A Teen’s Guide to Being Healthy
All you need to know to be your healthiest self!

Eat Fruits or Vegetables at Every Meal

- Get to know your fruits & veggies, the more familiar they are, the more likely you are to eat them
- Fruits & veggies provide vitamins and minerals your body needs to feel full, and provide all day energy

Get Involved in the Kitchen

- Help your parents prepare meals by cutting veggies or creating new recipes
- Try not to get fast food or takeout too often. If you need to, try to pick a healthier option

Get Outside

- Guidelines recommend 60 min./day for overall health benefits (decreases risk of obesity and disease)
- Go for a walk, play tennis, head to the park... just make sure to be active each day!

Do Not Skip Meals

- Breakfast, lunch and dinner are all important meals
- Skipping meals can lead to overeating or poor food decision making at your next meal

Drink Plenty of Water

- A teenager needs at least 10 cups of water throughout the day
- Water helps the body function properly, prevents dehydration and can help prevent weight gain
- Avoid sugary drinks like juices and sodas

Additional Resources

Nutrition tips:
- https://www.choosemyplate.gov/teens
- https://www.cdc.gov/bam/index.html
- https://www.girlshealth.gov/nutrition/index.html

Physical Activity/Health tips:
- https://www.fueluptoplay60.com/

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