

A Happy and Healthy Life

Taking good care of your body is an important part of living a healthy life.
Here are some of the ways you can do just that:



Eat healthy food. Your body needs nutritious food to help you grow strong and have the energy you need. Eat plenty of fruits and vegetables, whole grains, and balanced meals and snacks. Avoid junk food and sweets.



Exercise. Vigorous exercise helps your muscles and bones develop properly. Your body needs sunshine and fresh air too!



Good sleep. When you sleep, your body can recharge itself. You need eight to ten hours of sleep every day so that your body has the energy it needs to keep you active throughout the day and also to fight off germs and sickness you might come in contact with.

Keep yourself tidy and clean.

Keeping your body clean and neat not only helps you stay healthy, but also when you are neat, well groomed, and smell clean you are much more pleasant to be around.



Brush your hair and keep it neat.



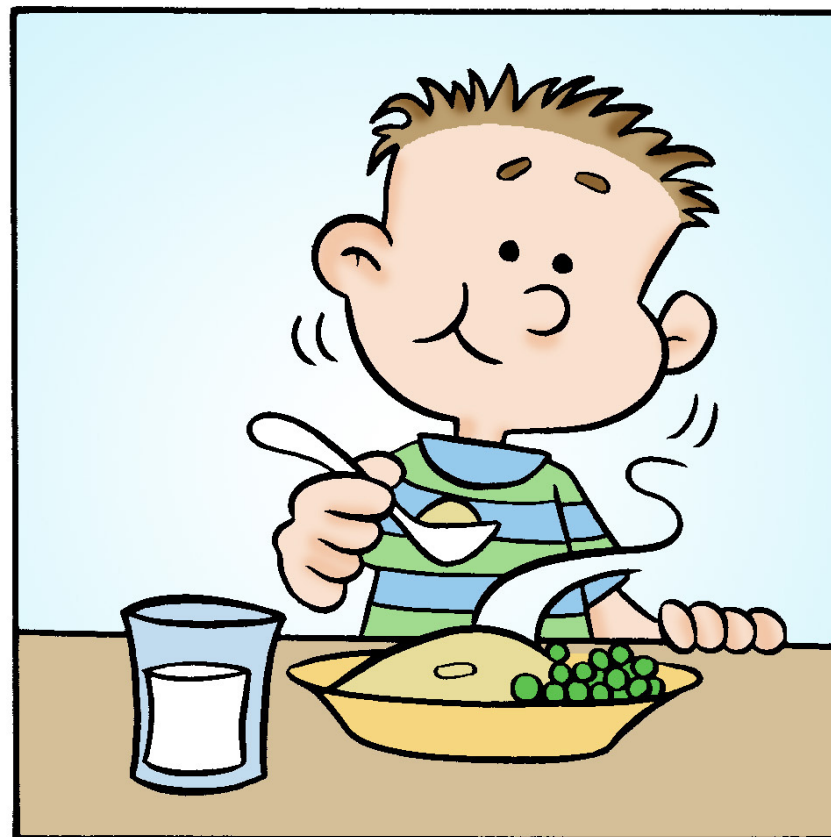
When you brush and floss your teeth you are removing little bits of food from your teeth that can rot and cause cavities.



Showers and baths help to keep your body clean. They wash away dirt and grime that builds up on your body throughout the day.



Did you know that good manners and kindness are also ways that you live a healthy life? When you are kind to others, you are showing consideration and thoughtfulness of others. Good manners show others that you are thinking of how your actions affect them. Kindness and good etiquette are important tools for building healthy friendships with others.



Sometimes taking good care of yourself may seem like a lot of hard work, but when you build those good habits, you'll find that it comes easier for you every day. You are building a good foundation for a happy and healthy life!

"Do you not know that you are God's temple and that God's Spirit dwells in you?"
(1 Corinthians 3:16 ESV).