



Heads Up...for a healthy lifestyle

Nutrition

Enjoy a balance of fruits and vegetables, grain products, milk products and protein foods every day. All females capable of becoming pregnant should eat a folate-rich diet, which includes dark-green vegetables, corn, oranges and dried beans. Folate and its synthetic form, folic acid, help prevent certain birth defects. Being underweight or overweight can both be dangerous to your health. Strive to attain and maintain a healthy weight for your body type.

Activity

Being active is a great way to a healthy life. You will feel better about yourself and you will have more energy. Walking, biking and playing sports are all great activities. Being active every day is the best.

Chemicals

Chemicals used in the home, at work, at school and in hobbies can create problems with your reproductive health. Follow the manufacturer's directions when using chemical products such as cleaners, paints and garden pesticides.

Tobacco

Be smoke-free and avoid second-hand smoke. Chemicals found in tobacco smoke are hazardous to your reproductive health.



Caffeine, Alcohol and Drugs

Think about all sources of caffeine, not just coffee but tea, pop, chocolate – even some over-the-counter pills have it. Talk to your doctor or pharmacist about any over-the-counter drugs you use.

Do not take any medication without your parents' knowledge. Alcohol and drug use are negative ways to cope with stress. Alcohol and drugs can also influence your judgment, which could lead to poor decision-making.

Emotions and Stress

Strong feelings can take their toll on you. Talk to a parent, teacher or friend when you are worried. Learn what gives you stress and learn positive ways to deal with it. In addition, most people need seven to nine hours of sleep nightly. It's the first step to managing stress, along with exercise and healthy eating.

Immunization, Infection and More

Hand washing is the number one way to keep disease from spreading. Keeping your immunization up-to-date and abstaining from sexual activity are other ways to stay free of infections and disease. If you choose to have sex, use a condom to help prevent sexually transmitted diseases (STDs).

Adapted from Best Start Barrie and the Simcoe District Health Unit

For Use In Grades 7 and 8

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