FIT Reminders

Chocolate or exercise? Sleep or TV?

All day you’re faced with choices to help you keep your mind and body fit. Here’s some help to keep you healthy.

Print out these handy-dandy reminders. Cut them out and post them around to help you remember to make healthy choices throughout your day.

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**FOOD**

**Remember:**

Making healthy FOOD choices can give you energy and help you stay at a healthy weight. Don’t let stress or being tired make you pick unhealthy choices.

Put these reminders in places where you reach for snacks throughout your day: places like your fridge, cupboard, or pantry.

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**Hungry or are you just tired?**

**Hungry:** Have fruit or low-fat cheese.

**Tired:** It can make you feel hungry. Head to bed early tonight.

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**Snack attack or just bored?**

**Bored:** Move instead! Go for a walk or shoot hoops.

**Hungry:** Go for a whole-grain snack with protein — like a slice of whole wheat bread and slice of low-fat cheese.
Is it hunger calling or stress?

**Stressed:** Take some deep breaths and count to 10.

**Hungry:** Crunch on some veggies and hummus for filling fiber and protein.
Remember:
Choosing to MOVE is great for your body, and it can help you feel better and get more energy and focus.

Your goal:
MOVE for 60 minutes a day. But fear not – you can MOVE in small spurts throughout your day. Stretch in the morning and walk or shoot hoops after school. It all adds up.

Put these reminders in places where you sit during your day: places like your computer, TV, or desk.

Brain-break time!
Take 10 and go for a walk around the block when you need a break.

Don’t just sit there!
March in place before you turn on the TV and during commercials.
Add some move to your day.

Walk or run for at least 15 minutes today.
Remember:
Your MOOD can affect the choices you make. Don’t let stress or being upset make you pick unhealthy choices.

Put these reminders in places to motivate yourself to eat healthy foods and move. Make healthy choices throughout your day.

**Want something to do?**

Move before you play video games. Do 30 jumping jacks.

**Feel a bit stressed?**

Don’t reach for food to feel better. Food can’t fix feelings.

Shake out the nervous jitters and dance to your favorite tunes.
All stressed out?

Put on your headphones and dance! Music and moving bust stress!
RECHARGE

Remember:
Being tired can make it harder to make healthy choices. Rest your body and mind (brain) so you can make healthy food choices. Getting enough sleep and making healthy food choices will give you enough energy to move. Moving feels great and your body will thank you!

Put these reminders in places to remind you to RECHARGE: places like your bathroom mirror, above your bed, or your nightstand.

Get bed-ready.
Turn off that tablet and phone an hour before bed. Read a book and sleep better.

Silence the phone.
Get your zzz’s to have energy to make the right choices tomorrow.
Relax for better sleep.

Stretch it out to relax. Look to the right, then left. Look down. Repeat.
American Psychological Association: "The Exercise Effect."

BBC News: "The science of happiness."

Harvard Health Publications, Harvard Medical School: "Get your heart pumping in the fight against forgetfulness."

KidsHealth: "Emotional Eating."

National Sleep Foundation: "2011 Poll, Technology and Sleep."

Network for a Healthy California: "Wake Up, Warm Up, Power Up!"

Psychology Today: "Better Sleep Found by Exercising on a Regular Basis," "Do You Eat Out of Boredom?" "Teens & Sleep: How (And Why) to Help Your Teen Get Some Rest."

San Luis Valley Health: "9 Exercises While You Watch TV."


Scientific American: "Smile! It Could Make You Happier."

TeensHealth: "How Much Sleep Do I Really Need?"

University of Southern California: "100 Snack Ideas."