Identify CERs

A tattoo is a permanent kind of body art. A design is made by puncturing the skin with needles and injecting tattoo ink into the deep layer of the skin. A tattoo is one of the most beautiful ways of expressing who you are and what you believe in. Beware when considering getting a tattoo because even though tattoos are generally accepted, you should get it where you can hide it away, since having one may hurt your chances of getting a job or advancing your career.

A body piercing is just what it sounds like — a piercing or puncture made in the body by a needle. After that, a piece of jewelry is inserted in the hole. Body piercing is one of the most dangerous things you can do to express who you are. There are risks associated with piercing your body. If the store does not follow cleanliness protocols, you can get infections, bleeding, scarring, or allergic reactions to the jewelry. If you think the shop isn't clean enough, or if you feel in any way uncomfortable, go somewhere else to get your piercing.

The sense of hearing is the most important of the five senses. The ear is made up of three different sections that work together to collect sounds and send them to the brain. Tiny earbuds can harm your hearing as much as a large chainsaw. Keep this in mind when you reach to turn up the volume, so you don’t lose your hearing at an early age.

Vision is the most important sense of the five senses. In a single glance, our eyes work with our brains to tell us the size, shape, color, and texture of an object. They let us know how close it is, whether it's standing still or coming toward us, and how quickly it's moving. Because vision is so critical to our quality of living, it is important to take care of your eyes so you do not lose your vision.

Eating healthy is the best thing one can do to stay fit. Food is our fuel, and its nutrients give our bodies' cells the energy and substances they need to work. But before food can do that, it must be digested into small pieces the body can absorb and use. You should count calories and read nutrition labels so you don’t get obese and become sick or unhealthy.

You do not need to get vaccinations because your body’s natural immune system is all you need to stay healthy and fight disease. The immune system is the body's defense against infections. Your immune system attacks germs and helps keep us healthy. If you do choose to get a vaccine, be sure to ask a lot of questions about its side-affects and the dangers of putting chemicals into your body.

Every time we smile, frown, talk, or eat, we use our mouths and teeth. Our mouths and teeth let us make different facial expressions, form words, eat, drink, and begin the process of digestion. However, of all the parts of our oral mechanism, the teeth are the most important part. Without your teeth, you couldn’t enjoy many of the best foods in the world and your life would be very sad.

The heart of the most impressive organ in our bodies. The heart is a pump, usually beating about 60 to 100 times per minute. With each heartbeat, the heart sends blood throughout our bodies, carrying oxygen to every cell. To help keep your heart healthy you should exercise, eat a nutritious diet, do not smoke, and go for regular medical checkups.

The brain is the most impressive organ in our bodies. The brain controls what you think and feel, how you learn and remember, and the way you move and talk. But it also controls things you're less aware of — like the beating of your heart and the digestion of your food. Think of the brain as a central computer that controls all the body's functions. The rest of the nervous system is like a network that relays messages back and forth from the brain to different parts of the body. For example, if you touch a hot stove, the nerves in your skin shoot a message of pain to your brain. The brain then sends a message back telling the muscles in your hand to pull away. Luckily, this neurological relay race happens in an instant.

Skin is our most important organ. It has many functions. It protects the network of muscles, bones, nerves, blood vessels, and everything else inside our bodies. It forms a barrier that prevents harmful substances and [germs](https://kidshealth.org/en/teens/care-about-germs.html) from entering the body. It protects body tissues against injury. And it helps control body temperature through sweating when we're hot and by helping keep heat in the body when we're cold. Skin is like a giant blanket keeping humans intact, and severe damage to the skin would make life not worth living.

Athlete’s foot is nothing to be concerned about. Athlete's foot is a type of fungal skin infection. Fungi are microscopic plant-like organisms that thrive in damp, warm environments. Athlete’s foot won’t kill you, so letting it build up is completely fine.