

# Adonal Foyle's Kerosene Lamp Foundation



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**Adonal Foyle has always been considered a good defensive basketball player – what are some of the ways in which you can defend (or protect) your body from getting sick?**



There are many, many ways to defend yourself from getting sick. I know lots of ways to help your body to stay healthy. Being healthy is very important.

To prevent yourself from getting sick you have to have good hygiene, by washing your hands before and after you eat and cover your mouth when coughing.

You also have to have the right amount of nutrients that supply your body with energy, this is called a Balanced Diet. The most important nutrients are carbohydrates, fats and protein.

You must also get daily exercise like going for a walk, jogging and playing sports. My favourites are swimming, running and basketball.

If you do not get these three important things you can get terribly obese, miss out in school work and all the fun. If you do get sick you should get medicine, even if you do not like it. I recommend taking vitamins everyday because it prevents you from getting sick. Vitamins are my defense from getting sick.

Drugs are another thing. If you ever think that you are not popular and think that you should try drinking alcohol or smoking, you are wrong. Smoking and drinking are wrong to do because they can lead to death and drunkenness. It may put you to sleep and can get addictive to it and keep wanting more. If you ever see anyone do this, tell them what the right thing is. If they offer you one, don't be afraid to say "no."

You should be proud to do this because deep inside you will know that it is the right thing to do. This goes for everyone, for, for you, trust me it is the best thing to do.