



# I Need To Get Healthy

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It is very important to live in a healthy way. Starting to live a healthy lifestyle while you're young will help you break bad habits. For example, if you hate being active now but love to watch videos all day, then chances are you will grow up with this habit and have a hard time trying to change. If you do not care now, you probably will care when you're older. Your health habits now will set the stage for the rest of your life.

Sometimes it can be a little difficult to get started and that's okay! Summer is near and the perfect time for you to begin. Start by asking yourself these questions:

1. What are some changes you can easily make at home and in your everyday life that will promote a healthy lifestyle?
2. What kind of exercises can you do that are best for you?
3. Where can you go to learn some exercise methods and safety tips?

The answers to these questions are waiting for you in our next Youth Webinar titled "[I Need to get Healthy](#)" being held on Wednesday, June 7th from 6:00 pm – 7:00 pm. Register by visiting <http://tinyurl.com/j6xkfro>

## Let us help you get started on your journey to a healthier you!



**Changing Lives Every Day**