



c Supportive networks can enhance personal skills that enable young people to attain better health by creating support groups to counsel young people if they have health problems, direct them to better health, advise them on what they can do to attain better health and fitness for each individual. Teach them to look after their bodies, teach them how to prepare healthy meals, organise their schedules to make time for exercise and time out, for them to be healthy in every aspect of their lives.