

Eating Healthy

Eating healthy can improve a person's whole life. When a person eats healthy, he gets to improve his physical fitness, he feels good about himself and he feels major improvements in his body. If a person eats healthy, he wouldn't get sick often so he can work or study better. When a person works or study better, he becomes more productive. If a person feels good about himself, he becomes better at interacting with other people. A person who interacts well with a lot of people has many good friends. Eating healthy is not only good for your body.

You should begin with this sentence: **One day, Maria went to see a doctor because she was feeling sick.**

