

## Improving Your Health: Section 7

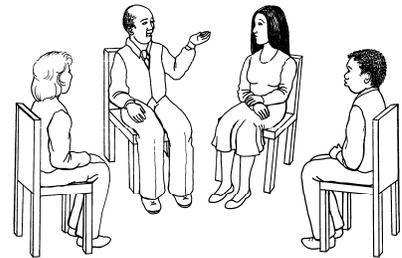
Preventive health care means more than getting regular checkups by a doctor and a dentist. It also means making good decisions about your health. To do that, you need to know how to become healthier.

### Making Good Health Decisions

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, directions and dosages.

You may **also** decide that you need to make changes in your life about your physical activity, nutrition, or 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 10 minutes of physical activity to a day. You can plan 2 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. If you still do not stop drinking alcohol, you can always look to another special program or another health professional for help.

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. However, we need to take the time to make important decisions about our physical activity, nutrition, and drug use.