



15 Ways to Be Healthy

1. Be active.
2. Go to bed early.
3. Drink lots of water.
4. Wash your hands before eating.
5. Steer clear of soda.
6. Eat a healthy breakfast.
7. Read more books – and watch less TV.
8. Apply sunscreen if you're going to spend time outside.
9. Brush and floss your teeth two times each day.
10. Eat plenty of fruits and vegetables.
11. Talk to an adult if you've been feeling sad or stressed.
12. Don't snack while watching TV. You may eat more than you need.
13. Spend time with your friends and family members.
14. Stay away from junk food like chips and candy.
15. Relax with an activity you enjoy, such as reading, playing a musical instrument, singing, dancing, painting, etc.