Tips for Healthy Habits for Teens

Eating Right

Aim for a breakfast that includes three of the five main food groups. Try eggs + whole grain toast + milk. Or how about peanut butter + apple + cereal? Orange juice + lunchmeat + cheese?

Choose whole grain bread for your toast in the morning. A bowl of warm oatmeal is another good whole grain option.

Switch to 1% or skim milk. Buy low-fat, low-sugar yogurt (light yogurt) and cheese. If your body can’t handle dairy, try fortified soymilk.

If you like cold cereals, stick to brands that have little or no added sugar, have at least 3 grams of fiber per service, and have a whole grain first on the list of ingredients. Top off your cereal with fruits.

If you’re in a hurry to get to school or work, take breakfast with you. Fresh fruit, light yogurt, a whole grain bagel, a hard-boiled egg, and a piece of leftover pizza – these all fit in a backpack, purse, or cargo-pant pocket.

Limit Screen Time

Take the TV, computer, and game consoles out of all bedrooms.

Make it a family rule that minutes of TV watching must equal minutes of physical activity. Want to watch that sitcom? First, go for a 30-minute walk. Looking forward to that weekly drama? Play outside for an hour, then kick back on that couch.

TV can be habit-forming. To keep from overdoing it, make a few house rules. Say “Don’t watch TV on weekdays,” or “No more than an hour each night – after homework.” Set whatever limits work for you. The important thing is to have some limits, and stick to them.

One way to help limit your screen time is to use a timer. When the timer goes off, your screen time is up, no exceptions!

Decide in advance what programs you want to watch during the week. Turn the TV on ONLY when the show is on, and turn it off when the show is over.

Exercise

Try to make 20-30 minutes of your daily activity vigorous and aerobic. Get your heart beating faster, and work up a sweat.

Add strength training two to three times a week.

Use your own body weight – do push-ups, pull-ups, sit-ups, and knee bends.

Sign up for personal training or work with a coach to learn good technique.

Try light weights (or even soup cans) and do lots of repetitions. Teens and kids shouldn’t use heavy weights unless a coach or other trained professional can help lift them safely.

You don’t need to be a sports star. Pick up a game with friends and family.

Check out options at your local parks and recreation center or at a health club or school.

**Directions:**

1. Save the file as **LastName\_Healthy Habits for Teens** to your Word folder on Cobra.
2. From the Page Layout tab, Page Setup group, do the following:
   1. Change the Page Orientation to Landscape
   2. Adjust the margins to narrow
   3. Select all text, except the title (and directions), and split the text into three columns
   4. Place the cursor to the left of **Limit Screen Time** and insert a Column Break
   5. Place the cursor to the left of **Exercise** and insert a Column Break
3. Make the following formatting changes:
   1. Select the title
      1. Apply the Title Style
      2. Center align the title and change the font size to 28
      3. Make it BOLD and UPPERCASE
   2. Select all of the text in each column, except for the titles, and justify it
   3. Change the column headings (Eating Right, Limit Screen Time, and Exercise) to the following:
      1. Apply the Heading 1 Style
      2. Make them BOLD and UPPERCASE
      3. Change the Spacing BEFORE to 6 pts for each
4. Insert the following images and make the following changes:
   1. At the bottom of the left column, insert a photo related to healthy eating.
      1. Change the text wrap to tight.
      2. Apply a picture style to the image (your choice – just make sure it doesn’t interfere with your column breaks)
      3. Resize so it fits in the column nicely (make sure it doesn’t move your second column)
   2. At the bottom of the middle column, insert a photo related to screen time.
      1. Use the Position option and select “Position in Bottom Center with Square Text Wrapping”
      2. Apply a picture style to the image (your choice – just make sure it doesn’t interfere with your column breaks)
      3. Resize so it fits in the column nicely (make sure it doesn’t move your second column) – Re-position in Bottom Center if needed after you re-size.
   3. At the bottom of the right column, insert a photo related to exercise.
      1. Change the text wrap to tight.
      2. Apply a picture style to the image (your choice – just make sure it doesn’t interfere with your column breaks)
      3. Resize so it fits in the column nicely (make sure it doesn’t move your second column)
5. Insert a 3 column Header with your name on the left, delete the middle place holder, and then include the file name on the right.
6. Insert a footer with today’s date on the left.
7. Apply a page border of your choice.
8. Proof and make sure it fits on one page.
9. Delete these directions.
10. Save again.
11. Copy completed file to your “to be graded” folder on Cobra.