



Living a Healthy Lifestyle

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- This means trying to do things every day that are good for your body and your mind.
- It promotes physical and mental health and wellness for you and those around you.
- It can help you feel your best, both physically and emotionally.

How can I Live a Healthier Lifestyle?

- Visit your healthcare providers
 - At least once a year for a check-in.
 - Talk to them about things that worry you and how you can deal with stress and other difficult emotions in a healthy way.
 - Ask them about birth control and preventing sexually transmitted infections.
 - Talk with them about the risks of smoking and substance use.
- Stay up to date with your vaccinations.
- Be physically active every day doing something fun.
- Eat a healthy diet.
 - Eat fruits, vegetables, whole grains, calcium and iron rich foods every day; choose candy, chips and soda less often.
 - Do not try fad “diets.”
 - Minimize caffeine.
 - Drink at least 2 Liters (8-10 glasses) of fluid each day; choose water most often. You will need even more water with exercise.

How Can I Live a Healthier Lifestyle (continued)?

- Get enough sleep at night; usually teens need anywhere from 8-10 hours per night.
- Brush your teeth twice a day, floss once a day and visit your dentist regularly.
- Use sunscreen and avoid tanning beds.
- Be comfortable with who you are and how you look (this means having a healthy body image).
- Do not compare your body with those on television, in magazines or on social media.
- Be in charge of your body. Healthy dating relationships are built on respect and concern. Saying NO is okay. NO ONE has the right to your body against your will. Please share any concerns with a trusted adult.
- Talk to someone you trust if you are being bullied or stalked. Be respectful of your peers and avoid harmful words that could have real and lasting consequences.
- Choose friends who like you for who you are.
- Limit your time on social media. Remember that what you post is permanent!
- Don't ride in a car with a driver who has used alcohol/drugs; call parents/trusted adult for help.
- Wear a safety belt, helmet, protective gear, or life jacket when needed.
- If there are guns in your home, make sure they are locked in a safe, unloaded with the ammunition locked separately. If you will be exposed to guns, take a gun safety class.
- Consider volunteering in your community; helping others also helps us feel our best.