

# KEEP THE BAD STUFF OUT.

Simply put, using drugs is never a part of any kind of healthy living. Unless prescribed by a doctor, drugs can seriously harm you, or even kill you. As you get older, you may be tempted to drink, smoke, or try other illegal drugs by people who tell you it's fun. They may say it's safe. They're 100% wrong. Even if nothing bad happens right away, eventually, drugs will make you sick, get you arrested, or worse.

In the end, healthy living is all about making good choices. Everyone knows what to choose, but making those choices isn't always easy. But doing so will reward you with a longer, happier, healthier life.

## Get active, and get some sleep!

Once you have those nutrients in your body, put them to good use! Get as much exercise as you can. Ride your bike. Take a walk. Play sports. Do anything to keep moving. Jot down your favorite forms of exercise:

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You may be worn out when it's over, but exercise actually gives you more energy in the long run. And it's just as important to get the right amount of sleep too. Staying up is fun, but it's when we sleep that our body restores itself.

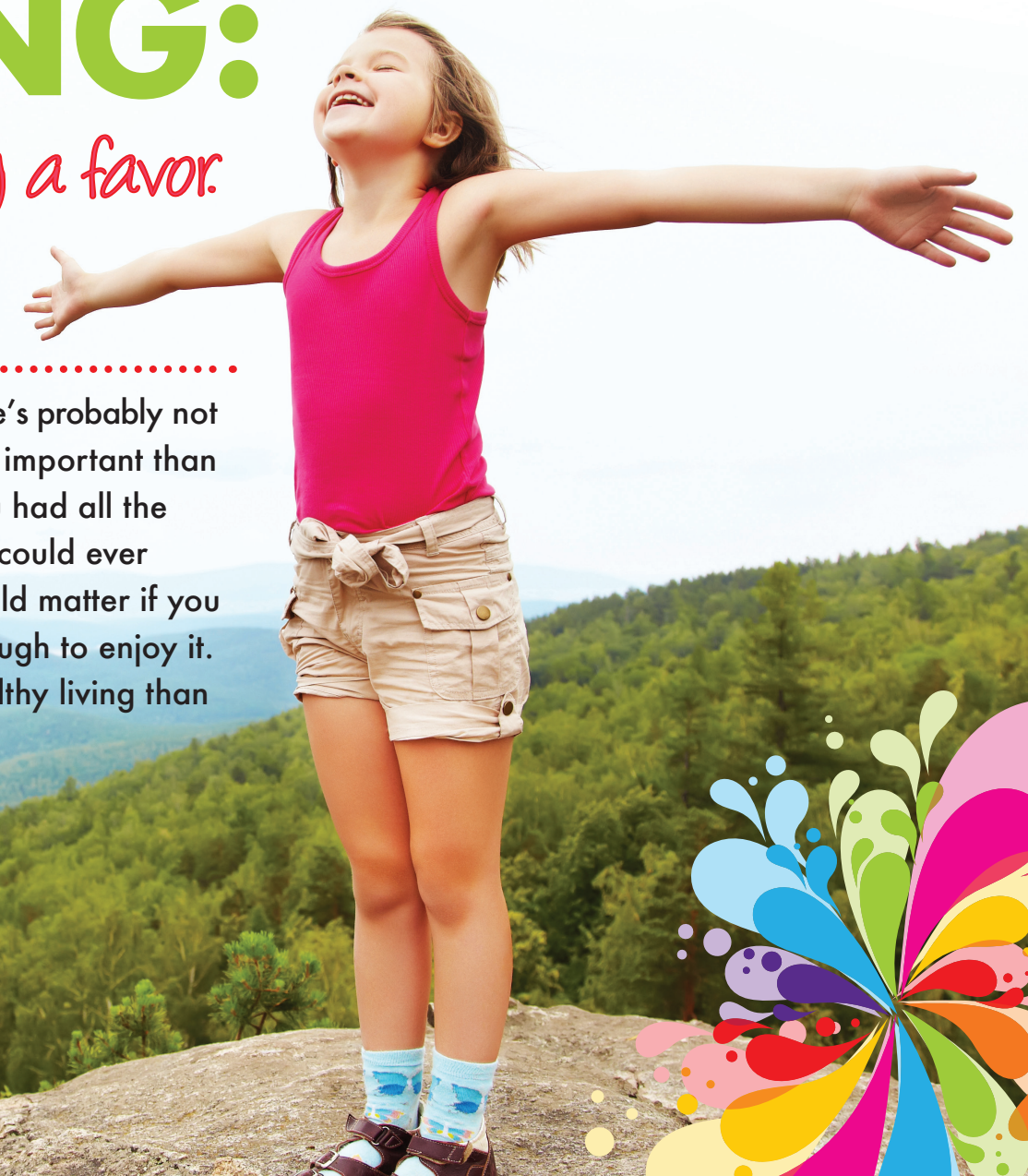


corelife  
BUILD YOURSELF STRONG

# HEALTHY LIVING:

*Do your body a favor.*

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If you think about it, there's probably not a whole lot that's more important than your health. Even if you had all the money and "stuff" you could ever imagine, none of it would matter if you weren't healthy enough to enjoy it. But there's more to healthy living than you might think...





FEEL BETTER INSIDE AND OUT.

Healthy living will give you energy, make you feel better, and actually help you live longer. But it requires a total commitment, not just today, but every day from here on out. And don't worry, it's not that difficult. In fact, most of what goes into healthy living is really a lot of fun!



You really are what you eat.

Good health starts with the food we put into our bodies. You can't go wrong with fresh fruits and vegetables, beans, nuts, fish, chicken, and more delicious foods.



It's important to have a balanced diet and to make sure you're getting all the right nutrients from the different food groups. Processed foods that come in a box, sugary sodas and cereals, and most snack foods can really slow you down. While they may be tasty, they aren't giving your body what it needs. Does that mean you can never have those foods? Of course not! Ice cream or french fries are just fine every once in a while, but seriously limiting those kinds of foods will make you feel much better.

List five things you eat that are healthy and five that are not so good for you:

GOOD .....

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BAD .....

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Make it a point to eat more foods from your good list and less from your bad list. Talk with your parents about coming up with good-for-you meals and snacks.

