



10 TIPS FOR A HEALTHY LIFESTYLE



OBESITY IS A GLOBAL CHALLENGE

Over 340 million children around the world are overweight or obese.

With dramatic increases over the last few decades, the CDC has recorded that 1 in 5 children suffer from obesity today - a number that only continues to grow.

**Obesity can cause heart disease, stroke, diabetes, musculoskeletal disorders, psychological effects, poor grades, low self-esteem, depression, death, and more.*

THE IMPLICATIONS OF OBESITY

Nutritional issues like unhealthy eating and overeating have tripled children obesity and related health issues over the last three decades.

81% of children do not meet the recommended amount of physical activity.

Children with obesity suffer greater mental health issues from obesity stigmas that make them 63% more likely to be bullied, suffering from depression, low self-esteem, feelings of shame, and poor body image.

**HEALTHY IS NOT A GOAL,
IT IS A WAY OF LIVING!
A HEALTHY OUTSIDE,
STARTS FROM THE INSIDE,
SO TAKE CARE OF YOUR
BODY - IT IS THE ONLY
PLACE YOU HAVE TO LIVE.**



EAT POWER FOODS

Great health starts from within. Our bodies don't work without nutrient-rich foods. Fill your plate with the three power foods to get a well-rounded diet!

Carbohydrates: Spinach, Tomatoes, Apples, Yams, Quinoa, Oats, Pasta, etc.

Proteins: Poultry, Fish, Eggs, Beans, Peas, Yogurt, Milk, Cottage Cheese, etc.

Fats: Nuts, Avocados, Extra Virgin Olive Oil, Fish Oil, Flax Seeds, etc.

POWER FOODS

CARBOHYDRATES

Sugars, starches and fibers found in fruits, grains and vegetables.
You fuel your muscles primarily with carbohydrates.



Spinach, Tomatoes, Cruciferous Vegetables, Berries, Oranges, Apples, Beans, Quinoa, Oats, Grains, Yams, Sweet Potatoes, Long Grain Rice, Whole Grain Breads, and Pastas

POWER FOODS

PROTEIN

Protein is directly responsible for building lean muscle and is essential for muscle growth and recovery.



Meats, Poultry, Fish, Eggs, Beans, Peas (Legumes), Yogurt, Cottage Cheese, Milk, and Protein Supplements with Whey or Plant Protein Sources

POWER FOODS

FATS

Fat is necessary for making hormones and keeping fat-burning enzymes working. Fat keeps your hair and skin healthy, absorbs vitamins and regulates body temperature.



Raw Mixed Nuts, Avocados, Extra Virgin Olive Oil, Fish Oil, Algae Oil, Flax Seeds, and Coconut Oil



FOOD IS FUEL

But not all food is created equal.
Guess which side fuels your body for success.







STAY HYDRATED

In addition to fueling your body with the right foods, you've got to fuel it with the right drinks! Hydrating yourself with ample water is key for good health.

You should drink about half of your body weight in ounces of water each day. Be sure to drink a glass before meals and before and after training.

Make sure to stay away from high-caloric and sugary drinks!

THE WATER EQUATION



100 lbs. – 6 glasses

125 lbs. – 7 glasses

150 lbs. – 8 glasses

175 lbs. – 9 glasses

200 lbs. – 10 glasses

Most glasses are 16-20 ounces



PORTION CONTROL

Not only do you have to fuel your body with the right foods and drinks, but the right amounts too! Use your hand as a guide to get the right portions for you.





PALM
of Protein



FIST
of Vegetables



THUMB
of Fat



CUPPED HAND
of Carbohydrates



UPGRADE HEALTHY HABITS

Once you have a properly fueled body, it's time to get moving! Staying active isn't always easy, but starting small by upgrading your normal day-to-day habits into healthy habits can help.

From indoors to outdoors, try these healthy habits: Using the stairs, going for walks, stretching during screen time, joining a team, playing with friends, etc.



ENGAGE IN PHYSICAL ACTIVITY

In addition to upgrading your habits, try engaging in other physical activities. Getting you and your friends active through clubs, extracurriculars and more, not only spreads the health, but keeps you accountable and having fun!

Remember - physical activity should always be about what's best for you and your health. Stay away from comparisons and take time to enjoy the journey.



TAKE TIME TO RECOVER

Physical activity is just one part of health and fitness. Recovery is another part, and it's essential for maintaining your physical health. Remember to recover by:

Getting the recommended 7-9 hours of sleep each day, fueling your body with healthy portions and nutrient-rich foods, and using supplements, when necessary, to fill any nutritional gaps you may have.



ENCOURAGE YOURSELF

The key to true health is believing in yourself and encouraging yourself. An easy way to remind yourself of this is through positive affirmations.

Finding quotes or phrases that inspire you and posting them somewhere where you are able to read them is a great way to remind yourself that you are capable, worthy and enough.



CHANGE YOUR PERSPECTIVE

Whether you think you can or can't do something - you are right, and there's no exception when it comes to your health and fitness.

Perspective is all about changing things from "I can't" to "I can" or "I won't" to "I will." Next time you have a negative thought, try thinking about it in a positive light. Perspective is a powerful tool for a positive mind!



CONNECT POSITIVELY

You're only as healthy and as positive as the people you surround yourself with, so embrace your mental health by connecting positively.

Hanging out with friends and family who exchange encouraging thoughts, enrolling in programs that encourage positive experiences or following positive role models on social media are all great ways to connect positively.

LIVE YOUR
Life

**THANK
YOU**