



# YOUTH HEALTH BULLETIN



SEPTEMBER 2021

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## THIS MONTH'S TOPIC:

# HEALTHY BODY, HEALTHY YOU!

**H**aving a healthy body is important. Your body is always working, growing, and fighting germs. When you eat good nutritious food and get a lot of physical activity, your body works well, feels good, and keeps you healthy.

If you want to feel good and have a healthy body, here are some tips:

### Feed your body nutritious foods from all of the food groups.

You need dairy, fruits and vegetables, whole grains, and protein. Start each day with breakfast, choose healthy snacks, and drink lots of water. Eating healthy foods gives you the energy you need to feel your best, and it keeps your body working.



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# Shoot for 60 minutes (1 hour) or more of physical activity every day.

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## Be active!

Moving your body every day helps keep your heart healthy, improves your brain function, and keeps your bones and muscles strong. Playing should be fun. Try skateboarding, doing a sport, or even helping with household chores. Physical activity is something you can do with friends or family. Shoot for 60 minutes (1 hour) or more of playtime EVERY DAY.



## Have a good bedtime.

Our bodies need sleep to recharge, stay healthy, and get us ready for the next day. When you are sleeping, your body is growing, storing and sorting out information from the day, and building muscles. Most kids need 9 to 12 hours of sleep each night. Be sure to go to bed at a time that allows you to get all the sleep you need. If you have problems sleeping, be sure to tell your mom or dad.



## Maintain a healthy weight.

Keeping a healthy body weight helps your body function properly. Your doctor can let you know if you have a healthy body weight. When you go for a checkup, the doctor often will record your height and weight. They are checking that you are a healthy weight because weighing too much, or too little, can be a problem. It's not safe for you to try to diet on your own, so be sure to talk to your parent or doctor during a checkup about how to maintain a healthy body weight.

## Make it a family affair.

You can cook nutritious meals together and plan physical activities for the family. Talk to your parents about how to have a healthy body and see if they have any other suggestions or strategies they follow. Remember, healthy body, healthy you!

### REFERENCES:

- <https://kidshealth.org/en/kids/feel-better-about-body.html>
- <https://kidshealth.org/en/kids/fit-kid.html>

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