

100 Ways to Stay Healthy

Don't drink soda
Exercise daily
Run on a treadmill
Swim weekly
Eat celery
Don't eat junk food
Eat fruit daily
Wear sunscreen
Drink 8 glasses of water a day
Eat vegetables daily
Take vitamins
Wash your hands
Play sports
Brush your teeth
Take a shower daily
Keep good hygiene
Avoid fast food
Avoid fried food
Avoid sweet tea
Avoid sugar
Carry an epi-pen
Go to the doctor
Get enough rest
Obey parents
Wear sunglasses
Walk the dog
Drink milk
Go to the dentist
Don't smoke
Avoid salt
Don't do drugs
Recycle
Play outside
Ride a bike
Backpack
Pick up trash
Read
Don't be outside in the cold
Dress appropriately
Do WiiFit
Avoid too much sun
Grow a garden
Do sit ups
Do yoga
Dance
Eat small portions
Eat dairy products
Avoid alcohol

Eat dairy products
Eat at home
Wipe down shopping cart
Wear a hat outside
Wear bug repellent
Play less videogames
Clean cuts
Turn down music
Throw out old medicine
Put leftovers in refrigerator
Use different cutting board for raw meat
Don't stick gum under a table
Eat lean meat
No spitting
Wipe your shoes when coming in the house
Keep a clean bathroom
Keep a first aid kit in the car
Keep emergency numbers by the phone
Do gymnastics
Pick berries
Can your own food
Play basketball
Eat three meals a day
Cover your mouth when you sneeze
Don't play with metal with it's lightning
Follow the food guide pyramid
Don't chew a pencil
Don't text and drive
Don't eat raw meat
Don't take medicine you don't need
Eat low-fat foods
Wear a seatbelt
Put a trash can in your car
Exercise with a fit ball
Wear a helmet when needed
Play with your pets
Don't eat too many snacks
Use paper towels
Wash fruit before you eat it
Wash your hair
Cut your nails
Don't play with your hair
Clean up after your pets
Don't share drinks
Don't share lip gloss
Don't share a hair brush
Don't share a toothbrush
Wear shoes

Wear shoes
Read safety instructions
Get a new toothbrush
Floss
Make half your grains whole
Do weight training

Compiled by 4-H'ers and volunteers at the Cabarrus County 4-H County Council April 21, 2009—in celebration of the NC 4-H Centennial.

