



Preventative Care

Taking preventive measures will help ensure that you stay healthy.

Check-Ups and Immunizations

See your doctor for an annual check-up, and to discuss any health issues you may have. Your doctor will also provide the immunizations you need to reduce your risk of illness.

Dental care

See your dentist every 6 –12 months for a cleaning and check-up.

Eye care

Get your eyes checked regularly, particularly if you wear glasses.

Living area

Maintain a clean living environment (including clean sheets and towels) to control germs, harmful bacteria, and insects.

Stress

A little stress can help you stay alert. Too much stress, however, can make you sick, compromise your immune system, and take the joy out of life. Find healthy ways to manage stress.

If you have health related questions or concerns, talk to a professional. Get answers!

Smart Living

While you've heard all of the following before, these messages are important enough to be repeated.

- ▶ Don't smoke. It's bad for your body, it's smelly, and it's expensive.
- ▶ Don't abuse over-the-counter or prescription drugs. While they may seem safe, they are not.
- ▶ Don't use street drugs. They are illegal, and you never know what effect these drugs will have.
- ▶ If you're an athlete and want to put on weight or increase muscle, don't use steroids. Talk to your coach or trainer about diet and exercise options.
- ▶ Hang out in groups. Don't ever drink something that's been out of your sight. (The date rape drug is odorless, tasteless, and colorless.)
- ▶ If you're underage, don't drink. It's illegal and it impairs your judgment.
- ▶ Never get in the car with someone who is under the influence. Call a family member, friend, or rideshare service.

"Health is a relationship between you and your body."

Terri Guillemets



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Stay Well



Stay Well



The human body has remarkable healing capabilities. If you cut or burn your finger, you know it will heal.

The human body also has an immune system that works continuously to fight off disease and infection.

While your body has amazing powers to heal and keep you safe from disease, it's important that you do whatever you can in the following three areas to keep your body and immune system strong and healthy.

- ▶ **Personal Hygiene** – Keep your body, hair, teeth, and clothes clean.
- ▶ **Healthy Habits** – Develop habits that contribute to your health and well-being.
- ▶ **Preventative Care** – Take preventative measures to stay strong and healthy.
- ▶ **Smart Living** – Be safe, be smart, and don't engage in risky activities.

“It is health that is real wealth and not pieces of gold and silver.” Mahatma Gandhi

Personal Hygiene

Good personal hygiene not only improves your appearance, it helps protect you against infection and disease.

Bathing

Shower regularly to keep your body clean, and to ensure that you look, smell, and feel good.

Hair care

Find a good shampoo and use it often.

Dental care

Brush your teeth twice a day and floss every day. Thorough brushing and flossing will help reduce bacteria that causes bad breath and tooth decay.



Nail care

Keep your nails clean and trimmed.

Skin care

Use soap, water, and sunscreen for healthy skin. If you have any concerns, see a dermatologist.

Clothing

Do laundry often to ensure that your clothes are clean and smell fresh.

Good personal hygiene is the first step to good health!

Healthy Habits

Healthy habits will help you build a strong immune system and stay healthy.

Hand washing

Washing your hands is the best way to prevent the spread of disease. Wash your hands thoroughly and often, use hand sanitizers, and cough and sneeze into the crook of your arm.

Diet

- ▶ Eat a well-balanced diet with plenty of fruits and vegetables. Choose whole grains, lean meats, and healthy snacks.
- ▶ Eat a good breakfast and drink lots of water.
- ▶ Avoid high calorie/high fat foods and practice portion control.

Sleep

To be alert and have the energy you need, get eight hours of sleep each night. Don't think that you can catch up on your sleep during the weekend. Get the sleep you need every night.

Exercise

Regular exercise will help you feel good, build strong muscles and bones, maintain a healthy weight, and increase your energy level.

