

# I Care for My Body!

Be mindful of hidden sugars and fats!

**I CHOOSE to eat healthy!**

Fruit can boost blood sugar!

Vegetables!

Include protein snacks!

Don't forget to drink water every 2 hours

High sugar and carbs can slow your brain down!

**I KEEP my body fit!**

Running

Dancing

Biking

Jumping Rope

At least an hour of physical activity a day!

**I give my body REST!**

Creating a bedtime routine sets internal body clock and helps to signal the body to rest  
8 hours of sleep a night

Avoid last minute homework

Engage in calming activities to relax the brain before sleep

**\*REMEMBER\*--TAKE CONTROL of your cellphone!** Have a healthy balance between screen time and real-time with friends and family. Don't let media interfere with social relationships, studies, and sleep.

Brains have work to do during sleep: It makes memory connections. Tired people can't remember well and do poorly in school.

Sleep loss robs the body from making full use of blood sugar for energy.

# My Plan for a Healthy Body!



healthy  
body



happy  
life



healthy  
mind

Love  
yourself  
enough  
to live  
a healthy  
lifestyle.