

# What is your favorite exercise or physical activity?



What is your favorite exercise? Mine are dancing and stretching. I love to dance when no one is looking at me. I get embarrassed when other people see me dance. I also love to stretch. Stretching gives me more strength and makes me feel alive. I like dancing and stretching equally. Dancing is fun but you should stretch before you dance; so I'm saying dancing is fun but stretching is important. People, don't be lazy.

You should be more active and exercise so you can live a better life!

**Elyssa Rodefer, 4th, Miller Perry Elementary, Ms. Jeffers**

My favorite exercise is pull ups because I am really good at them. I can do about 50 of them in only 3 minutes. I am really good. I could be a pro at it. I like different things like push-ups, planks, and lunges.

**Shawn Johnson, 6th, Jonesville Middle, Mrs. Jones**

My favorite physical activity is basketball because in basketball you are always running up and down the court. In basketball you are also working out your legs when you are down in defense like you are getting ready to slide to block someone from getting the ball.

**Chelsea Woods, 7th, Holston Valley Middle, Mrs. Taylor**

My favorite exercise is gymnastics. I like gymnastics because you can have lots of fun. When you get older you won't feel bad. You will be healthy.

It is a little hard when you do the rope climb.

Gymnastics is my favorite exercise.

**Hailey Hagy, 2nd, Hilton Elementary, Mrs. Edwards**

My favorite exercise or physical activity is riding my bike because it's good exercise for your legs and it's fun to do. You could ride a bike through a path and listen to the birds chirp and see the leaves dance in the wind. You could ride your bike to get to the store, a friend's house, or even to school.

**Evan Long, 7th, Jonesville Middle, Mrs. Brooks**

Did you know that exercising can change a life? Football is one of the best exercises ever. If you watch a football game you will see some of the strongest players ever. That's because they work out so much. You should try to play football and see how good it is for you. It is very good for your brain, body, and muscles. I play football almost every day and I'm very healthy because of that. You will be so happy in the future if you play a lot of football just like me.

**Kale Creech, 4th, Miller Perry Elementary, Ms. Jeffers**

My favorite activity is ballet because I have a talent for it. I have a beautiful turn out. I even have shoes that are kind of like ballet shoes, but definitely not the same. I don't do ballet at school, I do it at home. I learned from my mom because she does ballet sometimes.

**Aria Peters, 2nd, Rock Springs Elementary, Mrs. Charlton**

Physical activities are good for your health. They also keep your heart pumping. So here's why tennis is my favorite physical activity and sport. So when you play, your arm swings a lot with the tennis racket. It also involves a lot of running and jumping.

Sports can help your heart grow stronger and they are really fun! So you can improve by doing physical activities and exercises.

**Jenna Fields, 4th, Miller Perry Elementary, Ms. Jeffers**

My favorite physical activity is gymnastics. My favorite part of gymnastics is to run 4 laps. I like to run 4 laps because if we run, we get a piece of candy. It's really easy to run 4 laps. I can run 9 laps, only in gymnastics. These are the reasons why my favorite physical activity is gymnastics.

**Rhiley Ball, 2nd, Hilton Elementary, Mrs. Edwards**

I like to play golf and I play basketball and soccer.

**Simon Robbins, 6th, Jonesville Middle, Mrs. Jones**

When doing a physical activity it takes heart to actually play it. One of my favorite activities is softball. Softball is a sport that I've played since I was eight. I play second base, where most of the action is. Although it is not just a place I like to play during a game; it's a spot where you can help the team win. Every team wants to win and another way you can help them is to bat. Batting is one of the most fun things to do in softball. The sensation of the ball coming in at 60 mph while you let the anger out hitting the ball as hard as you can.

We might not win every game but it sure is fun when you know you tried your best.

**Berkley Helbert, 7th, Holston Valley Middle, Mrs. Taylor**

My favorite physical activity is lifting weights with my dad. We can lift 10 pounds, 15 pounds, 30 pounds, and 50 pounds. I want to be just like my dad, big and muscular. My dad is the best dad on this planet.

**Matthew Willis, 5th, Jonesville Middle, Mrs. Austin**

Exercising is really, really good for your body. My favorite exercises are push-ups and running. My favorite physical activities are playing basketball on my court and throwing football. Those are some pretty good exercises and activities.

**Lane Shaffer, 4th, Miller Perry Elementary, Ms. Jeffers**

My favorite physical activity is running. Running makes me feel so alive and the breeze in my face feels good too. I try to see how fast I can get.

My fastest is 17 mph. That is why running is my favorite physical activity.

**Elijah Stafford, 5th, Jonesville Middle, Mrs. Austin**

My favorite exercise or activity is gymnastics. I love doing cartwheels and round offs. I do them in the house and my mom tells me to stop but I still do them in the house. When I do my gymnastics I get so tired. I love doing round offs and they can be hard sometimes, but not all the time. I love doing gymnastics. It's my favorite exercise and activity.

**Hannah Cowan, 5th, Jonesville Middle, Mrs. Austin**

My favorite exercise or physical activity is doing stunts in cheer. I love stunts because when I'm flying or going up, the feeling you get is indescribable and when I'm basing or back-spotting I get to literally throw a full grown person, which is super cool.

**Mia Jerrell, 7th, Jonesville Middle, Mrs. Brooks**

My favorite physical activity is roller skating. I love roller skating because it is hard and fun. The hokey pokey is hard to do while roller skating.

The reason why it is hard is because the roller skates are heavy. This is my physical activity.

**James Osborne, 2nd, Hilton Elementary, Mrs. Edwards**

My favorite exercise is goat trails. Goat trails are when you run up and down the bleachers—carefully. This exercise helps work on your calf muscles and your endurance. If you have a low endurance, you will not be able to run distances.

**Caleb Smithson, 7th, Holston Valley Middle, Mrs. Taylor**

My favorite exercise or physical activity is walking around town because it helps me relieve stress and keep me in shape.

**Kaleb Hilton, 7th, Jonesville Middle, Mrs. Brooks**

Do you not like exercising but like sports? Well I do!

When you do a sport it has exercises but without weights. My favorite physical activity is football because you run so much but that's not all! Before a game you do high knees, bear crawls, jumping jacks, and a lot more. This thing is kind of like lifting weights because if you're a lineman you push like three people at a time. I depend on this. I hope you want to do a physical activity after reading this, your future will depend on it.

**Hayden Musick, 4th, Miller Perry Elementary, Ms. Jeffers**

My favorite thing to do is ride my ATV. I love to ride my ATV, hit jumps, and go fast. One time I jumped a big dirt jump. My other favorite is to drift on my ATV because I go real slowly and when I turn, the back end slides.

**Jacob Snodgrass, 5th, Jonesville Middle, Mrs. Austin**

My favorite physical activity is gymnastics. I love gymnastics. I do gymnastics with my friend Megan. It is like girl time and staying healthy rolled into one.

**Alivia Collins, 6th, Jonesville Middle, Mrs. Jones**

My favorite physical activity is running. I run off my back porch. I run back and forth through the driveway again and again. I run for 20 minutes every day. That's what my physical activity is every day.

**Jacob Begley, 2nd, Hilton Elementary, Mrs. Edwards**

My favorite exercise or favorite activity? Well my favorite activity is lifting ice cream to my mouth. If I lift ice cream to my mouth, it's exercise. That is my daily exercise to be exact. Lifting ice cream dumbbells is the best! This is my favorite physical activity.

**Devin Depew, 7th, Holston Valley Middle, Mrs. Taylor**

My favorite activity is swimming. It is fun to do with friends in the summer.

**Jaden Morell, 6th, Jonesville Middle, Mrs. Jones**

My favorite exercise or physical activity is playing golf because it is a very easy sport. It is also very fun to play even though you have to be quiet. Golf is a sport that can get you into college easily.

That's why I like it the most.

**Kate Blakemore, 7th, Jonesville Middle, Mrs. Brooks**

My favorite exercise is riding bikes. My favorite type of bike is a mountain bike. I like mountain biking so much because you can go on all terrain, even flat if you have a low gear. I know a ton of things about bikes from my grandpa and a YouTube channel named Seth's Bike Hacks.

I also like a Brazilian sport named jiu-jitsu.

**Gabe Holcomb, 7th, Holston Valley Middle, Mrs. Taylor**

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