

Good Health Habits

Nutrition

Starting with breakfast, eat at least 3 meals each day. Select different kinds of food, and avoid sweets and fats.



Exercise

Get some exercise every day.



Sleep

Get between 6–8 hours of sleep each night.



Prevent Illness

- Cover your mouth when you cough.
- Don't touch the blood of anyone with any part of your body.
- See your health care provider for checkups.



Taking Care of Your Body

- Take a bath or shower every day.
- Brush your teeth at least two times a day and floss.
- Stay out of the sun and choose clothes so that you will be comfortable when it's hot or cold.



Safety

- Wear a seatbelt in the car.
- Wear a helmet when you ride a bike or rollerblade.



Getting Along

Be kind to others.



Source: McElmurry, B., Newcomb, B.J., Lowe, A., & Misner, S.M. (1995). *Primary Health Care Curriculum Grade K-8 for Urban School Children*. Chicago: University of Illinois at Chicago, College of Nursing, Global Health Leadership Office.

Healthy Choices

Circle pictures of healthy choices.

