**Another reason to eat vegetables and fruit!**

BY HEINHORN



 Vitamin A! Did you know that vitamin A plays a big part in your eyesight?  It not only helps your vision acuity, but helps you see in color.  Think orange for vitamin A like carrots, cantaloupe, and sweet potatoes.

**Take care of your lungs!**

BY HEINHORN

What is something your body does all day long, every day, no matter what you are doing, even when you are asleep?  Breathe!  Your lungs are very important to you and you need to take good care of them.  Keep them healthy by exercising – when you exercise, your lungs become stronger and better at supplying your body with the air it needs to succeed.  And be sure to never, ever smoke cigarettes. Smoking is bad for your whole body and really does some damage to your lungs.  Keep your lungs healthy and they will thank you for it.

**The Importance of Water**

BY HEINHORN



Do you know the number one ingredient that makes up our bodies?  Its water!  Do you know how much of your body is water?  About 65% of your body is water and your brain is about 70% water and your blood is about 83% water.  So water is very important to our bodies. We cannot live without it.  You can get water for your body by drinking any fluids, but water and milk are the best choices to keep you healthy.  And now that warmer weather is coming, you will need to drink more water, especially if you do sports.  Be sure to drink water before, during, and after sports practices and games.  Water helps us to cool down and keep from getting dehydrated.  So drink it up!