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Adonal Foyle has always been considered a good defensive basketball player – what are some of the ways in which you can defend (or protect) your body from getting sick?



The word sick means that you are suffering from a disease or illness. It suggests that you are not feeling well and your body requires some kind of treatment or remedy to bring it back to its proper functioning. There are many ways in which you can prevent and protect your body from illness.

Firstly you need to adapt good health habits and practice good personal hygiene. Body cleanliness must be a top priority as it is often said, "Cleanliness is next to Godliness." Personal Hygiene means taking proper care of your body in order to stay healthy and prevent disease. All parts of your body requires special attention. For example ones hair needs to be washed and comb regularly, using appropriate shampoo and conditioners so as to remove dried scalp and other waste materials. Your armpits and genital areas must be cleaned daily during your baths and one under garment in particular, be changed daily.

Secondly, exercise should be a compulsory part of ones daily routine. This helps to maintain a fit body stress free and an alert mind. Combined with this should be your good regime. A balanced diet and good nutrition is of utmost importance. Eat healthy foods that promotes nourishment to the body, energy , growth, repair of body tissues and disease prevention.

Thirdly, one should have at least eight hours of sleep and rest. The body needs to replenish itself from its daily rigours. Lastly, avoid at all cost the lure of dangerous drugs, alcohol, substance abuse, and certain lifestyles that will have adverse effects on your bodily functions. Happiness, love and affection is also important in ones life as our emotional needs ought to be satisfied. No situation is perfect. However, if these basic guidelines are followed one can be assured of good health and longevity.