The Importance of Being Healthy
What does being healthy mean to you?

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It is important to take good care of our bodies and minds so that unhealthy choices don’t turn into big health problems.

- EAT FATTENING FOODS ➔ HEART DISEASE
- DRINKING SODA ➔ DIABETES
- NOT EXERCISING ➔ OBESITY
- STRESSING OUT ➔ HIGH BLOOD PRESSURE
People who are healthy:

- Eat healthy meals and snacks
- Exercise for 30 minutes 5 days a week
- Drink 5 water bottles per day
- Sleep 6-8 hours at night
- Don’t smoke
- Wash their hands before eating and after using the toilet
- Brush their teeth at least once a day
- Have happy relationships with family and friends
- Try to relax and not stress
- Visit the doctor and dentist every year

Walking the Health Talk:
As a Health Messenger, people will look up to you and copy your actions, so it is important to take good care of yourself and practice healthy habits as much as you can!

What do you do every day to be healthy? (check all the things that you do)

_____ Eat healthy meals and snacks
_____ Exercise for 30 minutes
_____ Drink 5 water bottles
_____ Sleep 6-8 hours at night
_____ Don’t smoke
_____ Wash my hands before eating and after using the toilet
_____ Brush my teeth at least once
_____ Have happy relationships with my family and friends
_____ Try to relax and not stress

For most people, it is hard to do all these things all the time. Doing just one of these habits can make a big difference to your health.

Which new healthy habit will you try?
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