

## WRITTEN COMPOSITION: Expository

**READ** the following quotation.

It's challenging, but you have to at least try to eat right and exercise.

- Joely Fisher

**THINK** about what it means to be healthy. It could mean exercising every day and eating the right foods.

**WRITE** about what it takes to be a healthy person. Tell about the things you have to do and explain why it is so important.

Be sure to -

- clearly state your central idea
- organize your writing
- develop your writing in detail
- choose your words carefully
- use correct spelling, capitalization, punctuation, grammar, and sentences

**"IT'S TIME TO EXOCYSE!"**