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.**



**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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