



HEALTHY TIPS FOR A HEALTHIER YOU!



WHAT IS BEING HEALTHY?



According to The World Health Organization (WHO) the word health is, "a state of complete physical, mental and social well-being."



DRINK WATER

In general, children and teens need about 6 to 8 cups of water a day per WebMD.

EAT HEALTHY FOODS

According to the CDC, eating healthy

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes a variety of protein foods such as seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, nuts, and seeds.
- Is low in added sugars, sodium, saturated fats, trans fats, and cholesterol.
- Stays within your daily calorie needs



GET ENOUGH SLEEP

The American Academy of Sleep Medicine has recommended teenagers aged 13–18 years should sleep 8–10 hours per 24 hours.

Practice Good Mental Habits

- Avoid Guilt
 - Notice The Positive
 - Gather Strength From Others
- Source: National Alliance on Mental Illness



EXERCISE MORE

According to the CDC, Children and adolescents ages 6 through 17 need to be active for 60 minutes every day.

HAVE GOOD HYGIENE

- Shower.
- Wash hair.
- Use deodorant or antiperspirant.
- Change clothes.
- Shave and remove hair.
- Maintain good oral health.

Source: WebMD



Say "NO" to DRUGS ALCOHOL VAPING/TOBACCO

Source: CDC