

My name is Alex.



Taking care of my health is important.



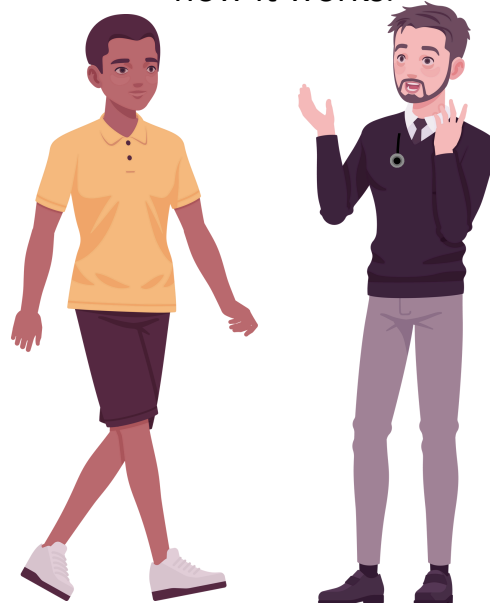
I have decided to learn more about it.



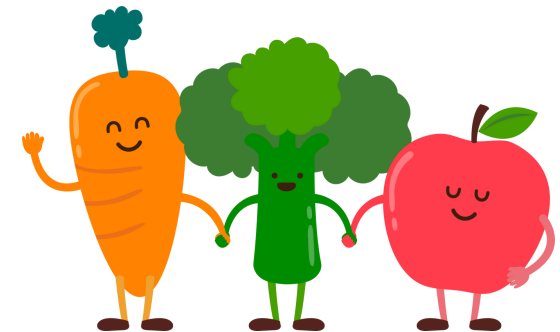
I asked my doctor for ideas about what I could do to take care of my health.



First he told me about my body and how it works.



I learned about eating healthy foods like fruits and vegetables to keep my body strong.



I also learned about exercising and spending time outside to stay active and fit.



My doctor told me he is here to help keep me healthy.



I learnt that I can always ask questions about my health during appointments.



I can choose who comes with me to appointments,



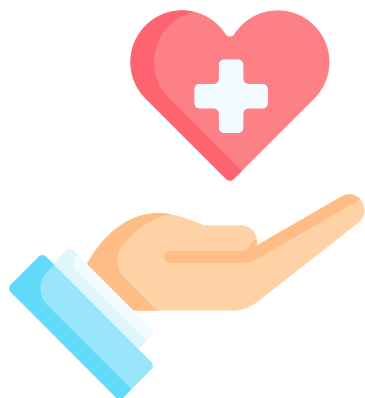
and to make my own appointments!



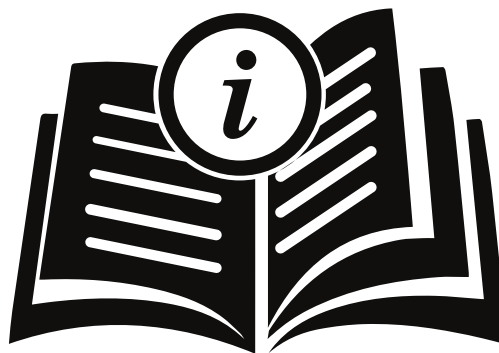
My doctor talked to me about taking medicine if I get sick.



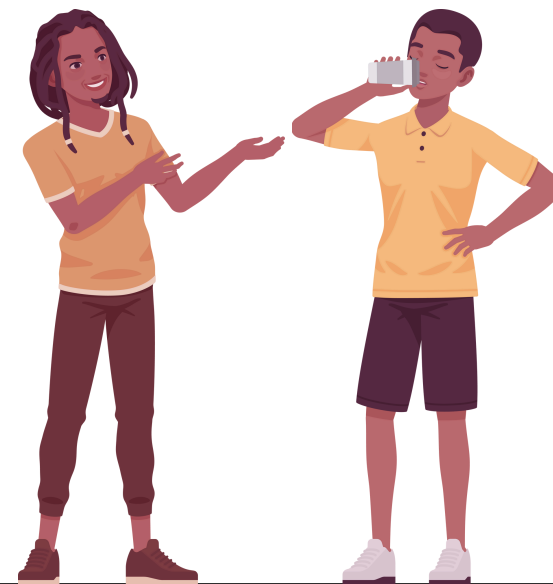
Medicine can help me feel better.



But it's important to always follow the doctor's instructions.



If needed, I can get help to take my medicines.



One day, I wasn't feeling well.



I told my parents about my symptoms,



and they decided to call the doctor.



I felt proud that I was able to speak up  
and get the help I needed.



As I grow older, I will continue to take  
care of my health.



I will make healthy choices every day  
and always listen to my body.



Whenever I need to, I can ask for help  
from my parents or a trusted adult.



Taking care of my health makes me  
feel strong and confident.



By taking care of my health, I can live  
a happy and healthy life.

