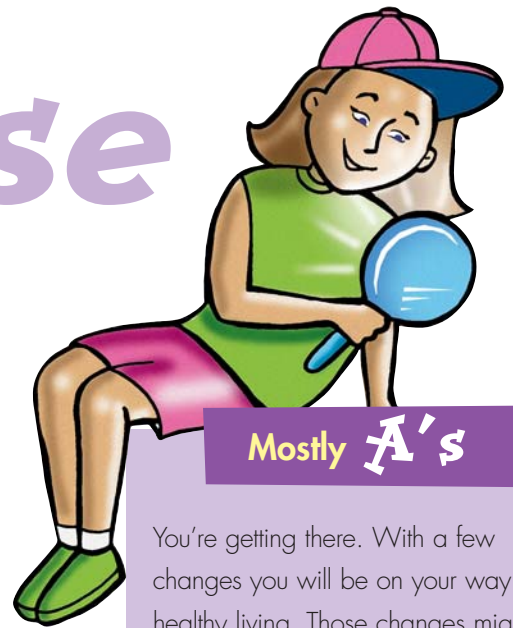


# Body-wise

**One day you may notice** that you are getting taller or that hair is growing in places it's never grown before. As your body changes, it's important to begin building healthy habits. If you never thought about what you eat, how active you are or how much sleep you get each night, it's time to start! "Why?" you ask. Because the healthy and unhealthy habits you form while you're young can stick with you in the future. Read on to find out how to turn those not-so-healthy habits into healthy ones.



Mostly **A's**

You're getting there. With a few changes you will be on your way to healthy living. Those changes might mean getting 8 to 10 hours of sleep each night, cutting back on the candy and chips and trying to drink more milk, water or juice instead of soda.



## Healthy Habits

How well do you take care of your body?  
Take this quiz to find out.

I sleep \_\_\_\_\_ each night.

**A.** more than 10 hours **B.** 8 to 10 hours **C.** less than 8 hours

I eat breakfast \_\_\_\_\_.

**A.** sometimes **B.** every day **C.** almost never

I play outside \_\_\_\_\_.

**A.** sometimes **B.** every day **C.** almost never

I snack on chips and candy \_\_\_\_\_.

**A.** sometimes **B.** almost never **C.** every day

I drink more than one soda a day \_\_\_\_\_.

**A.** sometimes **B.** almost never **C.** every day

I watch TV for more than 2 hours each day \_\_\_\_\_.

**A.** sometimes **B.** almost never **C.** every day

I play computer games for more than an hour each day \_\_\_\_\_.

**A.** sometimes **B.** almost never **C.** every day

I drink milk or eat foods with calcium (like orange juice with added calcium, almonds, cheese, yogurt) \_\_\_\_\_.

**A.** sometimes **B.** every day **C.** almost never

Mostly **B's**

You're there—living healthy. The healthy decisions you've made today will help keep you in tip-top shape for tomorrow. Spread the "healthy habit" to your friends.

Mostly **C's**

It's time to get moving. Don't let that sugar rush from candy, chips and soda fool you—it leads to a "sugar crash" leaving you feeling sluggish. Even worse than that is how you feel when you've combined these foods with an afternoon in front of the TV—YUCK! Take time away from the TV and computer to enjoy a daily walk or go play with your friends. Cut back on the sweets and soda to avoid the sugar crash. Make healthy decisions today for a healthier and more energetic tomorrow.