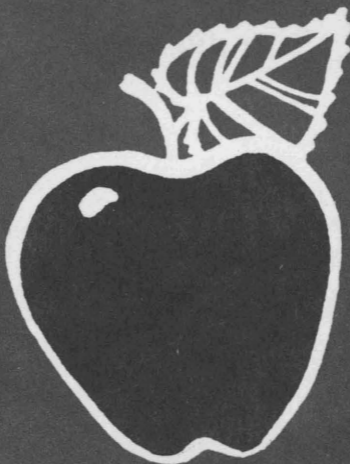


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**Take
Care
of
Yourself**

TO YOUR HEALTH!

Texas Agricultural Extension Service,
The Texas A&M University System,
Daniel C. Pfannstiel, Director, College Station, Texas

HOW MUCH IS YOUR HEALTH WORTH TO YOU?

Never thought about it???

Hope that does not mean that health is not very important to you

. . . or that you do not try to take care of yourself.

Lose it, and you will soon find how much it means to be in good health!

Too many people do not seem to care much about their health . . . until they begin to lose it.

Everybody knows that sickness costs money

. . . for doctors, medicine, hospital care and lost days from work.

But, health means much more than not being sick.

BEING HEALTHY ALSO MEANS THAT:

- Children can learn better in school.



- You have energy to do things for yourself and others.



- Family members can enjoy each other.



HEALTH ALSO MEANS:

- Being happy with yourself.
- Getting more out of life.
- Making the most of what you have.

The time to care about your health is *before* you lose it!

But, *caring* is not enough. An apple a day will help, but to stay healthy you must work at it.

TO KEEP YOUR HEALTH:

- Get enough sleep.
- Exercise every day.
- Eat nutritious foods.
- Protect yourself from germs.
- Practice good dental health habits.
- See your doctor and dentist for regular check-ups.

Do yourself and your family a favor
... practice these things regularly
to protect your health.

This information was adapted by Carla Shearer, Extension health education specialist, The Texas A&M University System, from materials prepared by the Illinois Cooperative Extension Service. The author appreciates the assistance of Zelda Williams, Lynne Thibodeaux and Elaine Ward, Extension program specialists—family resource development program, Prairie View A&M University, The Texas A&M University System, in the preparation of this publication.

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