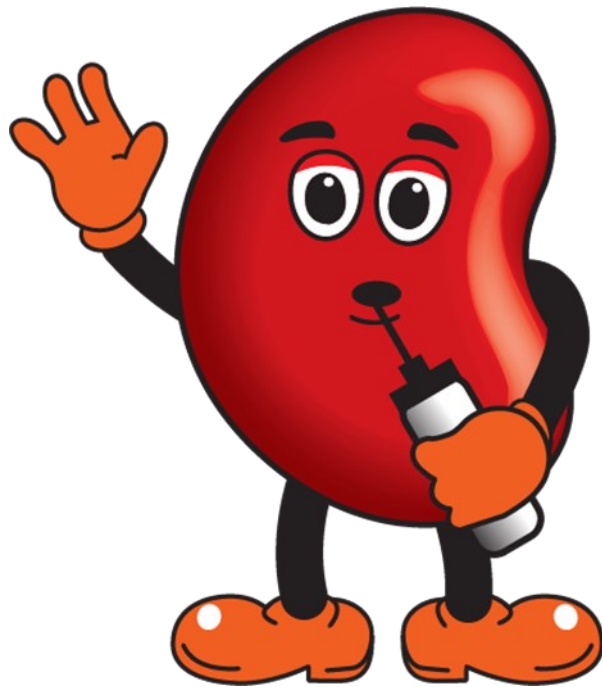


YOUR KIDNEYS *and youth*

National Kidney Foundation



Healthy Kids, Healthy Kidneys:

Tips from Sidney the Kidney

Kidney Basics For Kids

How many kidneys do I have? Most people have two kidneys. Kidneys are inside the body and are about the size of your fist.

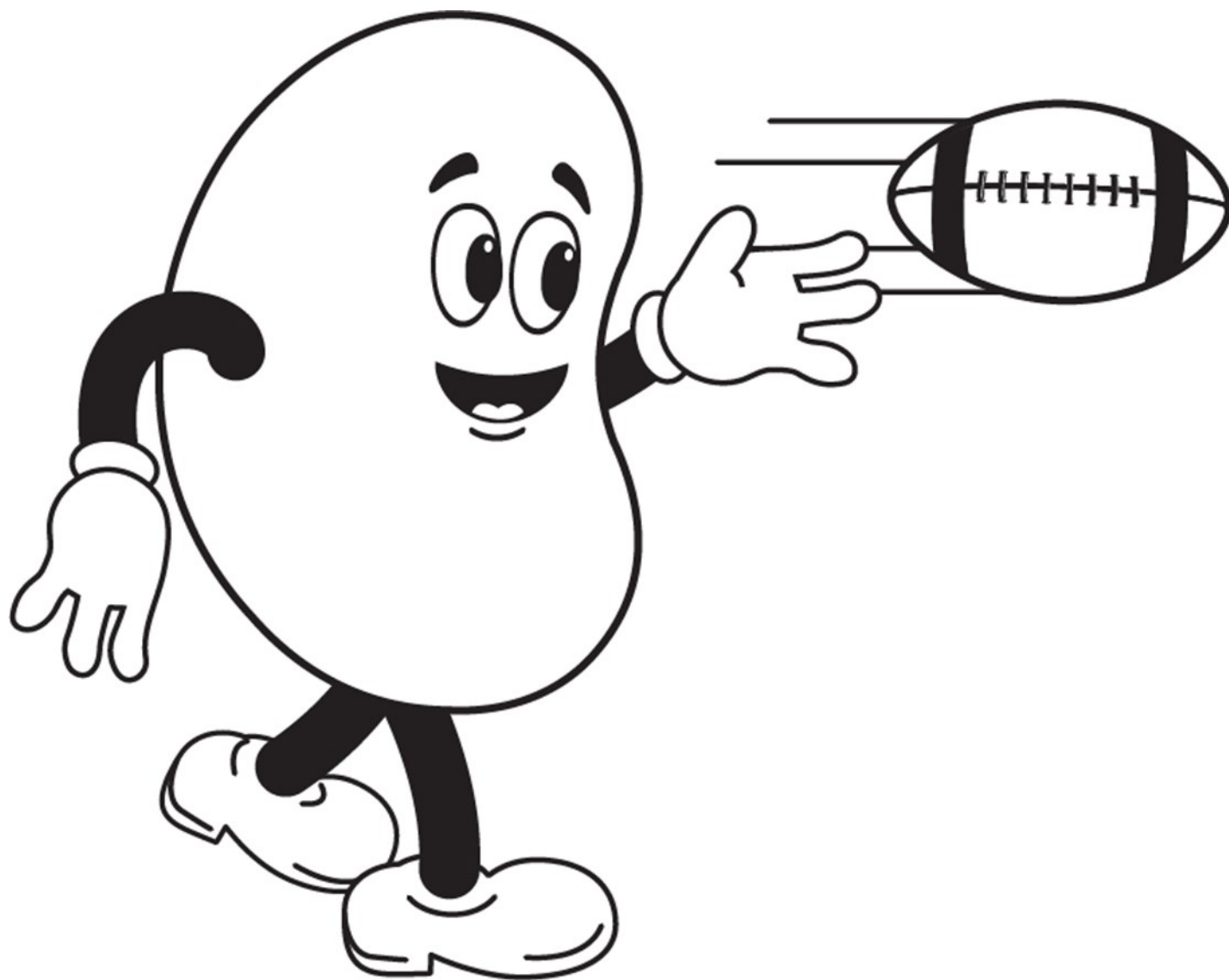
Where are you kidneys? Kidneys are in your lower back.

What do kidneys do? Kidneys are busy! They are like washing machines for the blood in the body. The kidneys filter the blood and take out all the waste. The kidneys send the waste on to the bladder in the form of urine.

Kidneys are part of a team! Our bodies have important parts that work together just like a team. Some other members of the body's team are the heart, lungs, muscles, brain, and stomach.

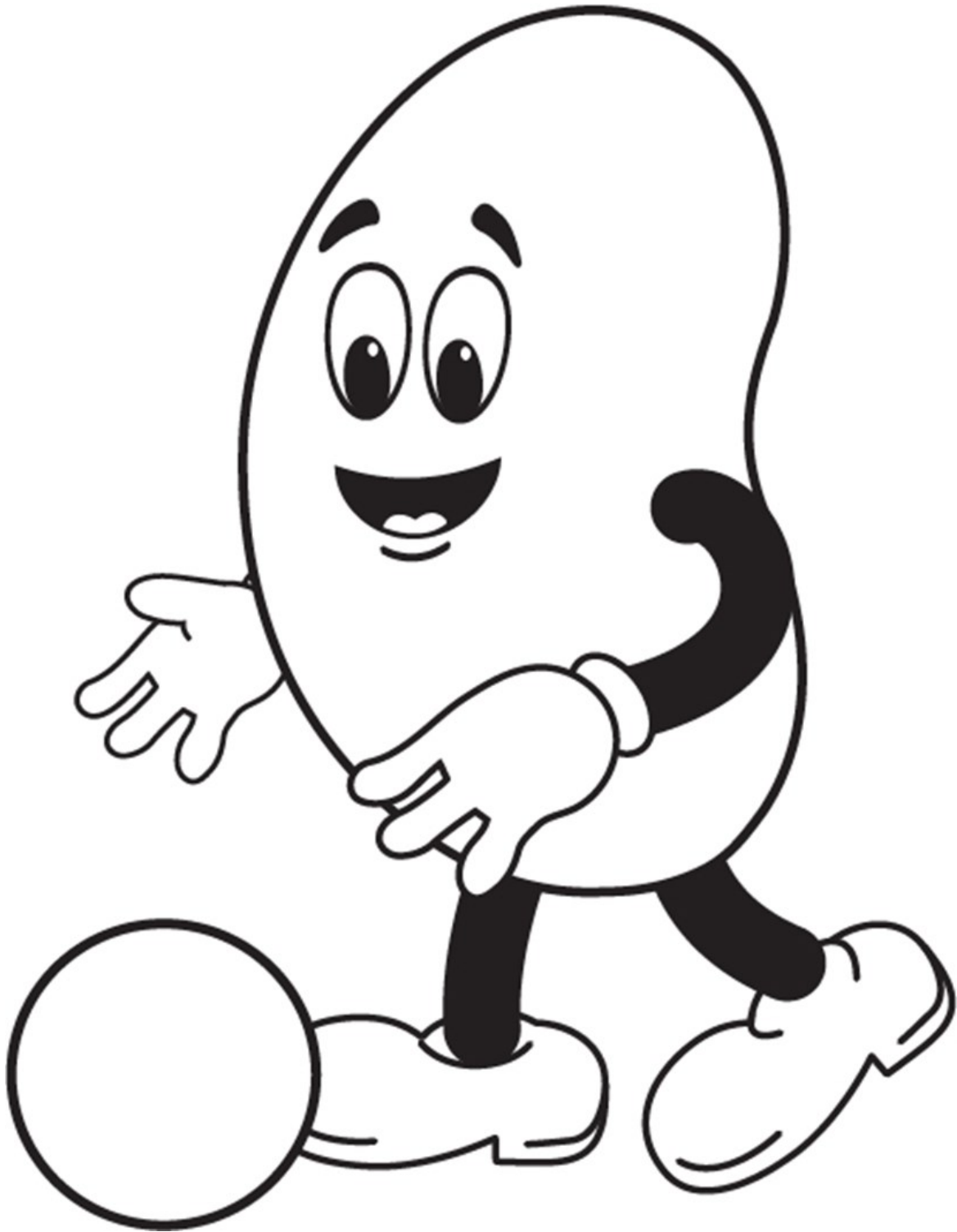
What makes people's kidney's not work well? Making healthy choices can help keep our bodies from getting sick. But, sometimes even when people make healthy choices, their bodies still get sick. Sometimes accidents happen that can cause our bodies to be sick or hurt. Sometimes we have sickness that is passed to us by our parents. We can't prevent all sickness, but taking care of our bodies today is always the best way to keep our bodies and our kidneys healthy!

How do I keep my kidneys healthy?

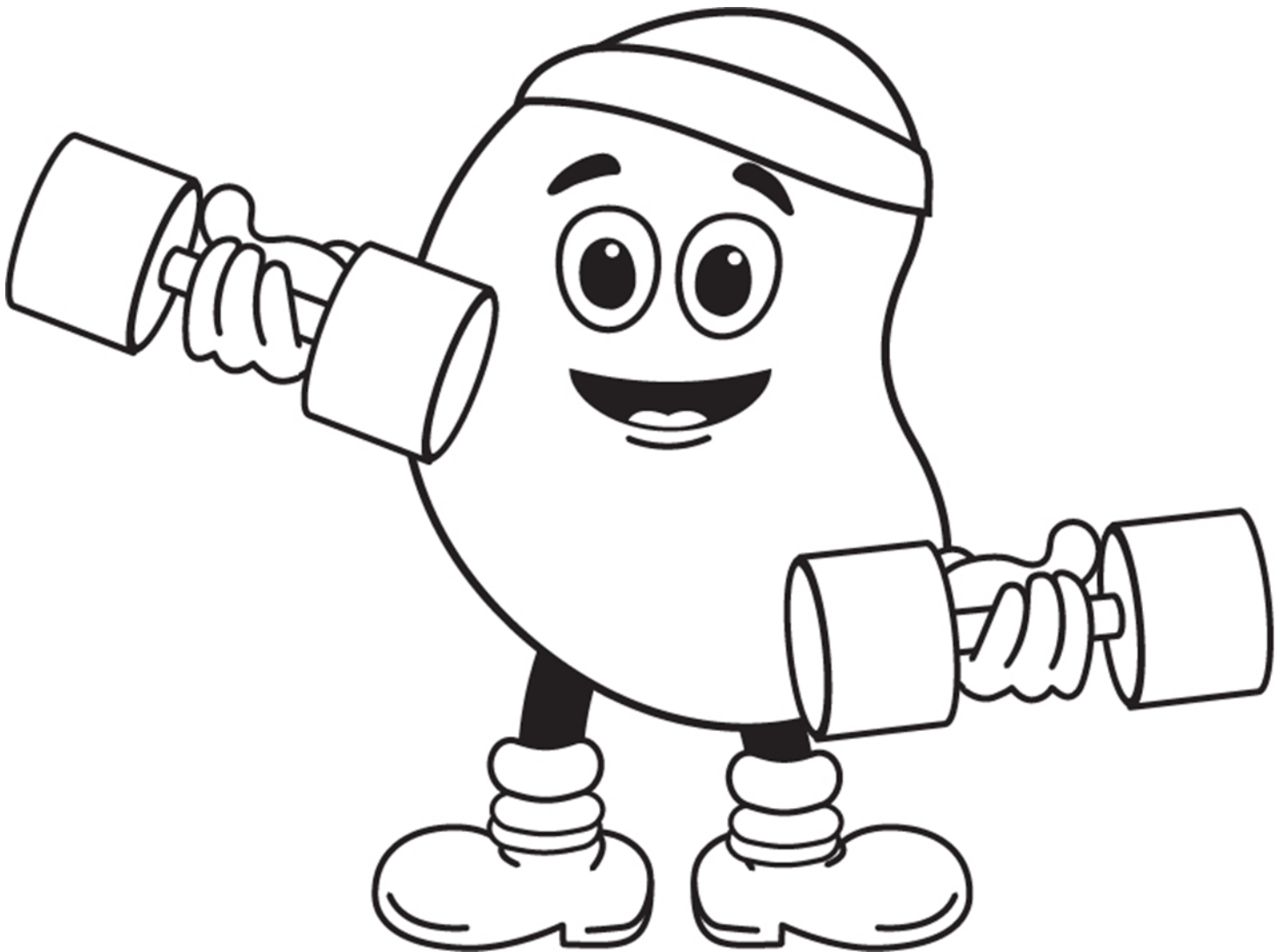


Sidney the Kidney says
“Move your body!”

“All activities are good!”



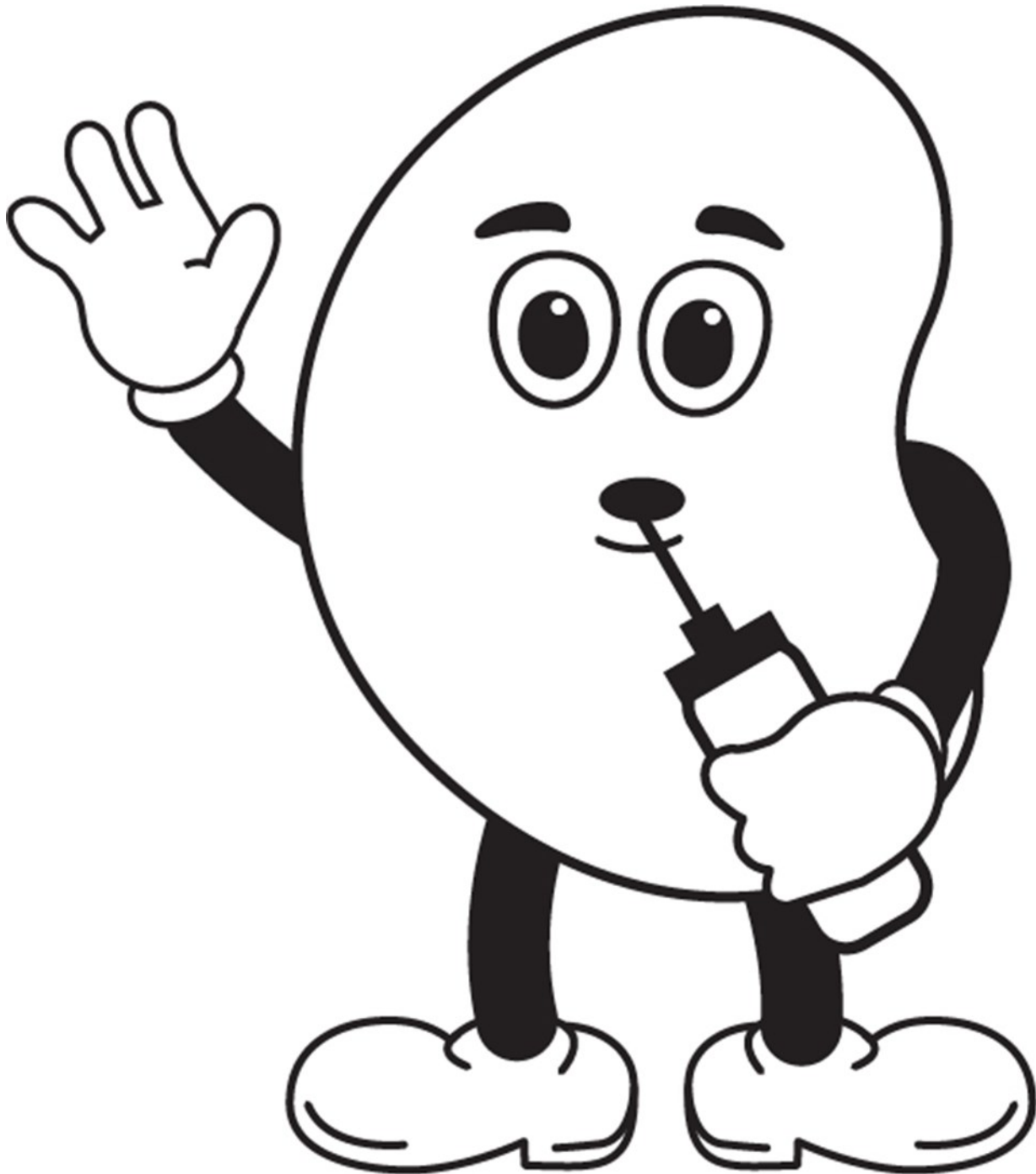
**“Aim for 60 minutes of activity
each day”**



**Sidney wants to know, “What’s
your favorite way to play?”**

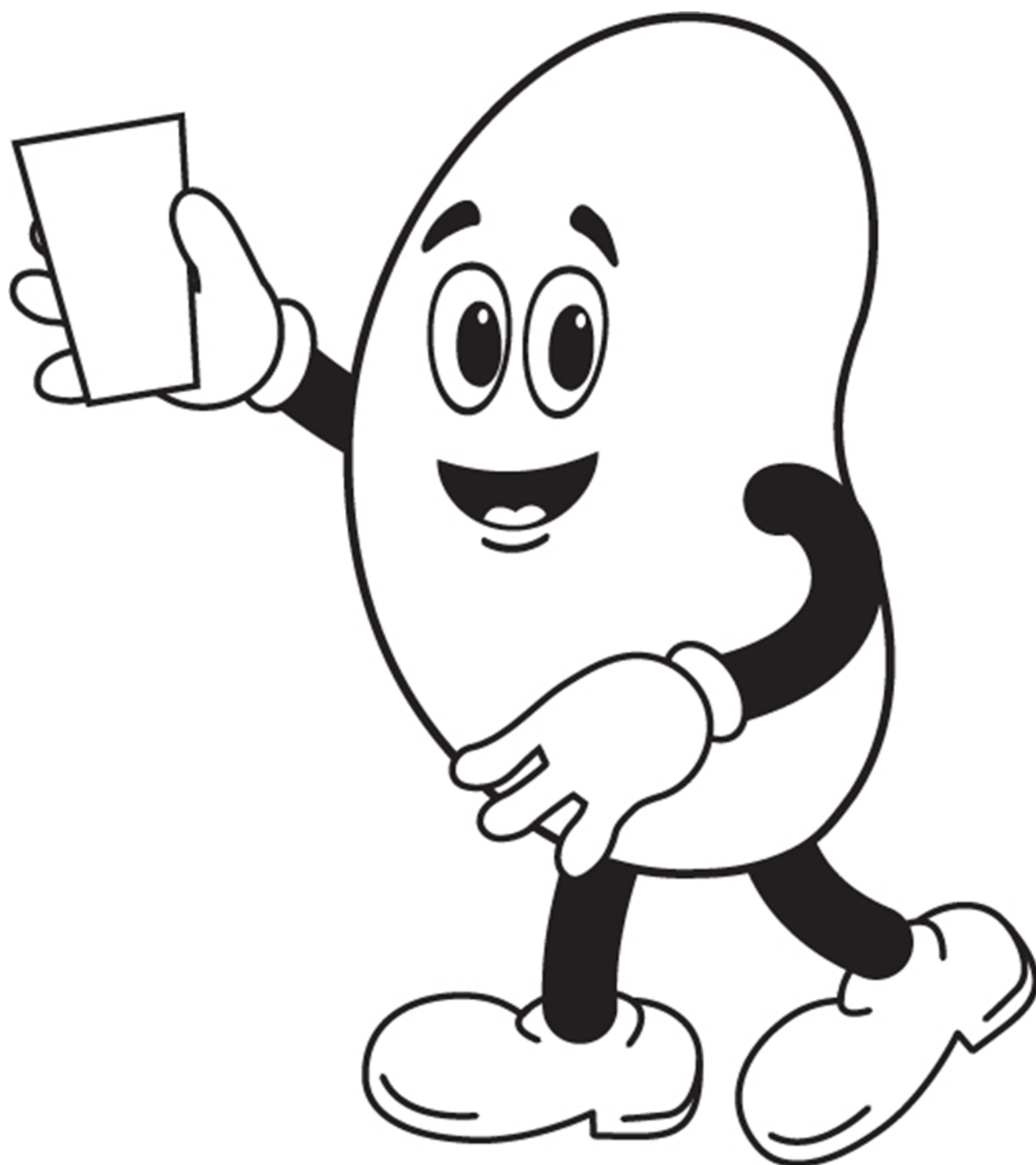
Draw or write your favorite activities

**“Thirsty from all that play? Drink
some water!”**



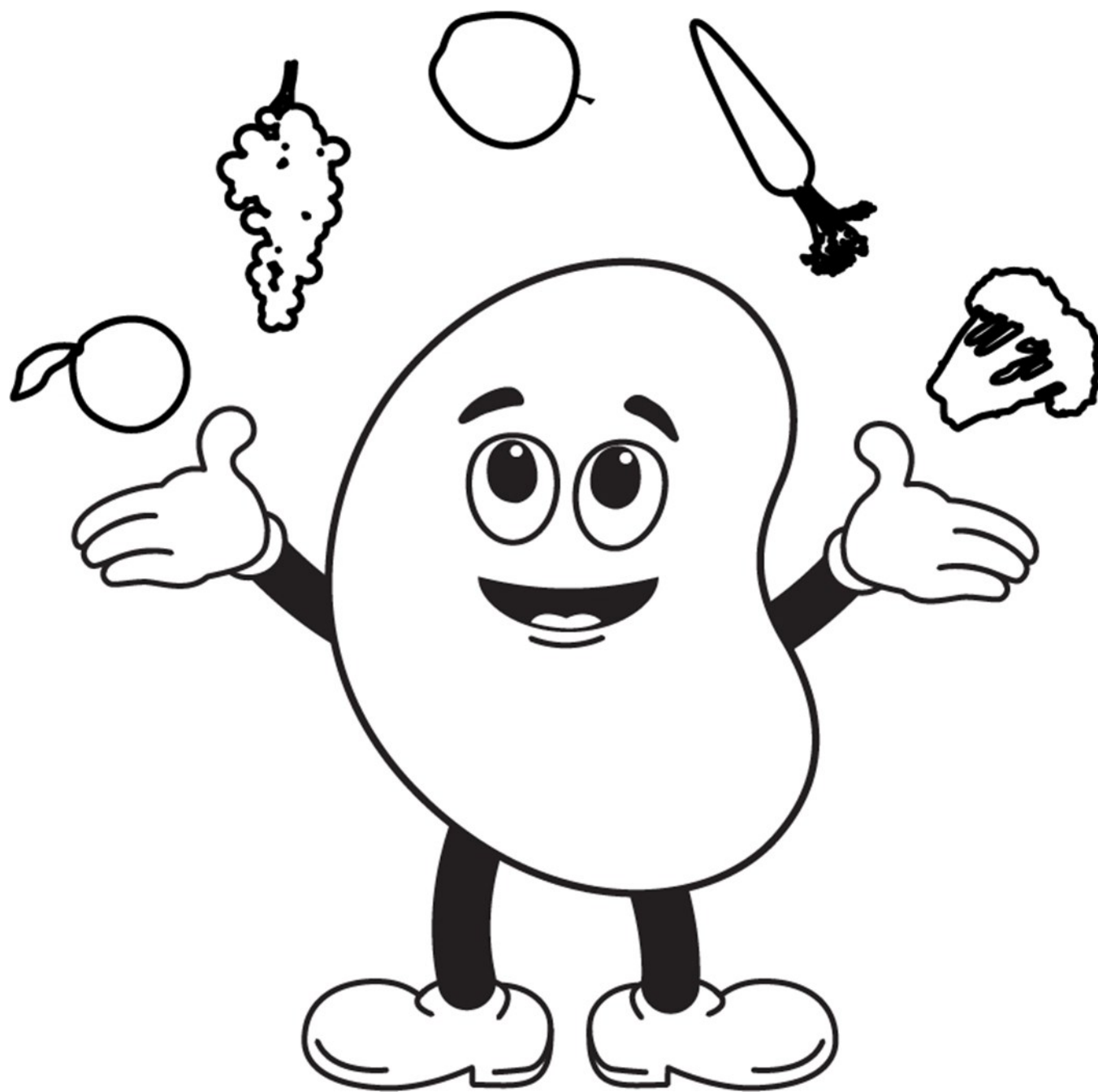
Juice, soda, and sports drinks have too much
sugar!

**Aim for at least 6-8 glasses of water
per day**



Milk is a healthy beverage choice too.

Hungry for a snack?

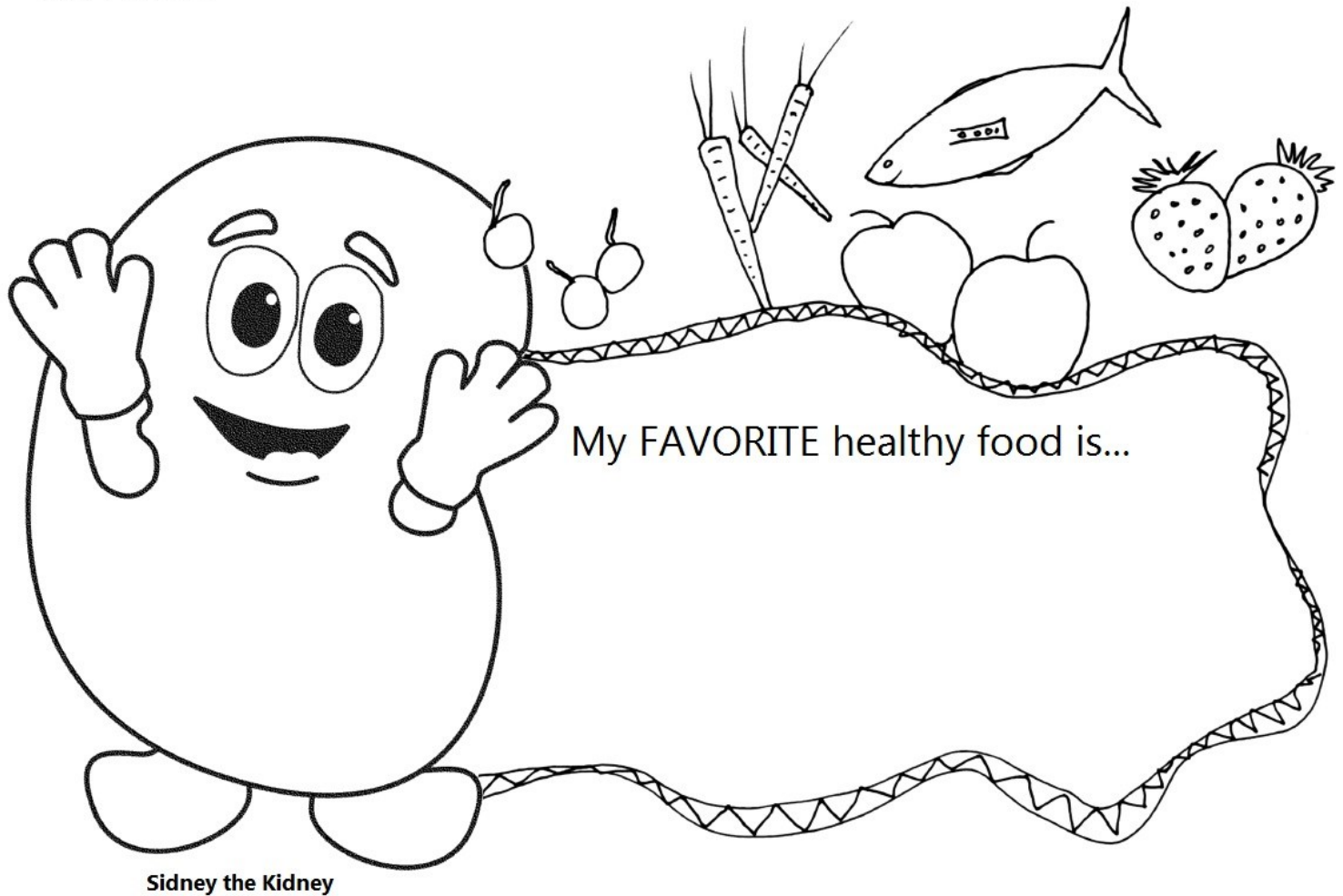


Sidney says fruits and vegetables make the
best snack!

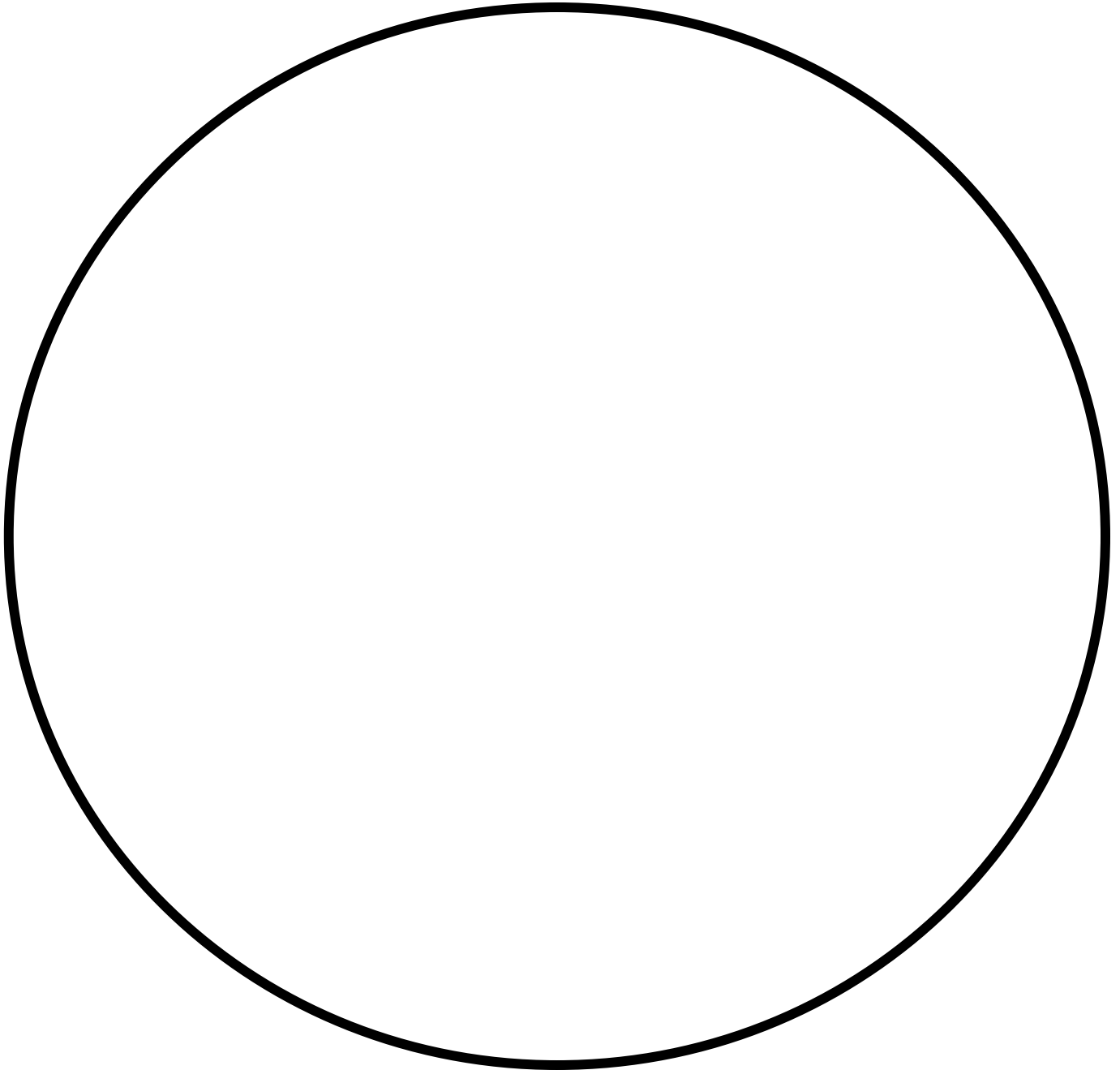
What are your favorite healthy foods?



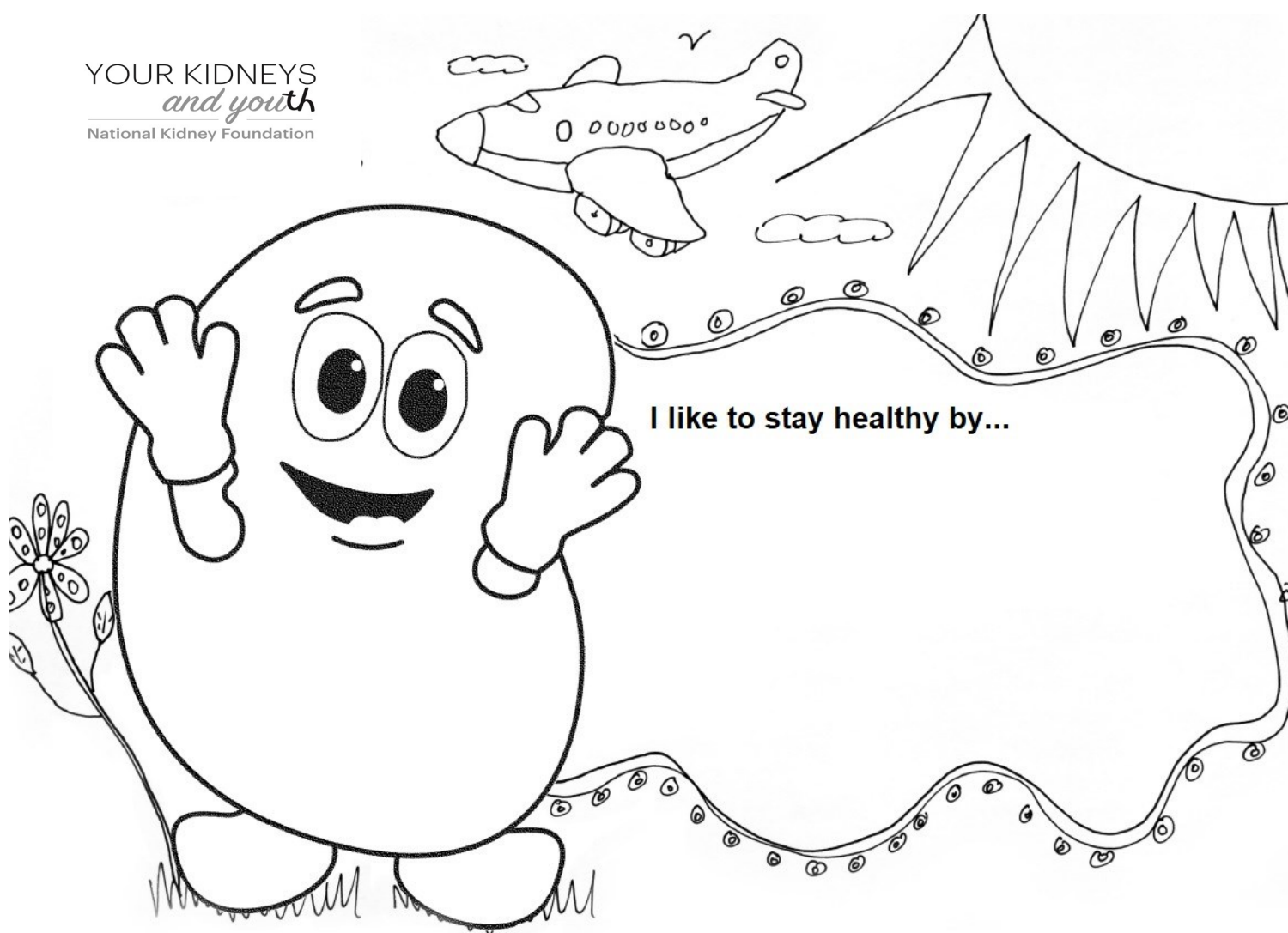
**Kidney
Walk**



**Sidney wants to know what he
should eat.**



Can you fill this plate with healthy foods?



Sidney has shown us how to stay healthy. What will you do today to take care of your kidneys ?

For more information about the National Kidney
Foundation visit www.kidney.org

Need personal support? Contact our helpline.
Toll-free 1.855.653.2273
nkfcares@kidney.org

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