

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.



Resources

A Crisis Helpline
800-273-TALK (8255)

Men's Health Resource Center
www.MensHealthResourceCenter.com

Teen Health (MedlinePlus)
www.nlm.nih.gov/medlineplus/teenhealth.html

Teen Health (Nemours)
kidshealth.org/teen

Sex, etc. (Rutgers)
sexetc.org

BAM! Body and Mind (CDC)
www.cdc.gov/bam
www.cdc.gov/bam/body

Take Charge of Your Health
www.menshealthnetwork.org/library/TakeCharge.pdf

Advocates for Youth
www.advocatesforyouth.org

Go Ask Alice
goaskalice.columbia.edu

Center for Young Men's Health
www.youngmenshealthsite.org

Girls Health
www.girlshealth.gov

College Stress
www.ulifeline.org

HealthyWomen
www.healthywomen.org



For more information please contact:

Men's Health Network

P.O. Box 75972
Washington, DC 20013
202-543-MHN-1
info@menshealthnetwork.org
www.menshealthnetwork.org

Follow us on Twitter
twitter.com/menshlthnetwork

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MHN Men's Health Network™
www.menshealthnetwork.org

Do You Want To:

Have More Energy

Run Faster

Look Better

Get Better Grades

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.



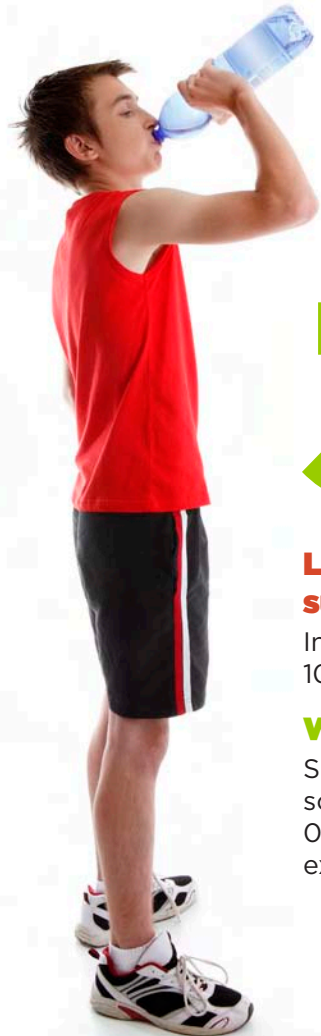
2.

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.

