



Teens + Take Action for Health

Living the life you want?

What are you missing out on?

Life and friends moving on without you?

What if YOU could make a
difference in the way you feel?

When you're not feeling well, it's hard to do anything. But you can choose to take these actions to feel better and improve your health.



Move. Exercise for 30 minutes 6 days a week. Add another 30 minutes of moving activities every day. Include strength training 2 or 3 times a week.



Eat well. Drink lots of water and eat a variety of healthy foods.



Sleep. Get 8½ to 9½ hours of sleep each night.



Maintain. Stay connected in your life. Go to school. Do things you enjoy. Connect with others.

Following a healthy daily routine is an important part to feeling better.

"Do what you used to like, even if you don't really feel like doing it. Make the effort."



Move

Exercise can boost your energy and mood, and relieve stress. Move even when you don't feel like it.

- > Start with what you can do and add 1 to 2 minutes every 2 to 4 days. Work toward 30 minutes of aerobic exercise 6 days a week.
 - ✓ Plan it as part of your day. Put it on your calendar.
 - ✓ Should make you breathy and sweaty. Examples: exercise equipment, kickboxing class, cycling inside or outside, dancing and swimming.
 - ✓ Make it fun. Choose activities you like.
- > Add another 30 minutes of moving activities every day. You can break it up and do 10 minutes 3 times a day.
 - ✓ Do what you enjoy. Examples: yoga, walk with friends or your dog, shoot hoops, play catch.
 - ✓ Do strength exercises 2 or 3 times a week but not 2 days in a row.
 - Do squats, bicep (arm) curls, heel raises (going up on tiptoes), and abdominal crunches.
 - Do 2 sets of 15 repetitions of each exercise.
 - When you lift weights, lift smart. Focus on the number of times you lift a weight rather than how much weight you lift. Don't overdo it.



Check out MayoClinic.com to learn how to do strength exercises correctly. Look at the slideshows and videos.

I will: _____

"Make simple plans for yourself."



Eat Well

Eating right and drinking enough water can give you more energy.

- > Drink as much water as it takes to keep your urine light yellow, about 2 liters a day.
- > Go easy on foods and drinks that have a lot of caffeine, sugar, fat and salt.
- > Eat breakfast, lunch and dinner. Don't skip meals.
- > Find a way to eat at least 5 fruits and vegetables a day.
 - ✓ Fill half your plate with fruits and vegetables.
 - ✓ Eat fruits and veggies as snacks.
- > Have 3 or 4 dairy products or other calcium-rich drinks or foods a day. Examples: milk, yogurt, cottage cheese, fortified orange juice, almond milk and soy milk.
- > Eat a protein-rich food at every meal. Eggs, lean meat, fish, nuts, beans and peanut butter are good choices.

I will: _____



Sleep

Getting a good night's sleep refreshes and energizes you.

- > Get 8½ to 9½ hours of sleep each night. Don't nap during the day.
- > Go to bed at the same time each night and get up close to the same time each day.
- > Have a routine before going to bed.
 - ✓ Slow down. Do what calms you. Examples: meditate, pray, read, listen to calming music, or do relaxing yoga moves.
 - ✓ Stop looking at screens — computer, phone, TV — 30 minutes before going to bed. Keep your cell phone outside your bedroom while you sleep.

I will: _____



Maintain

Stay connected in your life. As weird as it may seem, school and your usual activities can help you feel better.

Going to school and activities can help you:

- ✓ Stay connected with friends.
- ✓ Return to your routine.
- ✓ Focus on something other than how you feel.

I will: _____

"I stuck with it and I started feeling better."

This works!

- ✓ Just start! Begin with small realistic goals.
- ✓ Pace yourself and keep at it.
- ✓ Track your progress.
- ✓ Celebrate your success and accomplishments.

Becoming more independent means being able to take care of yourself and make decisions that help all parts of your life. Ask your parents to help guide you as you develop these skills.

"I realized that taking care of myself is like a down payment on the rest of my life. I'm worth it."