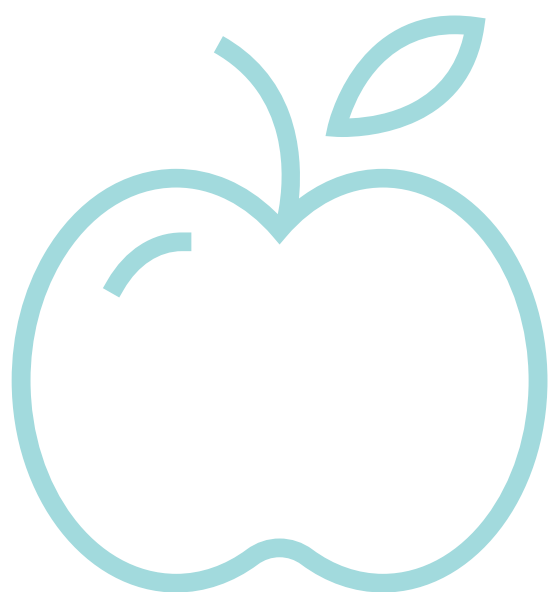


CARE FOR YOUR

BODY



LOOK *up*[®]

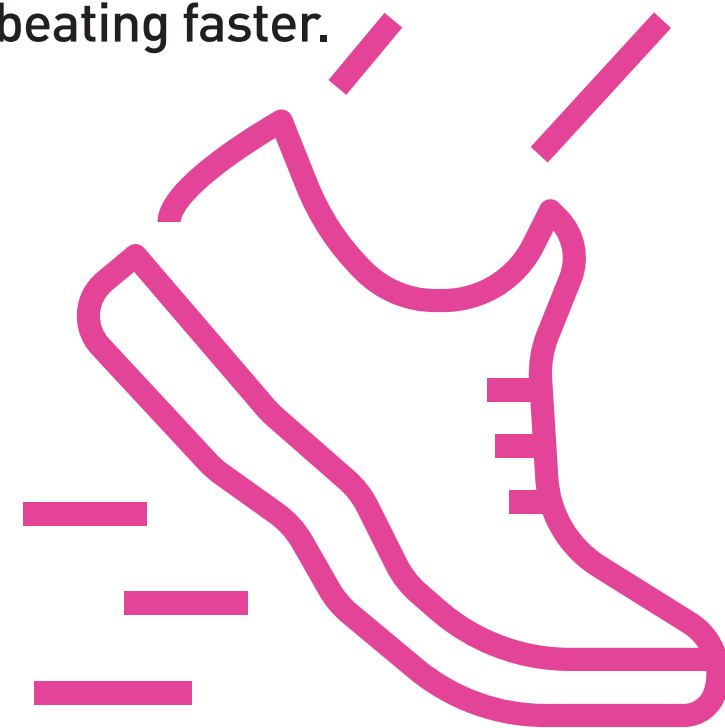


STAY ACTIVE

Get an hour or more of physical activity each day. It should be something that gets your heart beating faster.

EAT WELL

Limit soda, fast food and processed snacks. Drink plenty of water. Have breakfast every day and don't eat right before going to bed.



GET  **SLEEP**

Sleep 8-10 hours/night. Turn off all screens at least an hour before bed. Don't drink caffeine after dinner. On weekends, don't wake up more than 2 hours later than you do on school days.