Take Charge of Your Health!

Many adolescents don’t think much about their health. Young people are often in excellent shape and only see the doctor for a yearly physical exam—or maybe as a patient in the emergency room after a sports injury or a fall.

Even for kids in good health, though, it is important to be proactive when it comes to taking care of yourself. The first step in taking charge of your own health is to understand the significance of health problems that you already have. If you have a condition such as asthma or allergies, find out from your parents or doctor what causes the condition and what you need to know to make your life easier.

The next step is to monitor your body. For example, you might notice a persistent cough or an unusual bruise. If something seems out of the ordinary, describe the condition to your parents (or to a trusted adult, like your teacher or school nurse) and ask for their opinion. Chances are, there is nothing wrong and no need to worry, but it’s always better to be informed than ignorant when it comes to your health.

Finally, the best way to take charge of your health is to live a healthy lifestyle! Start off on the right foot by eating foods like fruits and vegetables and avoiding unhealthy foods such as candy, chips, and soda. Getting plenty of exercise is terrific for your health, too. If you eat well, exercise regularly, and monitor your body, you can be confident that you are taking great care of your own health.