Health

The boring stuff that really works.

Sleep, food and water

Three things that fix more than you'd expect.

1. **Water** beats sugary drinks most of the time.
2. Regular meals, lots of fruit and veg, and not too much ultra-processed food. It doesn't need to be perfect.
3. Caffeine late in the day can wreck your sleep.
4. Most people need **7 to 10 hours** of sleep, and younger people usually need more. Yes, really.
5. Don't copy extreme diets from the internet. If food or your body takes up too much of your head, **talk to someone you trust or a doctor**.
6. Energy drinks aren't for growing bodies. Water and food do the job.
7. Eat before the 3 p.m. slump hits, not after it.
8. Alcohol and caffeine both change how well you sleep, even when you don't notice.

Check-ups and body basics

Small habits, done regularly, beat big efforts done once.

1. Wash your hands, especially before eating.
2. Wear sunscreen in strong sun, and a helmet when you bike or skate.
3. Never be embarrassed to ask a doctor something. **They've heard everything.**
4. Brush twice a day, and go to the dentist when you're meant to.
5. Changes in your body are normal, and a doctor or someone you trust can answer anything you're unsure about.
6. Keep up with the check-ups and screenings that fit your age. **Catching things early** is easier.
7. Don't ignore something odd that lasts more than a couple of weeks.

8. Keep a basic first aid kit at home, and know your emergency number.
9. Follow the label on medicines, and ask a pharmacist when you're unsure.

Sitting, posture and eyes

Your body notices every hour you spend hunched over a screen.

1. Move for a minute **every hour**. A short walk counts.
2. Keep your screen at eye level, and rest your eyes by looking at something far away.
3. Backpacks go on both shoulders, and not too heavy.
4. Phone neck is real. Lift the phone to your eyes instead of dropping your head.
5. Set up your desk so the screen is at eye level and your feet are flat on the floor.
6. If your back or wrists ache by the end of the day, fix the setup before it becomes a habit.

Alcohol, smoking and vaping

No lectures, just the useful bits.

1. Vaping isn't harmless, and nicotine is very addictive.
2. You can ask for help to stop, and it works better with support.
3. You don't have to try things because others do. **"No" is a full answer.**
4. If you're worried about a friend, tell someone you trust.
5. Never accept a drink you didn't see poured.
6. If you drink, keep it moderate, and **never drive after**.
7. It's never too late to quit smoking or vaping, and a doctor can help.
8. Keep alcohol and medicines out of reach of children.

Need help right now? Call your local emergency number. Free helplines: https://axklo.com/safety/help