Did You Know?

A pack-a-day smoker could save over $1,600 per year by quitting.

Watching TV, using the computer, or exercising too close to bedtime make it harder to fall asleep.

You actually burn more calories sleeping than watching TV.

Exercise can make you happier and less stressed out.

Do You Want To:

Have More Energy

Get Better Grades

Run Faster

Look Better

Be More Popular

and so much more...

Of Course!

So now that I have your attention, here's how:

1.

No smoking please
Surveys have shown that a smoky mouth isn't sexy.

What's in it for me?
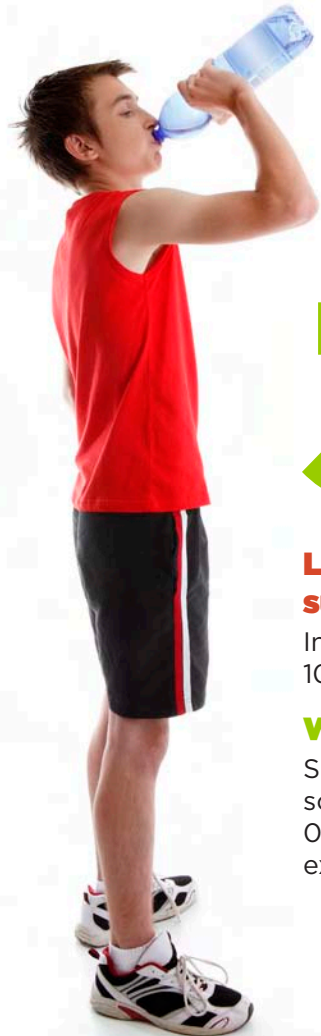You'll be more likely to land a kiss from that special someone.

2.

Cut down on screen time
Try for no more than two hours a day.

What's in it for me?
You'll be more active and spend more quality time with your friends. That's a win-win.

3.

Lay off the sugary drinks
Instead, drink water, 100% juice, or milk.

What's in it for me?
Sugary drinks, especially soda, give your body 0 nutrients and lots of extra calories

4.

Load up on fruits & veggies
The goal is 5 or more servings a day. Give it a try!

What's in it for me?
Your skin will look better, it will be easier to stay at a healthy weight, and you'll have tons of energy!

5.

Get some zzzzz's
Teens need about 8½-9 hours per night.

What's in it for me?
You'll stay awake in class and get better grades. True story.