Fact Sheet - Middle Grades

Department of Health and Human Services
Centers for Disease Control and Prevention

Express Your Health!™

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Pet Care

Pets provide many benefits to humans. They comfort us, and they give us companionship. However, some animals can also pass diseases to people. These diseases are called zoonoses (pronounced *zo o nó sez*).

Owning a pet can be fun and rewarding. If you follow some simple rules, you can make sure it's a healthy experience for you and your pet.

Tip: Wash your hands with soap and running water after petting or playing with your pet.

Healthy Pets, Healthy People
www.cdc.gov/healthypets/resources/websites.htm

Keep Pets Healthy
www.cdc.gov/ncidod/op/pets.htm

Physical Activity

Including physical activity in your life is one of the most important things you can do to improve your health. You will have more energy, sleep better, study better, and feel great. Start your physical activity routine by doing fun activities each week. Walking is one of the easiest ways to stay active. Get at least 60 minutes of physical activity on most, preferably all, days of the week. Try your hand at dancing or swimming. Do what you enjoy and challenge yourself with new activities.

Bodywise: Feeling Fit
www.girlpower.gov/girlarea/bodywise/fitness

Physical Activity
www.bam.gov/sub_physicalactivity/index.html

Stay Strong: Fitness Fun
www.cdc.gov/powerfulbones/stayingstrong/index.html

Express Your Health!™

Understanding Disabilities

Do you know or are you a kid who:

- has difficulty moving around?
- has difficulty seeing?
- has difficulty speaking or getting people to understand needs?
- finds it hard to keep up in school or do homework?
- has difficulty using the bathroom, eating, or getting dressed without help?
- has a medical condition like Down Syndrome or spina bifida?

Anyone of any age can have a disability. Different kinds of disabilities affect people in different ways. Learn more.

Kid's Quest on Disability and Health
www.cdc.gov/ncbddd/kids/default.htm

Healthy Eating

Eating a properly balanced diet helps you do your best. Poor eating habits can make you tired, cranky, and even sick! Develop good habits now for a fun and healthy life. Keeping healthy and fit is a balancing act. Learn about healthy habits that can put you on the right track for health. If you eat healthy, your body works well, feels good, and can do all the things you want to do.

Eating Healthy with the New Food Guide
www.girlshealth.gov/nutrition/eatingwell.htm

Food and Nutrition
www.bam.gov/sub_foodnutrition/index.html

Powerful Bones, Powerful Girls
www.cdc.gov/powerfulbones

Recipes for Kids
www.kidshealth.org/kid/recipes/index.html