

Diet and Lifestyle Tips for Better Health Outcomes

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!



Photo courtesy of Pixabay.com.

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



Photo courtesy of Pixabay.com.

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

Additional resources can be found at:
www.healthyteensclinic.com
555-682-4598
3050 W 5th St. Austin, TX 78704