

Staying healthy



Get a good night's sleep.

Exercising is a good way of keeping healthy. It gives your body a better shape. It reduces your risk of developing certain diseases. Exercising makes the body produce endorphins: chemicals that make you feel peaceful and happy.



Brush your teeth after meals.



Have a balanced diet. Eat lots of fresh vegetables, fruit and food rich in fibre every day. Fats, oils and sweets should always be eaten in small quantities.



You should have a medical check up once a year. The doctor will be able to diagnose and spot any illnesses.



Wash your hands after using the bathroom and before you eat.



Take a rest from all your hard work. Rest and relaxation are good for your health.



Some habits are bad for your health, such as smoking and drinking alcohol.



Take showers regularly.