

# Staying Healthy - Topic 9 Worksheet

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.



**GOAL**



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Three small changes I can make to maintain good health are...



1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

Taking Charge of My Health Care Toolkit: (URL: <https://www.ohsu.edu/oregon-office-on-disability-and-health/taking-charge-my-health-care-toolkit>)