

STAY FIT HEALTHY TIPS

Choose Healthy Foods and Drinks

Replace foods high in sugar, salt, and unhealthy fats with fruits, vegetables, whole grains, low-fat protein foods, and fat-free or low-fat dairy foods.

Don't skip meals

Skipping meals might seem like an easy way to lose weight, but it actually may lead to weight gain if you eat more later to make up for it.

Get Moving

Physical activity should be part of your daily life, whether you play sports, take physical education 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.

Get Enough Sleep

You need enough sleep to do well in school, work and drive safely, and fight off infection. Not getting enough sleep may make you moody and irritable. While more research is needed, some studies have shown that not getting enough sleep may also contribute to weight gain.

You should get 7 to 8 hours of sleep each night.