

9

Practice Peace

- Respect every person's life. See the special gifts in each person. Share your feelings. Be honest, yet kind. Be gentle with others. Settle arguments without violence.

Respect Yourself!
10

Respect Yourself and Your Family

- You **are** special. Feel good about what you and your family do well. Build on your strengths. Choose friends who will help you be a good person. Take time to nourish your spirit.

Take Action

First, give yourself a star (*) for the things you already do to protect your health and your family's health. Check (✓) the one or two things you want to improve first.

- Keep physically active.
- Be tobacco free.
- Eat well.
- Don't abuse alcohol or drugs.
- Stay safe.
- Control stress.
- Immunize.
- Practice peace.
- Get regular checkups.
- Respect yourself and your family.

My goal for next month is to _____

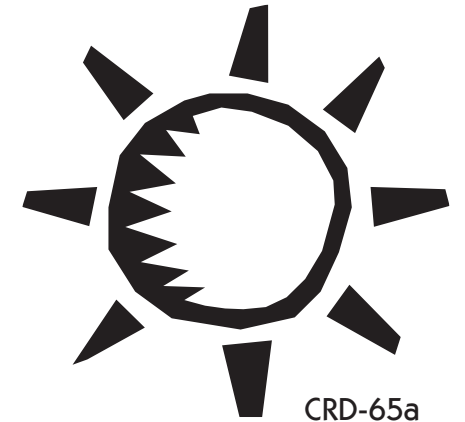
My goal for the following month is to _____



Good luck on your path to a healthy you and a healthy family!

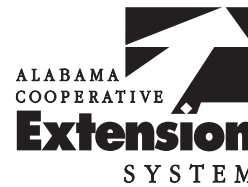
When you want help or information, call:

Immunizations	1-800-232-2522
Poison control	1-800-462-0800
	or 1-800-292-6678
Tobacco abuse	1-800-227-2345
Alcohol or drug abuse	1-800-662-4357
Child safety seats	1-800-424-9393
Stress control	1-800-969-6642
Child abuse	1-800-422-4453
Family violence	1-800-799-7233
Injury prevention	1-770-488-1506



The 10 Keys to Good Health Are in Your Hands!

- Do you want to*
- ✓ *have more energy?*
 - ✓ *look better?*
 - ✓ *lower your chances of getting sick?*
 - ✓ *keep your family healthy?*



Your Experts for Life

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For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

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Here are some tips for keeping yourself and your family healthy.

1



Keep Physically Active

- Find an activity you enjoy and do it regularly.
- Some ideas include dancing, swimming, riding bikes, playing basketball, and walking.
- Remember, exercising with your family can be fun.

2



Eat Well

- Eat six servings of rice, bread, cereal, or noodles every day.
- Eat five fruits and vegetables every day.
- Eat moderate amounts of meats and low-fat dairy foods.
- Eat less fat, sugar, and salt.

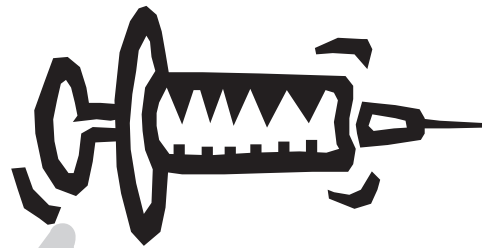
3



Be Safe

- Use seat belts. Put small children in car seats and in the backseat.
- Keep guns locked up and unloaded. Store ammunition in a secret place.
- Keep medicines and poisons away from children.
- Keep walking areas clear so people won't trip and fall.
- Use smoke detectors in your home.

4



Immunize

- Talk with your doctor about what shots your family needs.
- Children need most of their shots by age two.
- Adults and older people need some shots, too.

5



Get Regular Checkups

- Find a family doctor or health care provider.
- Remember, you and your doctor are partners. Ask questions if you don't understand.

6



Be Tobacco Free

- No cigarettes. No spitting or chewing tobacco.
- You will breathe better, look better, smell better, and you will have more money in your pocket!

7



Do Not Abuse Alcohol or Drugs

- Alcohol and drugs play tricks with your mind.
- Car accidents, liver disease, unplanned pregnancies, and family violence are only some of the things that can happen when you abuse alcohol or drugs.

8



Manage Stress

- Find time to relax every day. Some ideas to try include taking a quiet walk or a warm bath, spending time with friends, crying sometimes, and laughing—it's free medicine.
- If you feel you have too much stress to handle, talk with a pastor, a teacher, a counselor, or a doctor.