

# Maggie's Health Tips



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## Ever thought about your kidneys?

I have to tell you – I don't usually think about my kidneys. Since March is National Kidney Month, I think we should learn a little about these important organs.

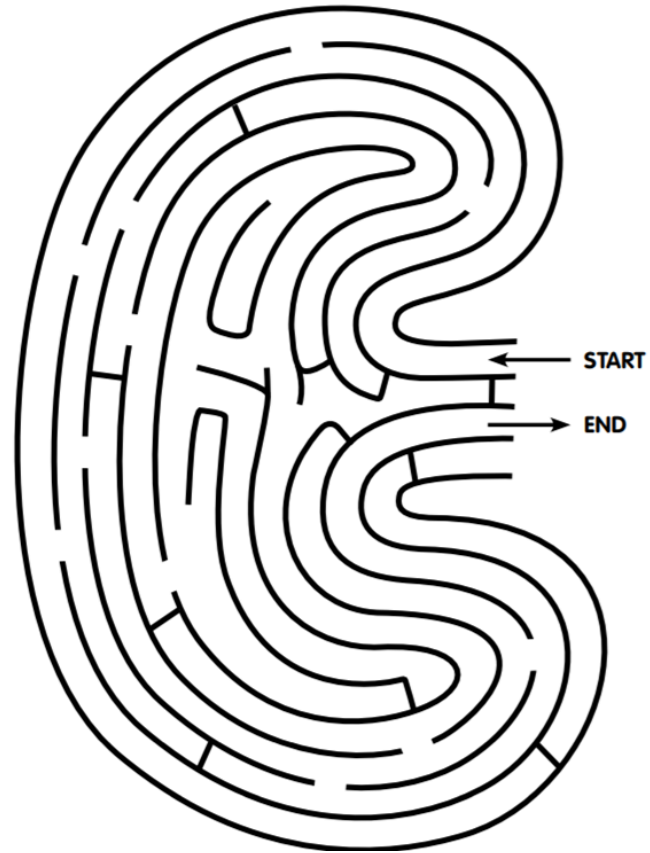
Kidneys are like the coffee filters adults put in their coffee makers. They clean the waste out of your blood and send it to your bladder, which is why you have to go to the bathroom. Kidneys remove extra minerals, which makes your bones stronger because it activates vitamin D. Kidneys also help make red blood cells and keep your blood pressure steady.

How can you keep your kidneys working like a champ?



- Exercise 30 minutes a day or move around instead of staring at a TV, computer or phone screen.
- Drink plenty of water – 8x8 = 8 ounces, 8 glasses a day.
- Eat right and exercise. For healthy eating tips, go to – <https://www.choosemyplate.gov>.
- Do not smoke – smoking slows the flow of blood to your kidneys.

Go in the start of the kidney-shaped maze and see if you can find your way to the end!



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