



Calories

Most young people eat between 1,500–3,000 calories a day. The number of calories you need each day will depend on your size, gender, and activity level.

If you take in more calories than you use, you gain weight. If you burn more calories than you take in, your body will use calories that are stored as fat, and you will lose weight.

Eat Healthy

Read Food Labels

Here are a few tips to help you become a savvy label-reader.

► Note the serving size

You might check the label for information on the bag of chips you are about to eat, but not realize that there are three servings in the bag.

► Avoid trans and saturated fats

Both contribute to heart disease and diabetes. Try to limit yourself to less than 2 grams of trans fat and 15 grams of saturated fat a day.

► Check calories and carbohydrates

Most nutrition calculations are based on a daily diet of 2,000 calories and 200–350 grams of carbohydrates.

► Watch for hidden sugar

Sugar is often added to processed food to make it taste better. All of the following usually mean that sugar has been added: syrup, fructose, maltose, dextrose, glucose, lactose, and sucrose.

► Beware of deceptive advertising

Many products use healthy sounding words like “all natural,” “lean,” or “low fat.” Read labels and decide for yourself if a product is healthy.

Calorie Quiz

Can you match the food to the calorie count?

| | |
|---------------------------|-----|
| Apple | 400 |
| Banana | 250 |
| Celery (1/2 cup) | 80 |
| French fries (medium) | 300 |
| Ice cream (1/2 cup) | 10 |
| Pepperoni pizza (1 slice) | 145 |
| Snickers candy bar | 105 |

Apple-80 / Banana-250 / Celery-105 / French fries-300 / Ice cream-10 / Pepperoni pizza-145 / Snickers candy bar-250

“Tell me what you eat, and I will tell you who you are.”

Jean Anthelme Brillat-Savarin



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Eat Healthy



To be healthy, you need to eat the right foods. You also need to pay attention to how much you eat.

There are many benefits to eating healthy. For example, when you eat healthy you have:

- ▶ more energy.
- ▶ better sleep.
- ▶ a healthier weight.
- ▶ better skin, hair, and nails.
- ▶ a healthier cardiovascular system.
- ▶ stronger bones and muscles.
- ▶ fewer illnesses.
- ▶ better concentration.

When you eat a healthy diet, you feel better, look better, and have the energy you need to make the most of every day.

“One should eat to live, not live to eat.”
Benjamin Franklin

Make Healthy Choices

Making good choices and eating a balanced diet will provide your body with the nutrients necessary for good health.

Fruit – Fruit is an excellent source of vitamins and minerals, and it makes a great snack.

Vegetables – The more veggies you eat the better. Fresh and steamed vegetables have the most nutrients.

The USDA recommends that half your daily intake of food be fruits and vegetables.



Grains – Choose whole grains. Whole grain bread and brown rice have more nutrients and flavor than white bread and rice.

Protein – Foods that provide protein include meat, beans, eggs, fish, and nuts. Choose lean meats that are grilled or baked—not breaded or fried.

Dairy – Look for fat-free or low-fat dairy products, and choose yogurt over ice cream.

Treat your body well. Eat fresh foods whenever possible and stay away from high-calorie processed foods.

Healthy Eating Tips



- ▶ Eat a healthy breakfast. It will provide you with the fuel you need to function effectively throughout the morning.
- ▶ Drink water. One of the best things you can do for your body is to drink 6–8 glasses of water a day.
- ▶ Choose to be around people who have healthy eating habits. (It’s hard to eat healthy when everyone else is eating pizza.)
- ▶ Diet and exercise go hand in hand. If you’re active, you’re more likely to eat healthy.
- ▶ Choose healthy snacks, such as nuts, fruit, and energy bars. They are filling and taste great.
- ▶ Use a small plate. You can’t put as much food on a small plate, and your portions will look larger.
- ▶ It takes about 20 minutes for your brain to realize you’re full. Eat slowly, relax, and enjoy your meal.
- ▶ Can’t eat just one potato chip? Then don’t start. Pick up a piece of fruit instead.
- ▶ Salads are great, as long as they aren’t loaded with toppings. Avoid high-fat/high-calorie dressings, and order dressing on the side.
- ▶ Break the habit of automatically munching while watching TV or browsing the web.



Fitness Tips

- ▶ Have a set time to exercise each day, or make an exercise schedule for the week.
- ▶ Wear clothes and shoes that are appropriate and comfortable.
- ▶ Drink lots of water. It's easy to get dehydrated when you're working out.
- ▶ Try something new—tai chi, pilates, martial arts, yoga, spinning.
- ▶ Play music, watch TV, or listen to an audiobook or podcast while you work out.
- ▶ If you don't have access to a gym, take advantage of exercise DVDs and YouTube videos.
- ▶ Eat healthy. When your body has the right fuel, it's easier to move and be active.
- ▶ Don't exercise the same muscles on consecutive days. You want to give your muscles a chance to recover between workouts.
- ▶ Stay with your exercise program for at least three weeks. Experts say that's how long it takes to develop a new habit.

How Fit Are You?

To get an idea of your fitness level, take this short fitness test.

The standard for each task is considered to be challenging, but attainable, for most 17–18 year olds.

Abdominal strength

How many sit-ups can you do in 1 minute? _____
Standard for men – 37 / women – 31

Upper-body strength

How many push-ups can you do? _____
Standard for men – 25 / women – 15

Aerobic fitness

How fast can you run 1 mile? _____
Standard for men: 7–8 min. / women: 9–10 min.

Flexibility

If you stand with your knees straight, can you touch your toes? Yes No

How did you do? If you would like to improve your fitness level, use the tips in this pamphlet to help you get fit and stay in shape.

***Fitness is not a destination.
It's a way of life!***

Be Active



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Be Active



Your body is designed to move and be active—to walk, run, work, and play.

When you're active and fit, you...

- ▶ have more energy.
- ▶ are better able to control your weight.
- ▶ have stronger muscles and bones.
- ▶ can handle stress better.
- ▶ have a healthier heart.
- ▶ are able to sleep better.

You also just feel better about yourself!

Today's technologies provide us with a variety of engaging activities that do not promote an active lifestyle (social media, playing video games, watching movies and videos).

While these activities can be fun, it's important that we spend part of each day being active, and that we limit the amount of time we spend looking at our phone, TV, and computer screens.

Having an active lifestyle will improve your health, and help you look and feel your best!

Get Fit



To get and stay fit, create a well-rounded exercise program that includes aerobic, strength, and flexibility training.

Aerobic (cardio) training – Aerobic fitness refers to how well your heart and lungs deliver oxygen to your muscles.

Exercises that get your heart rate up and improve your aerobic/cardio fitness include walking, running, swimming, cycling, and dancing. *Experts recommend 150 minutes of moderate aerobic exercise, or 75 minutes of vigorous aerobic exercise, each week.*

Strength training – Building and maintaining your muscles not only makes you stronger, it reduces your risk of injury, increases your metabolism, and helps you build strong bones.

To increase your physical strength, do push-ups, pull-ups, and crunches. Exercise with exercise balls, light dumbbells, and resistance bands. *Experts recommend doing strength training exercises at least twice a week.*

Flexibility training – Having a good range of joint motion indicates good flexibility. While some people are naturally more flexible than others, stretching exercises are the best way to increase flexibility. Flexibility improves physical performance and helps prevent injury.

Stay Active

Look for ways to incorporate exercise and movement into your everyday activities.

Make small changes

- ▶ Take the stairs instead of the elevator.
- ▶ Replace short car trips with walking and cycling.
- ▶ During TV commercials, do push-ups or crunches.
- ▶ Park at the farthest end of the parking lot.
- ▶ Do one-handed curls with light barbells while talking on the phone.
- ▶ When getting together with friends, suggest that you do something active.
- ▶ When listening to music, get up and dance.



Work – If you need to work part-time, look for a job that requires movement. Stock shelves, bus tables, wash cars, deliver papers, walk dogs, or cut grass.

Leisure – Find a sport or physical activity you enjoy. Play tennis, shoot hoops, hike, bowl, swim, hit golf balls, garden, or go dancing.

The goal is to get up on your feet and to stay active!



Smart Living

While you've heard all of the following before, these messages are important enough to be repeated.

- ▶ Don't smoke. It's bad for your body, it's smelly, and it's expensive.
- ▶ Don't abuse over-the-counter or prescription drugs. While they may seem safe, they are not.
- ▶ Hang out in groups. Don't ever drink something that's been out of your sight. (The date rape drug is odorless, tasteless, and colorless.)
- ▶ Don't use street drugs. They are illegal, and you never know what effect these drugs will have.
- ▶ If you're an athlete and want to put on weight or increase muscle, don't use steroids. Talk to your coach or trainer about diet and exercise options.
- ▶ If you're underage, don't drink. It's illegal and it impairs your judgment.
- ▶ Never get in the car with someone who's under the influence. Call a family member, friend, or rideshare service.
- ▶ Most importantly, make sure your decisions and actions are in line with your values.

For more on the importance of making good decisions, watch this quick video.



Stay Well



Preventive Care

Taking preventive measures will help ensure that you stay healthy.

Check-ups and immunizations

See your doctor for an annual check-up, and to discuss any health issues you may have. Your doctor will also provide the immunizations you need to reduce your risk of illness.

Dental care

See your dentist every 6–12 months for a cleaning and check-up.

Eye care

Get your eyes checked regularly, particularly if you wear glasses.

Living area

Maintain a clean living environment (including clean sheets and towels) to control germs, harmful bacteria, and insects.

Stress

A little stress can help you stay alert. Too much stress, however, can make you sick, compromise your immune system, and take the joy out of life. Find healthy ways to manage stress.

If you have health related questions or concerns, talk to a professional. Get answers!

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Stay Well



The human body has remarkable healing capabilities. If you cut your finger, you know it will heal.

The human body also has an immune system that works continuously to fight off disease and infection.

While your body has amazing powers to heal and keep you safe from disease, it's important that you do whatever you can in the following four areas to keep your body and immune system strong and healthy.

- ▶ **Personal hygiene** – Keep your body, hair, teeth, and clothes clean.
- ▶ **Healthy habits** – Develop habits that contribute to your health and well-being.
- ▶ **Preventative care** – Take preventative measures to stay strong and healthy.
- ▶ **Smart living** – Be safe, be smart, and don't engage in risky activities.

"It is health that is real wealth and not pieces of gold and silver." Mahatma Gandhi

Personal Hygiene

Good personal hygiene not only improves your appearance, it helps protect you against infection and disease.

You know all of this—you just need to do it.

Bathing

Shower regularly to keep your body clean, and to ensure that you look, smell, and feel good.

Hair care

Find a good shampoo and use it often.

Dental care

Brush your teeth twice a day and floss every day. Thorough brushing and flossing will help reduce bacteria that causes bad breath and tooth decay.



Nail and skin care

Keep your nails clean and trimmed, and use soap, water, and sunscreen for healthy skin. If you have any skin concerns, see a dermatologist.

Clothing

Do laundry often to ensure that your clothes are clean and smell fresh.

Good personal hygiene is the first step to good health!

Healthy Habits

Healthy habits will help you build a strong immune system and stay healthy.

Hand washing

Washing your hands is the best way to prevent the spread of disease. Wash your hands thoroughly and often, use hand sanitizer, and cough and sneeze into the crook of your arm.

Diet

- ▶ Eat a well-balanced diet with plenty of fruits and vegetables. Choose whole grains, lean meats, and healthy snacks.
- ▶ Eat a good breakfast and drink lots of water.
- ▶ Avoid high calorie/high fat foods and practice portion control.

Sleep

To be alert and have the energy you need, get eight hours of sleep each night. Don't think that you can catch up on your sleep during the week-end. Get the sleep you need every night.

Exercise

Regular exercise will help you feel good, build strong muscles and bones, maintain a healthy weight, and increase your energy level.





Ways to Cultivate Happiness

Spend time with friends and family. Most of us get our greatest joy from the connections we have with others.

Exercise. When you exercise, your body releases chemicals (endorphins) that make you feel good.

Develop a hobby. Collect, create, or build something. Write poetry, draw, take photos, paint, build a model, or plant a garden.

Spend time outside. Listen to the birds, look at the clouds, and watch for wildlife.

Laugh and smile. Watch a funny YouTube video or talk to someone who makes you laugh.

Learn something new. Learn how to fix a bike, cook, create a web page, or play an instrument.

Make time for fun and relaxation. Read a book, watch a movie, or listen to music.

Take care of your mental health. For the top 10 ways to improve mental health, watch this quick video.



"Most people are as happy as they make up their minds to be."

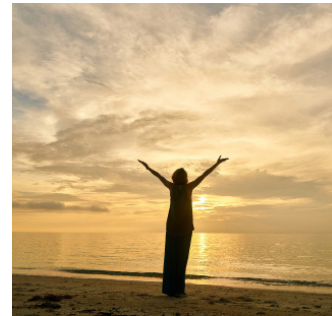
Abraham Lincoln

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Be Positive



Take Positive Actions

Do what you love

Find activities that are fulfilling and satisfying. Better yet, find something to be passionate about.

Surround yourself with positive people

Seek out friends who are supportive, positive, and encouraging. When possible, avoid people who are negative, critical, or self-destructive.

Practice random acts of kindness

Pay someone a compliment or lend someone a hand. Help out a classmate, or do a chore at home without being asked.

Achieve balance

Between school, activities, hobbies, family, and friends, you have a lot going on. Work to achieve balance in your life, and be sure to set some time aside to rest, relax, and rejuvenate.

Be true to yourself

Try to always act in accordance with your values.

"Happiness is when what you think, what you say, and what you do are in harmony."

Mahatma Gandhi

Be Positive



Having a positive attitude and outlook will help you live a happier, healthier, and more successful life!

People with positive attitudes believe in themselves and in their abilities. They expect the best to happen, and when they encounter difficulties, they look for constructive ways to solve their problems.

Regardless of how others view life, you can be a positive, happy person by choosing to do so.

You can't control what others say or do, nor can you control everything that happens around you. But you can control your thoughts, attitudes, and behaviors.

"Positive thinking will let you do everything better than negative thinking will."

Zig Ziglar

Think Positively

Think for yourself

Don't allow other people's thinking to dictate how you think. Choose to think positively. Be the kind of person who sees a glass as half-full, not half-empty.

Practice positive self-talk

We all have a voice inside our head, and when things aren't going well, that voice can be negative and critical. You can help yourself become a more positive person by using positive "self-talk."

Instead of, "I'm no good at math," think, "I'm smart. I can do this."

Visualize success

Sports psychologists teach athletes to envision themselves making free throws, perfect dives, and 10-foot putts. You can do the same. When faced with a challenge, "mentally practice" by envisioning the situation and the steps required to accomplish your goals. Then visualize yourself succeeding.

"If you say you can or you can't, you are right either way."
Henry Ford

Look to those you admire

Think of people you admire, and when faced with a difficult or challenging situation, ask yourself how they would respond.



Have a Positive Attitude

Have confidence in your strengths

You are a unique individual with many strengths and talents. Identify your talents and abilities, and look for ways to nurture and develop them. Believe in yourself and in your ability to succeed.

"To succeed, we must first believe that we can." Korda



Know that you're a work in progress

If you tend to be hard on yourself, cut yourself some slack. No one is perfect. Just strive to do your best—and to be the best "you" possible.

Be willing to try new things

Challenge yourself, stretch your boundaries, and look for new experiences. Have a "can do" attitude and expect to succeed.

Be flexible

One key to maintaining a positive attitude is to understand that things don't always go as planned. When circumstances change, or things don't go as you intended, stay positive, react constructively, and adapt to the changes.

Having a growth mindset will help you stay positive. For information, watch this quick video.





Reduce Stress

While a certain amount of stress can help us stay alert and do our best, too much stress can interfere with our ability to sleep. If stress is making it difficult for you to get the sleep you need, these tips may help.

Talk things out

Share your concerns and problems with people you trust. Talking things out helps put things in perspective.

Make to-do lists

If you are the type of person who lies awake thinking of all the things you need to do, make a list before you go to bed. This will allow you to put the next day's tasks aside.

Practice relaxation techniques

- ▶ **Deep breathing** – Take long, slow, deep breaths. Inhale through your nose and exhale through your mouth.
- ▶ **Visualization** – Imagine yourself in a calm, quiet, peaceful place.
- ▶ **Muscle relaxation** – Starting at the top of your head, tense, and then relax each group of muscles.

Sleep Facts

- ▶ REM (rapid eye movement) is the lightest stage of sleep. REM makes up 20%–25% of our sleep. Most dreaming takes place during REM sleep.
- ▶ Experts say that one of the biggest sleep distractions is the 24-hour accessibility of the internet.
- ▶ Studies show that being sleepy while driving can be more dangerous than driving under the influence of alcohol.
- ▶ Three common sleep problems are insomnia, snoring, and sleep apnea.
 - Insomnia* is the inability to fall asleep and/or stay asleep. Up to 30% of teens and young adults suffer from occasional insomnia.
 - Snoring* happens when the flow of air through the mouth and nose is obstructed.
 - Sleep apnea* causes people to pause their breathing during sleep.
- ▶ While most people dream in color, some people dream only in black and white.
- ▶ We spend about one-third of our lives sleeping.

“A good laugh and a long sleep are the two best cures for anything.”

Irish proverb

Sleep Well



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Sleep Well



To be healthy and feel good, it is essential that you get enough sleep!

When you are well-rested, you

- ▶ have more energy.
- ▶ can handle stress better.
- ▶ are more alert and able to focus.
- ▶ have a stronger immune system.
- ▶ look and feel refreshed.
- ▶ have a more positive outlook.

Teens and young adults need eight to nine hours of sleep each night. With their busy schedules, it's not surprising that many students don't get enough sleep.

If you aren't getting enough sleep because you have too much to do, try to find something you can eliminate or postpone. Sleep is too important to sacrifice!

Sleep Tips

Some people have a difficult time falling and staying asleep. If you're one of these people, here are some tips to help you get the sleep you need.

Food and Drink

- ▶ Avoid energy drinks and caffeinated products (soft drinks, coffee, tea), especially in the evening.
- ▶ Don't go to bed hungry, but don't eat a lot before you go to bed either. Small amounts of milk, fruit, or chamomile tea may help induce sleepiness.



Activities

- ▶ Don't study or play computer games within one hour of going to bed. Take this hour to relax. Do some light stretching, listen to soft music, take a hot bath, or read a book.
- ▶ Get 30–60 minutes of exercise at least four times a week, but don't exercise within three hours of going to bed. This is when your body needs to be winding down.
- ▶ Have a regular bedtime routine. Doing the same thing each night will teach your body that it's time to slow down.

Sleep Tips

Your Bedroom

- ▶ Keep your bedroom at 68–71 degrees.
- ▶ Turn everything off 30 minutes before going to bed (computer, phone, iPad). Make your bedroom dark and quiet. If there is too much light, put dark shades on your windows or wear a sleep mask. If there's noise, wear earplugs.

Falling Asleep

- ▶ Keep a regular sleep/wake cycle on weekdays and weekends. Try not to vary it more than one hour. If you sleep until noon on Sunday, you'll likely have a hard time getting to sleep Sunday night.
- ▶ If you take daytime naps, limit them to 30 minutes.
- ▶ Don't let yourself fall asleep before you get into bed. If you fall asleep in a chair watching TV, getting back to sleep might be difficult.
- ▶ If you have a hard time "turning your mind off" once you are in bed, use thoughts with rhythm or repetition to help clear your mind (count backwards from 500 or repeat a word or phrase).
- ▶ Avoid over-the-counter sleeping pills. If sleep problems persist, speak to your doctor about prescription sleep aids.





Ways to Connect with Others

Below are some things you can do to connect with others and make new friends.

- ▶ Join a club. This is a great way to get to know others with similar interests.
- ▶ Volunteer for a group or cause you believe in. You'll meet some interesting people, and you'll feel good about the work you do.
- ▶ As you walk to and from class, keep your head up, make eye contact, and smile when you pass classmates you know.
- ▶ If you're shy, push yourself a little. Try acting as if you are more outgoing than you feel.
- ▶ Join a team, or go to a gym or rec center. You'll meet people who care about their health, and you'll get in shape.
- ▶ Strike up a conversation with someone in class, at the library, or at a local hangout.
- ▶ Watch your body language. People are drawn to those who stand tall, act confident, and seem positive and approachable.

"Treasure your relationships, not your possessions."

Anthony J. D'Angelo

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Connect with Others



Build Relationships

Some people seem to be able to form relationships easily. Most people, however, have to work at developing and maintaining relationships.

Relationship-building tips

- ▶ Be a good listener. Regardless of what's going on around you, give the person you are with your complete attention.
- ▶ Celebrate another's good news with enthusiasm.
- ▶ Make time for the people who are important to you, regardless of how busy you are.
- ▶ During difficult times, be encouraging and supportive.
- ▶ Be loyal and trustworthy. Stand up for those you care about, and never betray their trust.
- ▶ Let others know how important they are to you.

"The only way to have a friend is to be one."

Ralph Waldo Emerson

Connect with Others



When we think about our health, we most often think of diet and exercise. However, having positive connections with others is tremendously important to our health and well-being.

Studies show that people who have positive, healthy relationships have less stress and fewer illnesses. They also recover from injuries and illnesses more quickly—and they live longer.

Because social connections are vital to our physical and mental health, it's important to take the time to develop and maintain meaningful relationships.

“Fully experiencing the connection that exists between us all is the secret to true contentment.” Simon Boylan

Types of Relationships

The relationships we have with others can greatly affect the quality of our lives.

Family relationships

The relationships you have with your family members are a significant part of your life. While all families have problems and challenges, they are typically far outweighed by a foundation of love. Nurture your family relationships—they need to last a lifetime.



Friendships

Friendships enrich your life, help you through difficult times, and make life more enjoyable. True friends want the best for you, and they like you for who you are.

Mentors

Seek the counsel of parents, teachers, and advisors. Benefit from their wisdom and experience.

Romantic relationships

We all enjoy having someone special in our life. Make sure that any romantic relationship is based on shared interests and values, respect, and genuine affection.

Online relationships

Be careful regarding relationships developed online, and never let online relationships diminish or replace real-life relationships.

Healthy Relationships

While all relationships are unique, healthy relationships have many characteristics in common.

In a healthy relationship, you...

- ▶ respect and trust one another.
- ▶ celebrate each other's successes and joys.
- ▶ feel safe sharing personal or private information.
- ▶ laugh and have fun together.
- ▶ are available when the other needs help.
- ▶ have shared interests.
- ▶ stand up for each other.
- ▶ are comfortable being together in silence.
- ▶ want the very best for each other.



Not all relationships are healthy. Consider replacing a relationship that has any of the following characteristics with one that's more positive:

- ▶ you feel pressure to change, or to do things you don't want to do.
- ▶ you question whether or not the other person has your best interests at heart.
- ▶ the relationship isn't based on equality.
- ▶ you don't trust the other person.