

EDITOR'S WORD



Dear children, this is the last NIE issue for this term. It has been nice interacting with you through the different articles that you sent to me.

This term's theme was health living. I hope you learnt something that can help you improve your lives.

I urge you to always boil all drinking water, clean your homes, visit a medical person when ill, urge your parents to take children for immunisation, eat a balanced diet and respect your parents and elders in your community.

Otherwise, success in your end of term two and mock examinations for the candidates.

Have a blessed holiday and continue being good children.

Julia Amunyisha

your letters

How can people live a healthy life?-

Developing Young Readers

MONDAY, JULY 31, 2017

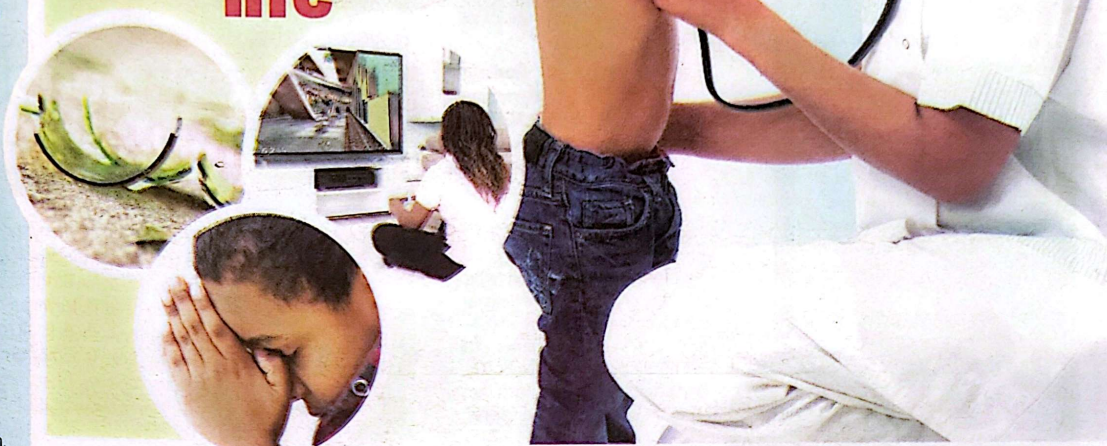
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news min

Some mistake living healthy for not being sick but it is more than that. Keeping healthy involves keeping clean, eating healthy and visiting a medical personnel when sick.

How to live a healthy life



BY SARAH AANYU

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Healthy living does not only refer to a disease free body but the physical, mental and spiritual capacity to make good choices in your community as well.

In order for you to have a healthy life, there are many things that you should do.

Emma Achoro, a doctor at J&B Clinic, Nsambya, says children should take the initiative to keep themselves safe without waiting for supervision from adults such as parents, teachers, relatives and friends and

do the right thing when you have to.

He gives tips on how you live a healthy life without complications.

One thing for sure is to make health checkups a must even if you are not ill just to find out if your health is not endangered in any way. Preferably have it done after every two months.

Having medical check-up and taking medication as prescribed by the doctor is also key. The earlier you get the treatment, the better for you.

Besides having your body medically checked, staying in a clean environment

is important. A dirty environment is a breeding place for disease-causing germs. Make sure that your compound is free from broken bottles, the bushes are slashed and drainages kept clean so as to get rid of mosquito breeding areas.

Also, doing exercises everyday should be a must for the children. Do not wait for only Physical Education (PE) to exercise. Find free time to do the simple exercises you can manage such as walking or running. This will keep you healthy and fit at all times.

Achoro advises children to eat a balanced diet, stay away from junk foods as this will cause you life-threatening conditions such

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