



# LIFESTYLE CHANGES TO FEEL YOUR BEST

Are you ready to have more energy, focus and feel better all around?

Start incorporating these habits into your daily routine and you'll notice a big difference.



1.

## Water

Did you know that your body is made up of almost 70% water? For your body to function at its best, it's important to stay hydrated. Chronic dehydration leads to fatigue, a bad mood, fainting, headaches, muscle aches and constipation.

### TIPS TO DRINKING MORE WATER:

- Keep track of daily water intake with a reusable water bottle and refill it regularly
- Choose a clear water bottle with a straw attached — it's a visual reminder to drink
- Make it fun — make your own spa water by adding fruit(s) to the water bottle. This makes water flavorful and enjoyable to drink

2.

## Nutrition

Feeling a bit cranky? Ever heard of "hangry"? Maybe it's because you skipped lunch. Eating regular nutritious meals and snacks is vital for your overall health. Think of food as needed fuel for your brain and body.

### TIPS TO EAT WELL:

- Pack your lunch and snacks, make it fun and colorful. Know your food groups!
- Go shopping with your family so you can pick what you like to eat
- Limit soda and juice

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3.

## Sleep

Having the same bedtime routine every evening helps train the brain to relax and sleep. Getting enough sleep (around 9-10 hours) is important for your physical, emotional and mental health.

Having some difficulty falling asleep? Try some of these activities to help you fall asleep and wake up feeling rested.

### TIPS TO SLEEP WELL:

- Take a warm shower or bath at bedtime
- Limit screen time (phones, iPads, TV) two hours before bedtime
- Read a book or listen to calming music
- Draw, color or knit
- Try guided meditation

4.

## Exercise

Ever notice how much better you feel after you exercise or do some physical activity? Regular physical activity is healthy and important. It also helps improve your:

- Energy levels
- Quality and amount of sleep
- Mental and emotional health
- Heart health
- Helps with weight management

### TIPS TO START EXERCISING:

- Go on a daily walk after school for 30 minutes with a friend or pet
- Try an exercise video on YouTube
- Join a local gym and make it fun by going with your family or friends
- Go on a hike, swim or play outdoors

5.

## Screen time

Did you know that too much screen time is bad for you? It can negatively impact your health because you're probably not getting enough exercise, not doing your homework, or being present with your friends and family. Too much screen time can also contribute to changes in your weight, attention and learning difficulties, and contribute to sleep problems.

### TIPS ON SCREEN TIME USE:

- Have an agreement with your family on how much screen time you are allowed
- Screen time should not replace time needed for sleeping, eating, being active, studying and interacting with family and friends.

6.

## Mindfulness

Being mindful is the opposite of rushing or multitasking. When you're mindful, you learn to take your time, slow down and be in the present moment. Research has shown that a regular mindfulness practice helps improve your mental and emotional health.

### TIPS TO PRACTICE MINDFULNESS:

Download and app like:



Headspace  
[headspace.com](https://www.headspace.com)



Insight Timer  
[insighttimer.com](https://www.insighttimer.com)



Calm  
[calm.com](https://www.calm.com)



Mindfulness for Teens  
[mindfulnessforteens.com](https://www.mindfulnessforteens.com)

