



## STAYING HEALTHY


### CHAPTER

# 5

### 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?

Staying Healthy Goals	What will you do to reach this goal?
<p><b>1</b> Eat Healthy Food.</p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Eat an apple.</li> <li><input type="checkbox"/> Try spinach.</li> <li><input type="checkbox"/> Use less sugar.</li> <li><input type="checkbox"/> _____</li> </ul>
<p><b>2</b> Keep a Healthy Weight.</p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ask your doctor what's a healthy weight for you.</li> <li><input type="checkbox"/> Make a weight goal and ask family to help you reach it.</li> <li><input type="checkbox"/> _____</li> </ul>
<p><b>3</b> Exercise More.</p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Walk at lunch time.</li> <li><input type="checkbox"/> Play with my kids.</li> <li><input type="checkbox"/> Take the stairs.</li> <li><input type="checkbox"/> _____</li> </ul>
<p><b>4</b> Don't Smoke.</p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> If you smoke, don't smoke inside.</li> <li><input type="checkbox"/> Help a friend quit smoking.</li> <li><input type="checkbox"/> Call 1-800-784-8664 for tips.</li> <li><input type="checkbox"/> _____</li> </ul>
<p><b>5</b> Get a Checkup.</p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Find a primary care center.</li> <li><input type="checkbox"/> Make an appointment.</li> <li><input type="checkbox"/> Sign up for health insurance.</li> <li><input type="checkbox"/> _____</li> </ul>
<p><b>6</b> Take Care of Stress.</p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> Do something fun.</li> <li><input type="checkbox"/> Call a friend.</li> <li><input type="checkbox"/> Go for a walk.</li> <li><input type="checkbox"/> _____</li> </ul>

## 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/>