CHECK UP.

the big number
78

More than three-quarters of Americans (78%) report having a routine physical exam in the past year.

What’s the best way to know what’s UP with your health? Get a CHECK UP! In just a brief visit, a doctor will (among other things) note your blood pressure, heart rate, respiration, and temperature; check out your tonsils, teeth, gums, ears, nose, eyes, abdomen, and skin; examine your reflexes, muscle strength, joints, and balance; track your height and weight; and talk to you about any issues or questions you have. WOW! That’s a lot! So here’s a heads-UP to UP your chances for waking UP healthy every day: get that regular CHECK UP. Whether you’re young or old or somewhere in between, a doctor visit can help you find and fix problems before they crop UP!

EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.
EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You’re bound to find a few you really like!

PLANTS

The best diet when you’re preparing for a physical is also the best diet to eat anytime: one that’s mostly fresh, whole foods – including sensible portions of fresh meat, poultry, dairy, and fish, but mostly PLANTS that grow out of the ground – fresh veggies, fruits, and whole grains.

PLAY HARDER

School athletes may be required to get a “sports physical” – which is not the same as a wellness physical. The sports exam is more limited and focuses on the athlete’s health only as it relates to playing sports. To save time (and $$$) ask your doctor to do both at once.

LEARN EASIER

A well-child or well-teen checkup – or a checkup at any age – is more than just an open-up-and-say-“AHHH” physical. Your doctor will also check your emotional and mental well-being, to help make sure you are learning – and living – at an optimum level.

LIVE HEALTHIER

Used to be, a yearly physical was recommended for all. Now, the American Medical Association says everyone under 18 and over 65 should definitely get an annual checkup, but anyone between those ages who is generally healthy, is not taking prescription medicine, and does not have risk factors can get a full physical every three years or so. Ask your doctor what he or she believes is best for you and your family!

This newsletter is provided as a wellness resource by Milton Area School Meals Program