

TEEN HEALTH

Here's what happens at a Wellness Exam, or maybe you call it a Physical. You go into the clinic and you might have to fill out a survey about your health. This lets the doctor or nurse know a little about you. Then you wait until they call you to go into the exam room. On your way, they measure your height and weight. You might have to change into an exam gown.

It is a good idea to get checked out like this about every year or two. It is also a good idea to set Personal Goals for you to stay healthy. Staying healthy means you can have more fun.

Here are two examples of a Personal Goal:

- *I will ride my bike non-stop for 30 minutes 5 days a week.*
- *I will eat some fruits and vegetables every day.*

My Personal Goals are:

- _____
- _____

Remember, when you have Personal Goals, you have to keep them. It is like a promise to you, so make it fun!

Clinic Information:

How can I cope with stress?

Are tattoos safe?

TEENAGERS

11-20 years of age

My friends drink and drive. What should I do?

How can I quit smoking?

Is it OK to pierce my tongue?

What is a healthy weight?

Why do I get pimples?

What foods will help me stay healthy?

Do I need more shots?

What is an STD?

How much soda pop is too much?

I don't want to smoke; how can I tell my friends that?

For the answers to these questions, or if you have other health questions, ask your health care provider.