

Name _____

Healthy Lifestyles

Directions: Read each of the stories carefully. Write down 3 – 4 complete sentences that might help the character in the story lead a healthier lifestyle.

1. Mr. Jones lives in the city with his wife, son and two daughters. He works at an office that is one mile away from his house. He takes the bus to work and usually eats fast food for lunch. He takes the bus home from work and eats dinner with his family every night. He likes to watch TV after dinner. His family is worried about him because he has gained some weight over the past few months. He does not have a lot of energy any more to enjoy outdoor activities.

Write 3 sentences that will help Mr. Jones feel better.

2. Kevin is a second grade student at Focus Elementary school. He used to play soccer at recess with his friends. He was even on a soccer team that played together after school. He decided last month that he did not want to play anymore. He would rather spend time on his computer at home. His friends really want him to come and play, but he thinks it is more fun at home.



Write 3 sentences that tell how Kevin can be more active and why it is good for him to play games like soccer with his friends.
