

# KEEPING A HEALTHY LIFESTYLE

## 1 BUILD STRONG BONES

Get the calcium and vitamin D that your growing bones need! Choose fat-free or low-fat dairy milk, soy, and yogurt. You can get Vitamin D from sunshine, too!



## 2 EAT A VARIETY OF FOODS

Make choices from all food groups; fruits, vegetables, grains, protein foods, and dairy/fortified soy alternatives every day. Each group provides you with different nutrients and you need all of them.

Healthy eating is important at every age. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium.

## 3 KEEP WATER HANDY

Water is a better option than most drink choices. Keep a reusable water bottle in your bag and skip the sugary sodas, fruit drinks, and energy/sports drinks.



## 4 STRIVE FOR RESTFUL SLEEP

You need between 9 hours and 10 hours of sleep every day. Teens need more sleep because they are in a time of very fast physical, intellectual and emotional growth.



## 5 BE ACTIVE

All 60 minutes of daily activity do not need to take place at one time! Squeeze in some physical activity between homework, going out, and other activities.



There are many benefits to physical activity:

- Builds healthy bones and muscles.
- Reduces risk of developing obesity, diabetes, and heart disease.
- Reduces symptoms of anxiety and depression.

## 6 CHECK YOUR BMI

To estimate your BMI, find your height in the left-hand column. Follow that row across to find your body weight.

BMI charts should be used only as a guide to indicate when to make small lifestyle changes and when to seek further guidance from a healthcare provider

	HEALTHY	CAUTION	RISK
<b>BMI</b>	19-24	25-29	30
<b>HEIGHT</b>	<b>WEIGHT</b>		
5'1"	100-127	132-153	158+
5'3"	107-135	141-163	169+
5'5"	114-144	150-174	180+
5'7"	121-153	159-185	191+
5'9"	128-162	169-196	203+
5'11"	136-172	179-208	215+
6'1"	144-182	189-219	227+
6'3"	152-192	200-232	240+

Note: BMI is not a good measure for competitive athletes and bodybuilders, pregnant or lactating women, growing children, or frail, older people.

