

March 26, 2024

Good morning, I.S 201! This is Nicole from class 851 here for Talk a Lot Tuesday on behalf of the S.E.A.L. Team.

Life can get challenging sometimes, and often, people get too caught up in their own head while trying to catch up to everything. Once in a while, we need a day to think about the future and the big picture. Today is Live Long and Prosper Day. Live Long and Prosper Day is focused around doing whatever makes you feel healthier and more prosperous.

On this Live Long and Prosper Day, do whatever it is that makes you healthier and happier. Why is Live Long and Prosper Day important? Well, it's in the name! Ever considered eating healthier or exercising more? Healthy living is encouraged by Live Long and Prosper Day. The goal of Live Long and Prosper Day is to encourage healthy living. This can be achieved by eating healthy, exercising, or doing whatever that makes you happy. Live Long and Prosper Day also makes people think about the future. The word suggests living longer and prosperous, but how can people achieve this? How do we genuinely achieve success and happiness? Healthy living is a popular Live Long and Prosper Day topic! Your health and lifespan improve greatly when you change your diet. Commit to eating healthier today. Start by eating more fresh produce. You can also workout more. Daily exercise might also benefit your health. There are several exercises. To improve your health, stay active by running, lifting weights, or doing yoga warm-ups. You can also pick up a hobby for Live Long and Prosper Day. Live Long and Prosper Day goes beyond physical health. Today is a good day to exercise any of your

hobbies because your mental health is crucial. Being fulfilled by hobbies puts the “prosper” in “Live Long and Prosper Day.” Seize the day and do what makes you happy.

All in all, Live Long and Prosper Day is certainly a good reminder to keep up your physical and emotional wellbeing. Use today’s holiday to think about the ways you can keep yourself safe, happy, and healthy.

Thank you, and have a Take Time for Yourself Tuesday!

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

