

TRANSITION QUICK GUIDE:

MAKING HEALTHY CHOICES



Healthy Choices

As you get older, you're able to start making your own decisions about a lot of things that matter most to you. You may choose your own clothes, music, and friends. You may also be ready to make decisions about your body and health.

What do I need to know?

- ⇒ Healthy eating involves taking control of how much and what types of food and beverages you eat and drink.
- ⇒ Try to replace foods high in sugar, salt, and unhealthy fats with fruits, vegetables, whole grains, low-fat protein foods, and low-fat dairy foods.
- ⇒ Physical activity should be part of your daily life, whether you play sports, take physical education in school, do chores, or get around by biking or walking.
- ⇒ Regular physical activity can help you manage your weight, have stronger muscles and bones, and be more flexible.
- ⇒ Like healthy eating and exercise, getting enough sleep is important for staying healthy.
- ⇒ If you're between 13 and 18 years old, you should get 8 to 10 hours of sleep each night.