



What I Should Know About Good Health and Hygiene!

Why is being healthy so important?

- » Being healthy means that you have the best chance of enjoying all that life can offer you!
- » If you look after your health, you will increase your chances of not getting bad diseases and illnesses such as cancer, and diabetes.

What should I do to be healthy?

Put the right things in your body

- » Eat plenty of fruit and vegetables, nuts, lean meat and fish, and some dairy foods like milk and cheese.
- » Avoid eating too much fatty food (like fried chicken and French fries), sugary food (like candy and chocolate), and red meat (like steak).
- » Drink lots of water, and if you like soda – drink the low calorie/diet sodas.
- » If you like alcohol (like beer and wine) drink it sometimes but not too often.
- » Don't smoke cigarettes or cigars.
- » Don't add too much salt and sugar to your food.

Move your body

- » Get plenty of exercise – get moving regularly – activities like walking, dancing, biking, and swimming, are all great ways to keep fit!

Share your worries

- » We all get anxious from time to time, and sometimes we have to do things that we don't like. Sometimes we have to deal with people that we don't like. Sometimes people try to take advantage of us – and make us do things that we are not comfortable doing.
- » Always remember to share your concerns and worries with your friends and family. If you feel you can't talk to them, you can always talk to your doctor!

Have fun

- » Enjoy learning new things and having hobbies – it is always good to learn new skills, or learn about new things, people, and places. You are never too old to learn!
- » Enjoy time with your friends, and family. Always be ready to make new friends. People can be sad if they feel lonely. The more friends you have, the less likely you will feel lonely.



Don't forget that you need good sleep for good health too!

- » There is no magic number of how many hours you should sleep.
- » Everyone is different!
- » Try sleeping for different times (start with 8 hours) and see if you feel better with more or less sleep!



Education for Lifelong Health



Listen to your doctor

- » Make sure your doctor gives you a physical health examination every year, and always ask your doctor what screening tests you might need, based on your age.
- » Follow the doctor's orders – if you have to take any medicine (like pills or tablets), always make sure you take them regularly, and take the right amount! As you get older, you will probably need to take quite a few different medicines - so it becomes even more important that you take the right ones, at the right time!
- » Ask your doctor about what vitamins you might need.

What is hygiene?

Personal hygiene

- » Personal hygiene means keeping all areas of your body clean.
- » You should wash yourself every day – a daily shower will keep you very clean!
- » You should wash your hair regularly – some people like to wash their hair every day, some every other day. It depends on your hair type and hairstyle.
- » Always wash your hands every time you use the restroom, and before and after you prepare food. You should use soap and warm water, and scrub your hands for about 20 seconds. If you sing the "Happy Birthday" song twice, that is about 20 seconds!
- » Washing your hands will help you avoid getting sick and spreading infections to others.



Dental hygiene

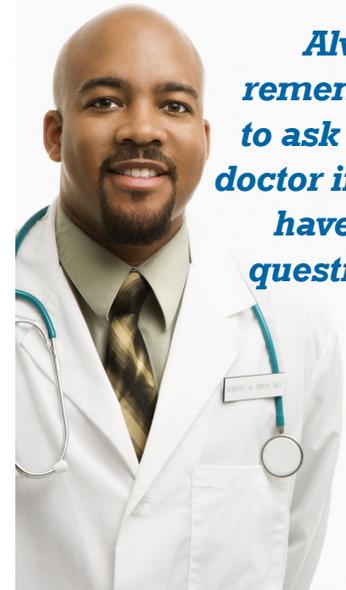
- » Dental hygiene means keeping your mouth and gums clean and fresh.
- » You should brush your teeth at least twice a day – when you get up, and before you go to bed.
- » You should floss your teeth everyday – ask your dentist to tell you the best way for you!
- » Make sure that you have your teeth cleaned by your dentist every 6 months, and they will also check your teeth at the same time.

What happens if I don't maintain my personal and dental hygiene?

- » People may start avoiding you, because you will start to have strong body smells.
- » You might have difficulty making or keeping friends.
- » You might have difficulty finding work or keeping a job.



- » Your teeth and gums will go bad, leading to tooth decay and gum disease. This can make your breath smell bad, and lead to toothaches and pains. It can even make eating very difficult.
- » You will get infections and become ill more easily.



Always remember to ask your doctor if you have any questions!

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Be Healthy • Be Clean • Be Happy!