

Pre-Reading Discussion: Do you feel you are as healthy as you can be? Do you plan to make changes in your life to become healthier?

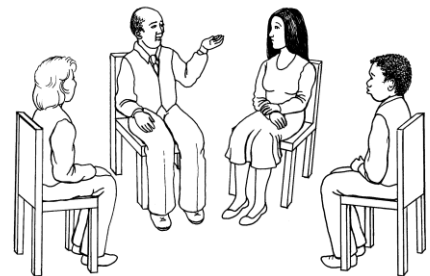
Reading Passage Section 18: Getting Healthier

We all want to be healthy, but we don't always make **good health decisions**. We are often so busy with our jobs, families, and communities that we don't think about our health a lot. We don't take the time to take care of ourselves. You may make changes in your life.

You may decide to see and talk to a health professional when you have a problem and for regular checkups. You may look more carefully at medication warnings, information and directions and dosages.

You may decide to improve your preventive care with more physical activity, good nutrition, or healthy drug use. Maybe you can improve by making some small changes. Some changes are easy to make. It's also easier to make changes one at a time. For example, you can add ten minutes of physical activity to a day. You can plan two healthy meals a week for good nutrition.

But some changes are harder to make. You may want to go to a health professional or a special program to help you if changes are hard. For example, it is hard to stop using tobacco. Some people may go to a doctor to get help to try to quit smoking. Other people might go to a special program to quit smoking. The special program can be a group of people who meet to talk and learn about ways to stop smoking.



Some people have problems making hard changes. When changes are very hard to make, you may have to keep trying to make a change. For example, you think you drink too much and decide to stop drinking alcohol. However, after a few weeks, you begin drinking alcohol again. You need to try a new way to stop. You may need to go to a special program or visit a health professional.