

Sometimes, you might feel really good, like when you have lots of energy and you're happy! But doctors can help us stay healthy even when we feel okay. Here's why:

## **1. Regular Check-Ups**

Doctors want to make sure our bodies are working perfectly. Just like how cars need maintenance, our bodies need check-ups to stay healthy!

## **2. Catching Things Early**

Sometimes, our bodies can have tiny problems that we can't feel, like little bugs. If we visit the doctor, they can catch those bugs early before they make us feel bad.

## **3. Getting Questions Answered**

If you are curious about your health, going to the doctor is a great way to ask questions! You can learn more about how to take care of yourself.

## **4. Vaccines and Shots**

Doctors give special medicine called vaccines to help keep us from getting sick. It's like a superhero shield for our bodies!

So, even if you feel great, visiting the doctor is super smart! It keeps us healthy and makes sure we stay feeling good!