

Helpful tips to stay Healthy



Eat healthy

Try to eat lots of different kinds of food every day. Brightly colored fruits and vegetables are especially good for you. Your body also needs milk, cheese, meat and whole grains like brown rice or whole-wheat bread.

Take care of your teeth

Brushing and flossing your teeth everyday keeps them clean and healthy. It also keeps your whole body healthy, because gum disease can cause other problems. Make sure to brush your teeth for **two minutes, twice a day**.

Stay active

One job you have as a kid — and it's a fun one — is that you get to figure out which activities you like best! Not everyone loves baseball or soccer. Maybe your passion is karate, or kickball, or dancing. Ask your family members to help you do your favorite activities regularly. You might even write down a list of fun stuff to do, so you can use it when grown-ups say it's time to stop watching TV or playing computer games!

Wash your hands

Hand-washing is an important part of good hygiene. Washing before and after meals, after playing in the dirt or with pets, and after being in contact with someone who's sick is the best way to eliminate germs.

Have you had a check-up recently? Do you know where to make an appointment if you get sick? Sun River Health is here for you and your family when you need us - regardless of your ability to pay - so you can stay healthy.

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