

My Health, My Choice, My Future Preconception Health

Me, have a baby? Are you kidding? I work a part-time job and I'm getting ready to go to college to be a nurse. I'll choose when I want to start a family; until then, I'm gonna stay on my birth control pills. I wanna do well in school to get a good job, so, I'm taking care of my health.

Now, don't get me wrong, I have my fun—but I don't do illegal drugs or go crazy partying and drinking. I quit smoking. It was hard, but with help, I did it. I see my doctor for regular checkups and make sure my vaccinations are up-to-date. I can't afford to let something get *me* down. The doctor suggested I take a multivitamin every day to get all the folic acid I need. Between school, a part time job, family, and friends, I'm pretty busy. But I eat healthy and I try to stay physically active. Nothing's gonna stop me from living my dreams.

Show yourself some love. There are important things that you can do for you. Set your goals and make a plan today. For more information about your health and the steps you can take, talk to your doctor, and you can learn more at [this website](#).