

Staying healthy



Exercising is a good way of keeping healthy. It gives your body a better shape. It reduces your risk of developing certain diseases. Exercising makes the body produce endorphins: chemicals that make you feel peaceful and happy.



Get a good night's sleep.



Brush your teeth after meals.



Have a balanced diet. Eat lots of fresh vegetables, fruit and food rich in fibre every day. Fats, oils and sweets should always be eaten in small quantities.



You should have a medical check up once a year. The doctor will be able to diagnose and spot any illnesses.



Wash your hands after using the bathroom and before you eat.



Take a rest from all your hard work. Rest and relaxation are good for your health.



Some habits are bad for your health, such as smoking and drinking alcohol.



Take showers regularly.

Being Healthy Grade Six Being Healthy

Marco Casella



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