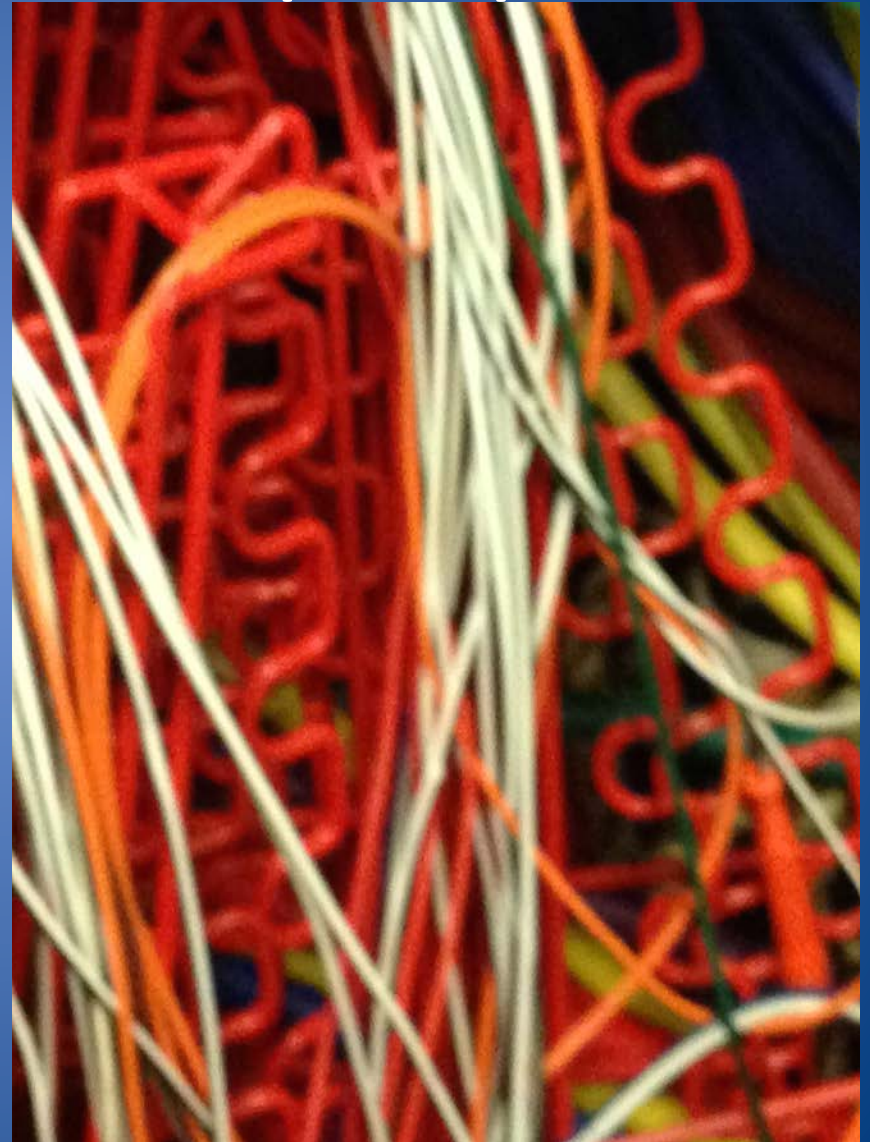
By: Osman Kolenovic

I think that gym is important for your health. Why? Because it helps your body stay strong and healthy, it burns fat, makes your bones stronger, stops you from having diseases and gives you lots of energy!



One reason why it is important for your health is it helps your body stay strong and healthy. According to *Health Discovery*, exercising with weights can help your muscles grow strong and your bones can grow stronger and even bigger! Also, running can help your legs have muscle and your leg bones are going to get stronger and bigger. *Health Discovery* also said stretching is healthy for your body because it makes your bones flexible.

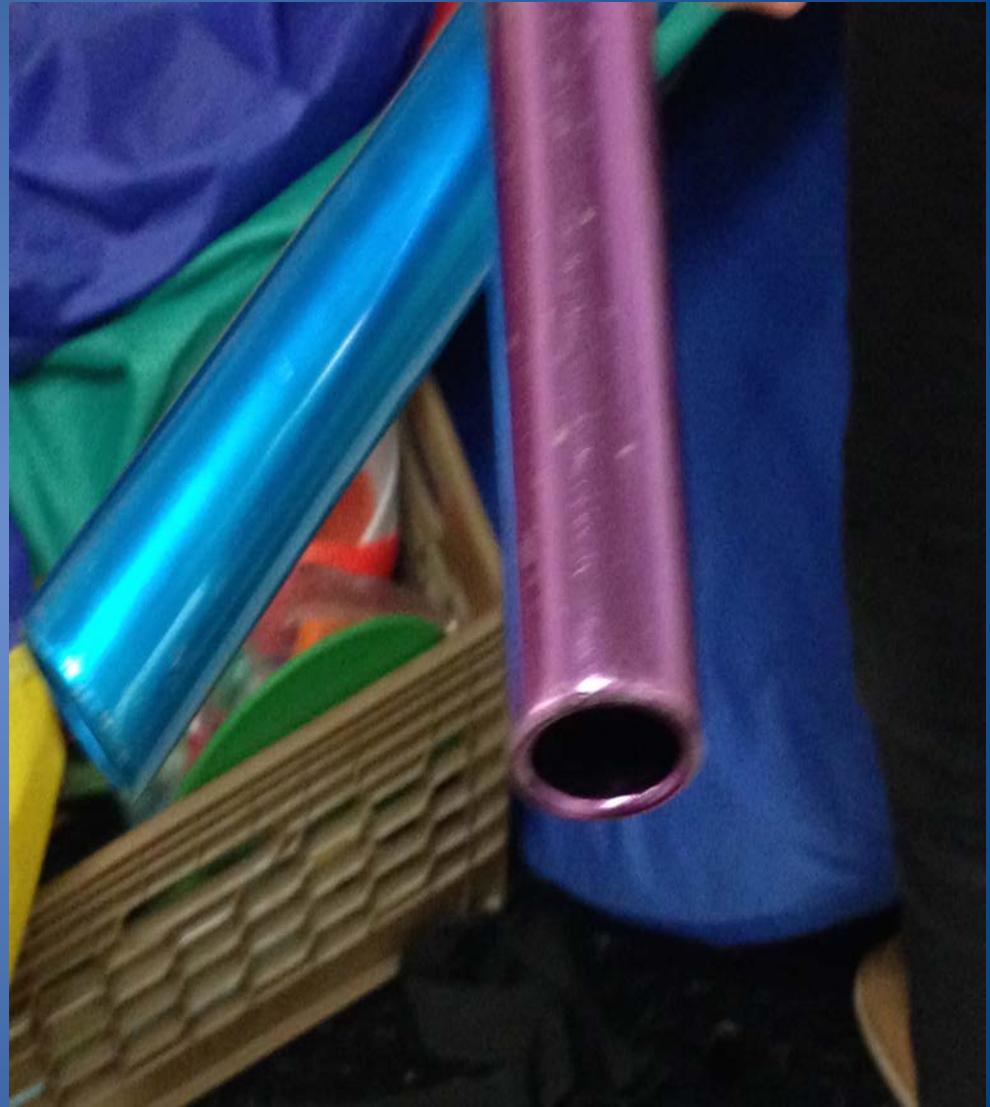
## Jump Ropes



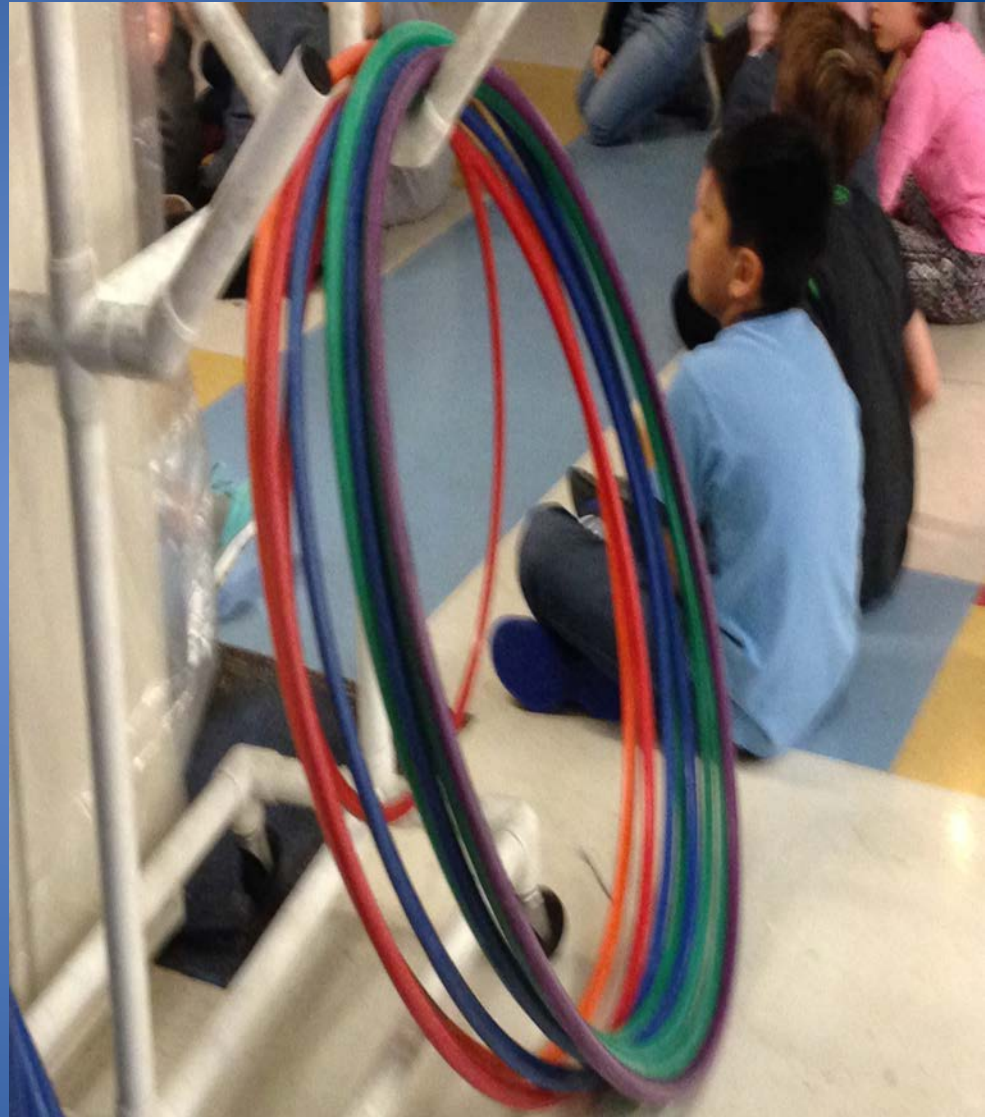
You should exercise because when I was 10 years old, I never exercised and it made me lazy and tired. One time I went to the gym with my dad I really didn't want to do it but when I tried to exercise it made me feel better and not lazy and tired.



Fitness is healthy because it burns calories and fat. According to *SparkPeople*, exercise is also a key to weight control because it burns calories and other bad things that make you unhealthy (like fat). If you burn off more calories than you take in, you lose weight it's as simple as that. Burning calories and fat is good for your body and you! If you have lots of fat and calories you will be sick and lazy. If you are like this please exercise!



Another reason is that it gives you energy that makes your body stay strong and what your body needs to stay healthy. According to *Health Discovery* doing exercise can help with the right amount of oxygen supplied through physical fitness. Like your body, your brain needs to be fed and exercised to perform well. Fitness builds energy that makes it possible to live with more power so it can help you during the day





I think that gym is important for your health because it helps your body grow strong and have calories and energy and I think that it is really fun!

