

Pre-Reading Discussion: How do you stay healthy? Is physical activity a part of your day? Do you usually eat healthy foods?

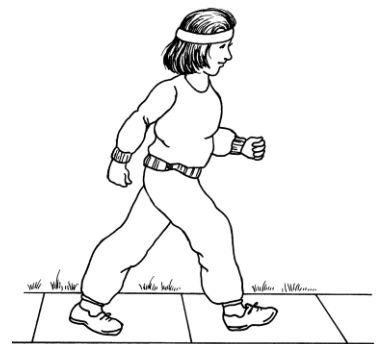
Reading Passage Section 6: Preventive Care – Physical Activity and Good Nutrition

You can make good health decisions when you practice preventive health care. Physical activity and good nutrition help your body stay healthy.

Preventive care is more than having checkups. Preventive care is also how you take care of yourself between checkups. For example, you brush your teeth twice a day and use floss to keep your teeth and gums healthy. You use sun block on your skin before spending time in the sun.



Preventive care is also doing **physical activity** to stay healthy. Healthy physical activity makes your heart, bones, **muscles**, and **joints** strong. Physical activity helps you to **control weight**, **lower stress**, sleep better, and **reduce the risk of diseases** such as diabetes and **high blood pressure**.



Good nutrition is also preventive care. **Nutrition** or **diet** means everything that you eat or drink. Good nutrition is eating and drinking things that are healthy for your body. Good nutrition gives you **energy**. It helps you feel good, keep a **healthy weight**, and reduce the risk of disease.

