

STEPS

TO INDEPENDENT LIVING

THIRD
EDITION

How to Stay Healthy

Nancy Lobb

illustrated by David Strauch

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To the Student

Living on your own can be a great experience! You can choose and decorate your own place. You can decide for yourself what and when to eat. You can set your own hours. In short, you are free to make your own choices about your lifestyle.

Along with these freedoms comes responsibility. Living on your own means it's up to you to take care of yourself when you're sick or hurt. You are now the one who must be sure your nutritional, physical, and emotional needs are met. No one will be watching over you to ensure your personal safety. No one will be looking to make sure you make good decisions about alcohol, drugs, and tobacco. It's up to you!

But that's not all! You must make good choices as you choose and set up your home. You must keep your home safe and clean. And you must use your money wisely to meet your needs.

You will have a better experience living on your own if you are prepared to meet your new responsibilities. The six books in the *Steps to Independent Living* series will teach you the skills you need to make it on your own.

In this book, *How to Stay Healthy*, you will learn about:

- the importance of good grooming habits
- how to take care of your eyes, ears, nails, and teeth
- good nutrition for better health
- how to stay physically fit

We hope this information helps prepare you for the day you start living on your own!

Self-Test

Find out how good your health habits are. Circle YES or NO for each question.

1. Do you know how to keep your hair looking its best?
YES NO
2. Do you know how to prevent and treat pimples and blackheads?
YES NO
3. Do you know how to choose a sunscreen that's best for your skin?
YES NO
4. Do you know the signs of vision problems?
YES NO
5. Do you know the signs of hearing loss?
YES NO
6. Do you know how to remove plaque from your teeth?
YES NO
7. Do you know how to access the Food Pyramid for your age, weight, and height?
YES NO
8. Do you know which types of fat to avoid in your diet?
YES NO



Healthy Skin Begins Within

Your skin is like a mirror reflecting your inner health. To have healthy skin, eat a well-balanced diet. Avoid greasy foods. Drink a lot of water every day. Exercise regularly. Get plenty of rest. Do these things, and your skin will look its best.



Be Smart in the Sun

Many people like to bask in the sun, hoping to get a suntan. All too often, they end up with too much sun, resulting in a sunburn. Constant tanning and/or burning will cause skin to become wrinkled, dry, and old before its time.

Sun damage is also the leading cause of skin cancer. More than 1 million Americans get skin cancer every year. No matter if your skin tone is fair, medium, dark, or olive, everyone needs protection from sunburn.



Protect your skin from the sun. The best way to do this is to block the sun's rays with clothing or a hat. The second way is to use sunscreens. Sunscreens screen out the sun's harmful rays. They are rated by their sun protection factor (SPF). The higher the SPF number, the more the sun is blocked. The best sunscreens contain an ingredient known as PABA (para-aminobenzoic acid) and are rated SPF 15 or above.

It's important to protect your skin every day, no matter what time of day or what season. Stay out of the sun when it is directly overhead, between 10 A.M. and 2 P.M. Remember that you may get burned on cloudy days and not even know it is happening. Also, don't use tanning beds or sun lamps.

Be extra careful whenever you are near water, sand, or snow. These reflect the sun's rays, increasing your chance of sunburn. If your skin gets wet or if you go swimming, you will wash off the sunscreen. Then you'll need to put on more.

Check your skin every month or two. Know your moles, freckles, and beauty marks. That way you'll be aware of any changes in their size, texture, or color. Also, check for sores that don't heal. If you notice an area on your skin that looks unusual, get a doctor to check it out.

If you do get burned, stay out of the sun. Sunburn ointments containing PABA may relieve pain. Taking a cool bath or shower may help. Take aspirin or aspirin substitutes for pain. Drink plenty of fluids. If you get a severe sunburn, see a doctor.

Check Yourself

1. Name three ways to get rid of body odor.
 - a.
 - b.
 - c.
2. What is good grooming?
3. What is the difference between antiperspirant and deodorant?
4. Name two benefits of using conditioner on your hair.
 - a.
 - b.



5. List three tips for controlling acne.

a.

b.

c.

6. List three ways your diet can help you have healthy skin.

a.

b.

c.

7. Explain how to choose a good sunscreen.

8. Tell what to do in case of a mild sunburn.



