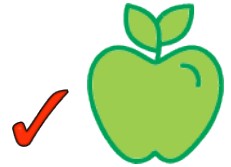


# BEING HEALTHY AND HAPPY

There are lots of ways to stay healthy.

**Eat healthy food** and exercise. This will help you stay healthy by not putting on too much weight. Being overweight can make your body sick. It can be a sign that you are not happy. Try to stay a healthy weight. [Comment: Talk about overweight being a sign of other things too, if we are going to say this]



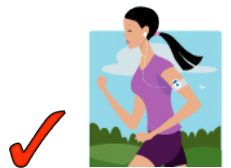
Healthy food and exercise will keep your bones strong. As you get older your bones lose strength and can break. This is called osteoporosis.



**Be active.** For example, use the stairs not the lift.



Exercise every day. There are lots of different ways to exercise that are fun.



**Do things that make you feel happy.**

Having a job, doing volunteer work or spending time with friends or family doing fun things will help to keep you happy and healthy. You might need help to find these.

**See your doctor** at least once every year for a full check-up. The doctor may need to do blood tests and take your blood pressure. The doctor will also talk to you about whether you want to have needles (called immunisations) which help you to stay healthy.



There is a special needle for young women for HPV which is a virus that causes cancer of the cervix.

# BEING HEALTHY AND HAPPY

**Brush your teeth** every morning and night.

You may clean them better if you use an electric toothbrush. See your dentist at least once every year. If your teeth are not healthy your body can get sick.



Sometimes you need to take medicine to keep you healthy. Your doctor should tell you why you are taking the medicine. Ask questions if you do not understand. The doctor should check how your medicines are working for you.



Smoking is bad for your body. It will make your body sick.

Avoid smoking and drinking too much alcohol. More than 2 drinks of alcohol a day is too much. Drinking alcohol every day can make your body sick.

It can make you sick if you drink alcohol with some medicines. Talk to your doctor about your medicines and drinking alcohol.



# BEING HEALTHY AND HAPPY

## Where can you find out more

### Health Direct

This is a free phone service.

You can speak to nurses who can give you health information. You can ask questions.

Let them know you have an intellectual disability and when you don't understand something.



1800 022 222



[www.healthdirect.org.au](http://www.healthdirect.org.au)

**Other fact sheets in this series you may want to read**

**ASKING QUESTIONS ABOUT YOU**

**HEALTHY EATING**

**FEELING SAD AND FEELING HAPPY**