Helpful Tips for a Healthy YOU!

Refresh Yourself Daily with 8–10 Hours of Sleep

Sleep helps your body heal, rest, and rejuvenate!

Be Physically Present with Friends

- Lose the phone
- Have a conversation

Learn to Say N

- Say how you feel
- It's ok to say, "No, I don't want to." You don't have to give a reason
- Suggest something else to do
- Be prepared to walk away

Did You Know That Peer Pressure Can Be *Positive*?

Positive peer pressure encourages good behavior and is respectful. Use it to promote physical activity; encourage your friends to avoid vaping, work hard, and be kind.

Move It!

Here's what 60 minutes of physical activity each day can do:

- Help you reach and maintain a healthy weight
- Strengthen your bones and muscles
- Improve your quality of sleep
- Improve your mood
- Improve grades and concentration

Be an Upstander! Help someone who is being bullied

- Interrupt the situation by providing a distraction or helping the person being bullied escape the situation
- Tell the person who is bullying to stop
- Recruit allies by getting support from people around you
- Support the person being bullied and assist the person in getting help

Source for all information:

Essential Health Skills for Middle School

Comprehensive Health Skills for Middle School

Be Positive

Be grateful, seize opportunities for new experiences, and laugh. YOU are in charge of your own destiny!

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Let's work together to encourage healthy living
www.g-w.com/health-pe