Staying healthy is important to prevent disease and illness such as diabetes, the flu, and colds.

It also helps you maintain health in between doctor visits.

What are ways you can stay healthy? Circle all that apply.

- Eat well
- Eat fruits and vegetables
- Try something new
- Be physically active
- Practice good hygiene
- Ask for help
- Limit alcohol
- Do activities with loved ones
- Wear sunscreen
- Drink water
- Get enough sleep
- Do not smoke
- Set goals
- Practice gratitude
- Limit sugary foods
- Laugh often
- Make healthy sexual choices
Three small changes I can make to maintain good health are…

1. ____________________________________________________
   ____________________________________________________

2. ____________________________________________________
   ____________________________________________________

3. ____________________________________________________
   ____________________________________________________