

My name is Alex.



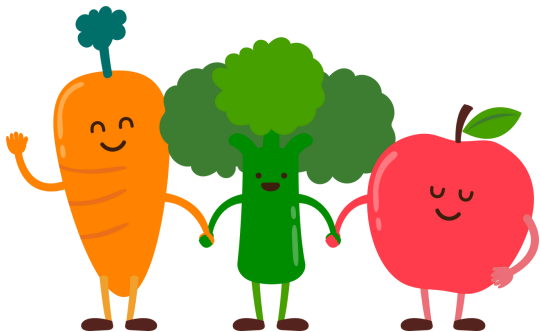
Taking care of my health is important.



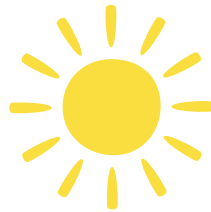
Here are some things I can do to take care of my health.



Eat healthy foods like fruits and vegetables to keep my body strong.



Exercise and spend time outside to stay active and fit.



Get enough sleep.



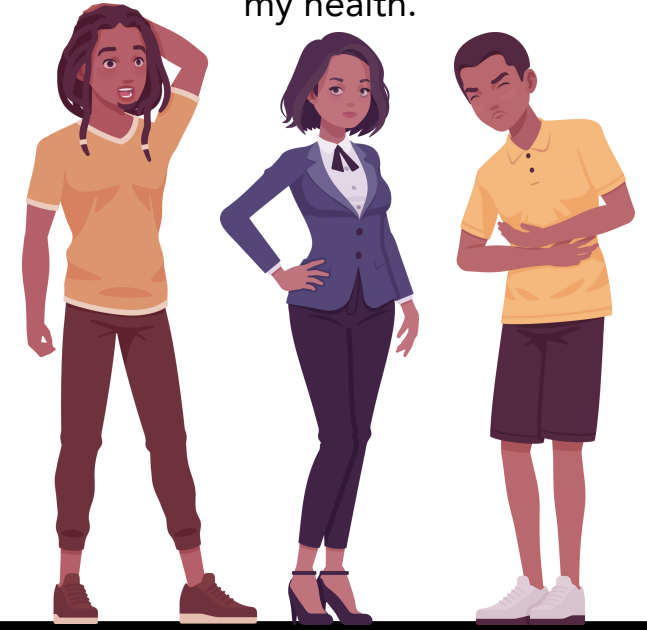
Ask my doctor questions about my health during appointments.



Learn about medicines that I take and what they are for.



Tell people when I notice a change in my health.



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.



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

