

BACK ²⁰²⁵ TO SCHOOL

BUILDING HEALTHY ROUTINES

As the new school year begins, it's the perfect time to establish routines that promote health and wellness for you and your family.

A well-balanced routine can set the tone for a successful and stress-free year.

Here are a few tips to get you started!



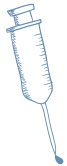
Schedule Back-to-School Physicals

Before the school bell rings, make sure your child has a thorough physical exam. These check-ups can catch any health concerns early and ensure they're ready to tackle the new academic year.



Build a Comprehensive Medical History

Keeping track of your child's health history, including allergies, previous illnesses, and any ongoing treatments, is vital. This information helps healthcare providers deliver the best care and tailor any necessary treatments.



Strengthen Immunity with Vaccines

Vaccinations are an important part of maintaining your child's health and preventing the spread of illness. Check with your pediatrician to ensure your child is up-to-date on required and recommended vaccines.

Prioritize Sleep

A consistent bedtime routine helps children get the rest they need to stay focused and energized throughout the day.

Stay Active

Encourage regular physical activity to boost overall health and manage stress.

Plan Balanced Meals

Provide nutritious meals and snacks to support their growing bodies and minds.

Schedule Downtime

Ensure your child has time for relaxation and hobbies to maintain a healthy balance between schoolwork and leisure.



Get a head start on these important aspects to make this school year smooth and healthy!



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