

Personal Hygiene

Maintaining personal hygiene is necessary for many reasons - personal, social, psychological and general health. Maintaining good hygiene helps to prevent the development and spread of infections, illnesses and bad odors. No one wants to be around a smelly body.

Hygiene is the practice of being healthy and clean.

The following are general guidelines for good hygiene.

- Have a set routine for daily good hygiene.
- Take a shower or wash your face every morning when you wake up. (If you don't shower in the morning, the **best** hygiene tip would be to shower at night.)
- Brush your teeth and hair at least twice a day.
- Do not share towels or personal hygiene products (razors) with others.
- Change your SOCKS daily! Wear clean socks.
- BOTH girls and boys should apply DEODORANT every day!
 - Applying perfume and/or cologne after PE class or activity **does not** cover your sweaty smell!
- BOTH boys and girls should REAPPLY your deodorant after participating in physical activity.
- Girls, always be prepared for YOUR personal needs.
- Wash your hands with soap and water after you have used the restroom.
- Wash your hands before lunch and after physical activity.
- Wash all workout clothing after each class/activity period.

Check for Understanding

- Why is it important to pay attention to your personal hygiene?

- Why do you think some teenagers don't pay attention to their personal hygiene?

- What would you tell your friend if they admitted to you that he/she did not shower on a regular basis?

Coach's Reflection: