

START TODAY!

TIPS TO START LIVING YOUR BEST LIFE

HEALTHY HABITS

- **Start with a small, achievable goal.** Once you meet one goal, you will have more momentum leading into the next one.
- **Stay hydrated by drinking plenty of water.** A good goal is eight 8-ounce glasses per day.
- **Get plenty of sleep.** You should aim for 8-10 hours per night, to help you recover from one day and prepare for the next.¹
- **Be active.** Teens should be physically active for at least 60 minutes daily. This can include working out, gym class, team sports, or even chasing your pet.¹

SCRUMPTIOUS SNACKS

- **Keep healthy snacks on-hand.** You will be more likely to resist temptation if you aren't hungry. Keep bananas, baby carrots, or whole-grain crackers in your purse or backpack.²
- **Enjoy your snacks with exciting pairings.** Mix & match your snacks to keep your taste buds engaged. Try whole-grain crackers with tuna, cucumbers with low-fat ranch dip, berries with plain yogurt, or bell peppers with hummus.
- **Plan your snacks in advance.** By making thoughtful decisions about your snacks, you can ensure you choose snacks that are high in nutrients & vitamins, that will keep you full for longer.³

MAGNIFICENT MEALS

- **Enlist your family to help make dinner.** In addition to spending time together, you will be able to teach one another the new tips you're learning.⁴
- **Select exciting new ingredients.** Highlight one new item each week, such as quinoa, chickpeas, or cantaloupe.⁴
- **Focus on creating balanced meals.** Fresh fruit & vegetables, whole grains, and protein-packed ingredients⁵ are all must-have's for a satisfying dinner.