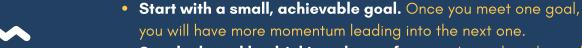
## START TODAY!

TIPS TO START LIVING YOUR BEST LIFE





- 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.



- 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.
- 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. <sup>3</sup>

## **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.
- Select exciting new ingredients. Highlight one new item each week, such as quinoa, chickpeas, or cantaloupe.<sup>4</sup>
- Focus on creating balanced meals. Fresh fruit & vegetables, whole grains, and protein-packed ingredients are all must-have's for a satisfying dinner.



