



# All About Health

*By: Merina Mfuko*

# What Is Health?

Well, health is about your own body. When you don't feel well you're not healthy, when you aren't sick, you personally don't have a cold, people would think you're fine, or you don't have any fever. Well, health can't always be that way. There can be different types of health.

# What Are The Different Types of Health?

The three parts of health are Physical, Emotional & Intellectual, and last of all Social health.

# What is Physical Health?

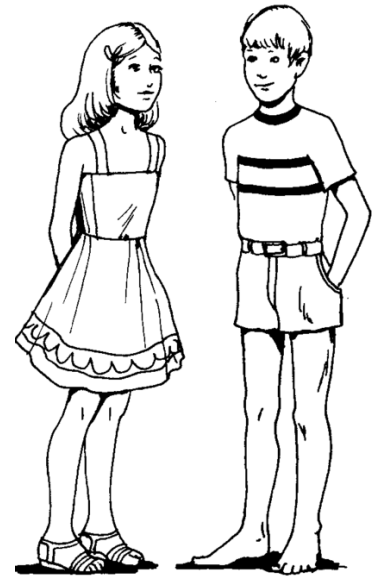
- Physical health refers to your body and its conditions such as: Physical Activity, how well you personally eat, how you take care of your appearance, and how you know what's right or wrong such as refusing to take tobacco, alcohol, and drugs.



# What is Emotional & Intellectual Health?

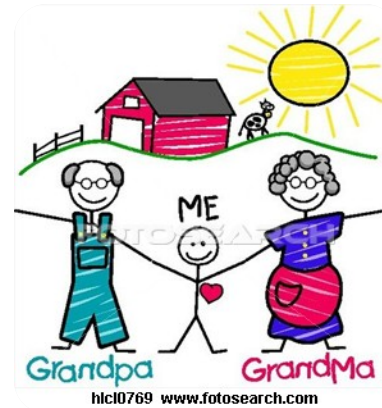
- Emotional and Intellectual health deals with your mind and feelings such as: when you express your feeling, respecting yourself, developing thinking skill, and learning new things.

I CARE ABOUT THIS ALOT



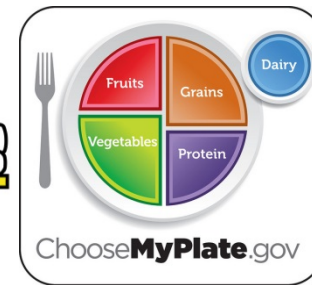
# What is Social Health?

- Social health has to do with your relationships with other people such as: Being a part of a family, making and keeping friends, working in groups, and giving and getting support.



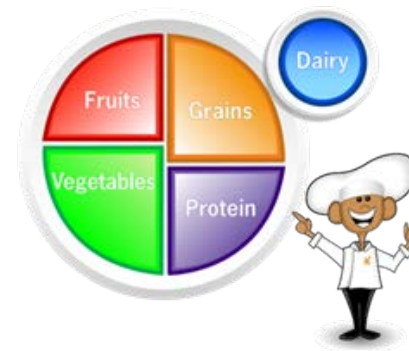
# Ways to be healthy

- The good way to be healthy is to have a good rest, eating well through the day, making friends, and working in a group.



# Other Healthy Tips

- Doing exercise such as running is part of the physical health. Eating the sources from the food pyramid and my plate is a good way to stay fit and healthy.

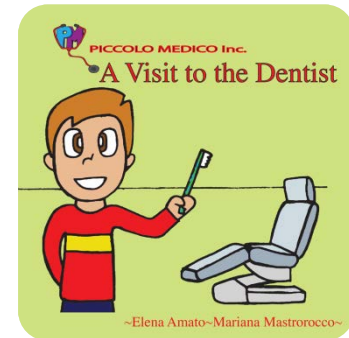




1. You should get at least 10 to 11 or 12 hours of sleep each day. A good way to sleep that early is to make a plan in what time you should sleep so you won't get up cranky. You should get check ups every 6 months to a doctor appointment or dentist appointment to make sure you're in balance and health. Remember to brush your teeth correctly so your teeth won't decay, especially if you personally ate too much sweets.



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-Elena Amato-Mariana Mastorocco-

# Your Eyes

- Your eyes are another source that you should keep healthy. Without eyes you wouldn't be able to see anything, **EVEN YOUR OWN PARENTS!** This is why you should protect your eyes.



I Learned ...