Diet and lifestyle play an important role in health.

Taking control of your health as a teenager can lead to lifelong positive health benefits. Early action is the best approach!¹

What does a healthy diet and lifestyle look like?

✓ Nutritious and balanced meals for breakfast, lunch and dinner²
✓ Healthy snacking
✓ Regular physical activity²
✓ Continuing healthy lifestyle choices into adulthood

Group-based exercise programs have been found to result in better outcomes for individual exercise goals over time.³ Starting with a group exercise or sports activity is a good place to set your goals up for success!

Set yourself up for success:

✓ Learn what a balanced diet looks like for your body
✓ Set goals for successful healthy eating outcomes
✓ Find a physical activity that motivates you
✓ Track your actions against your goals to review progress
✓ Take responsibility for your actions

A healthy lifestyle starts with believing in yourself and your ability to live a healthy life.⁴

Additional resources can be found at:
www.healthyteensclinic.com
555-682-4598
5050 W 5th St. Austin, TX 78704

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