



A Healthy Me

By: Briana Morales

They call me fat, big and ugly

And I tell them "that's not my name"

My name is special and worth something

Because it's MY name and it describes ME

I look in the mirror and see a Fat, ugly teenage girl

And I wish for a better me

Realizing no one understands me

*Only if they knew that I'm fat because I have a disease and I
overeate to override most of my problems*

I think to myself and say "will it be like this until the end"

*Or will I make at least one friend, that judges me for who I am on
the inside rather than laugh at me for what I look like on the
outside*

It's time for a new me

*Someone who has high self-esteem, someone who eats healthy and
also someone who loves the way she looks*

Vegetables and Fruits are what I will eat, so I can beat obesity

I'll walk, run and exercise more

So then I can be sure of my body

My lifelong dream is to have a healthy new ME

