How can you stay healthy?

- There are many things you can do to stay healthy. Not smoking is one of the most important things you can do to prevent poor health and stay healthy.

- Eating healthy foods helps your body stay strong and not get sick. More exercise is also good for both your mind and your body.

- Setting and reaching health goals will improve your health and the health of your family at all ages.
These 6 staying healthy goals will help prevent poor health and keep you and your family healthy. What will you do TODAY to reach these goals?

<table>
<thead>
<tr>
<th>Staying Healthy Goals</th>
<th>What will you do to reach this goal?</th>
</tr>
</thead>
</table>
| **1. Eat Healthy Food.** | - Eat an apple.  
- Try spinach.  
- Use less sugar.  
- ___________________
| **2. Keep a Healthy Weight.** | - Ask your doctor what’s a healthy weight for you.  
- Make a weight goal and ask family to help you reach it.  
- ___________________
| **3. Exercise More.** | - Walk at lunch time.  
- Play with my kids.  
- Take the stairs.  
- ___________________
| **4. Don’t Smoke.** | - If you smoke, don’t smoke inside.  
- Help a friend quit smoking.  
- Call 1-800-784-8664 for tips.  
- ___________________
| **5. Get a Checkup.** | - Find a primary care center.  
- Make an appointment.  
- Sign up for health insurance.  
- ___________________
| **6. Take Care of Stress.** | - Do something fun.  
- Call a friend.  
- Go for a walk.  
- ___________________

*Chapter 5: Staying Healthy*
Check Your Learning

Answer these questions to check your learning. The correct answers are listed on the next page.

1. Where do you go for healthcare when you are sick?
   a. Emergency room
   b. Primary care center
   c. Prescription

2. What is the best way to pay for health care?
   a. Cash
   b. Credit card
   c. Health insurance

3. Which is a symptom of the flu?
   a. Fever
   b. Allergies
   c. Medicine

4. What is on a health history?
   a. Questions about your appointment
   b. Questions about your insurance
   c. Questions about your health

5. Where do you buy prescription medicine?
   a. Pharmacy
   b. Pharmacist
   c. Over-the-counter

6. Which medicines are less expensive?
   a. Name brand medicine
   b. Generic medicine
   c. Label

7. How many food groups are there?
   a. Ten
   b. Six
   c. Five

8. What is another word for sodium?
   a. Soap
   b. Salt
   c. Sugar
Answers

b, c, a, c, a, b, c, b

Websites

• Health Finder
  http://healthfinder.gov/myhealthfinder/

• Medline Plus
  http://www.nlm.nih.gov/medlineplus/