

It's Time to Take Charge of Your Health and Wellness

Aim for 9–11 hours of sleep each night

ZzZZ



Interact positively on social media

Eat healthy, nutrient-rich foods



Get 60 minutes of physical activity daily

Lead a balanced life



Practice good hygiene



Master strategies for saying "NO"



Middle School Health

Source for all information:
Essential Health Skills for Middle School
Comprehensive Health Skills for Middle School

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Experts in Today's Health and Wellness

www.g-w.com/health-pe