

Maggie's Health Tips



Volume 4 January 2019

Nobody is perfect.

Do you ever wish you could change something about your body? Do you wish you had a different shape? More muscles? Or more curves? Do you wish you looked older? Don't worry - your body will change as you grow up.

Here are things you can do to feel better about your body:

- Don't expect your body to be perfect.
- Think of things your body can do.
- Eat good foods.
- Get to bed on time.
- Be active every day.
- Keep your body clean and groomed.
- Stand up tall and proud.
- Try to maintain a healthy weight.

Talk to someone. If you're having trouble feeling better about your body, tell an adult how you feel. Talk about ways you can feel happier with your body.

Taking Care of Your Body Coloring Page



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