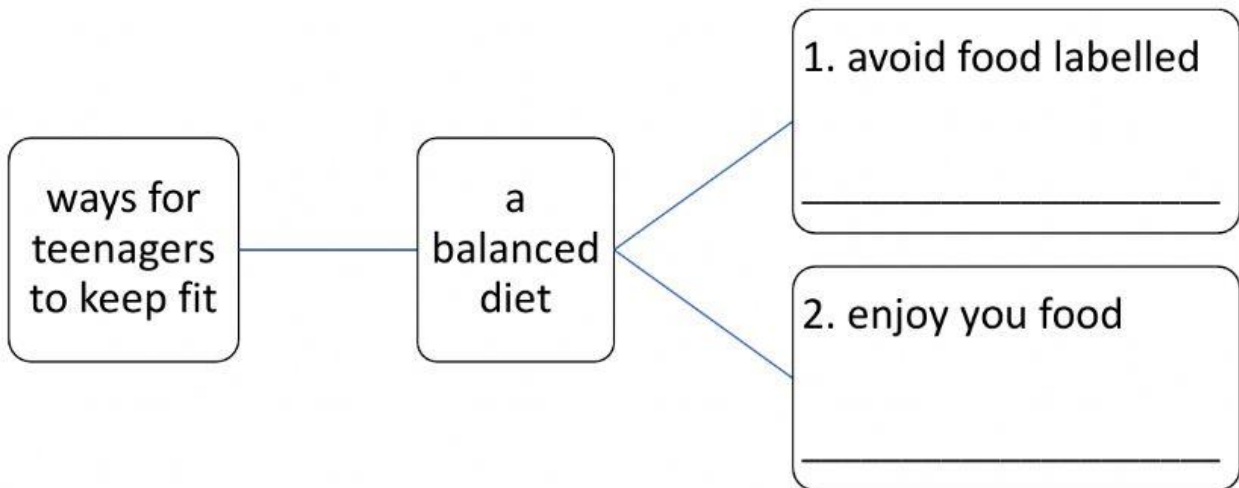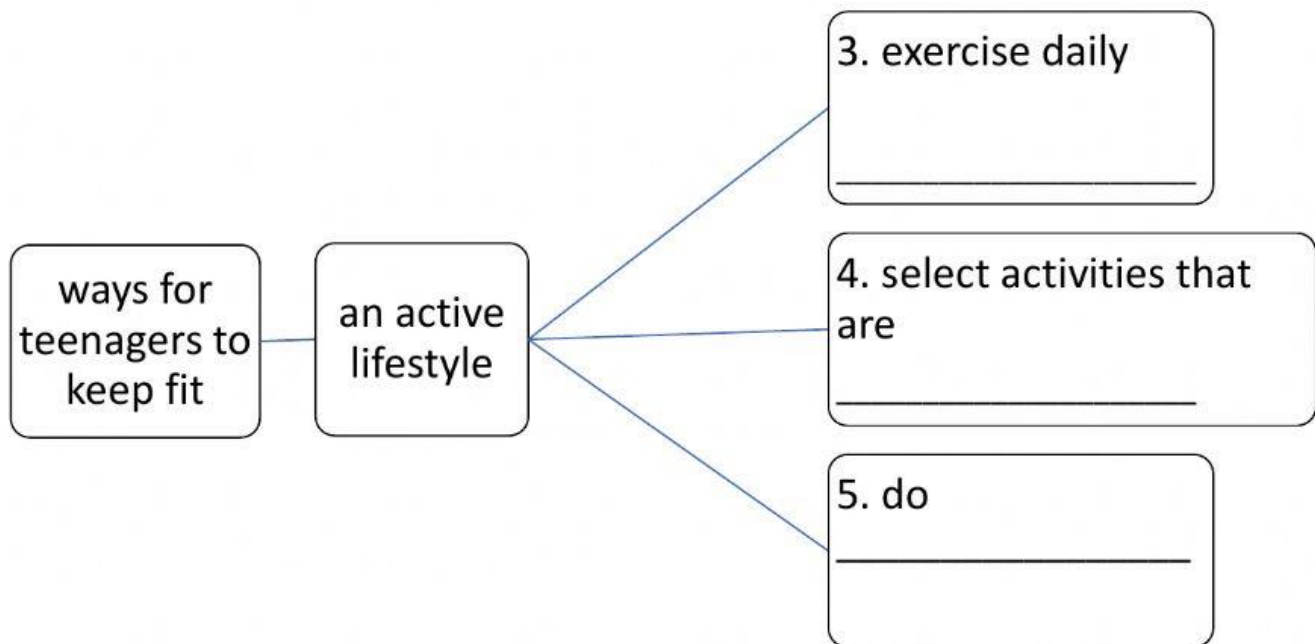## A balanced diet

Stay away from food labelled 'low-fat' or 'diet' because these tend to be highly processed and low in nutrients. Instead, try eating mostly whole food like fruits, vegetables, nuts, fish and whole grains. Healthy food keeps your body and mind nourished. Enjoy and appreciate your food by sitting down at the table, instead of eating meals while texting your friends, browsing online or watching television.

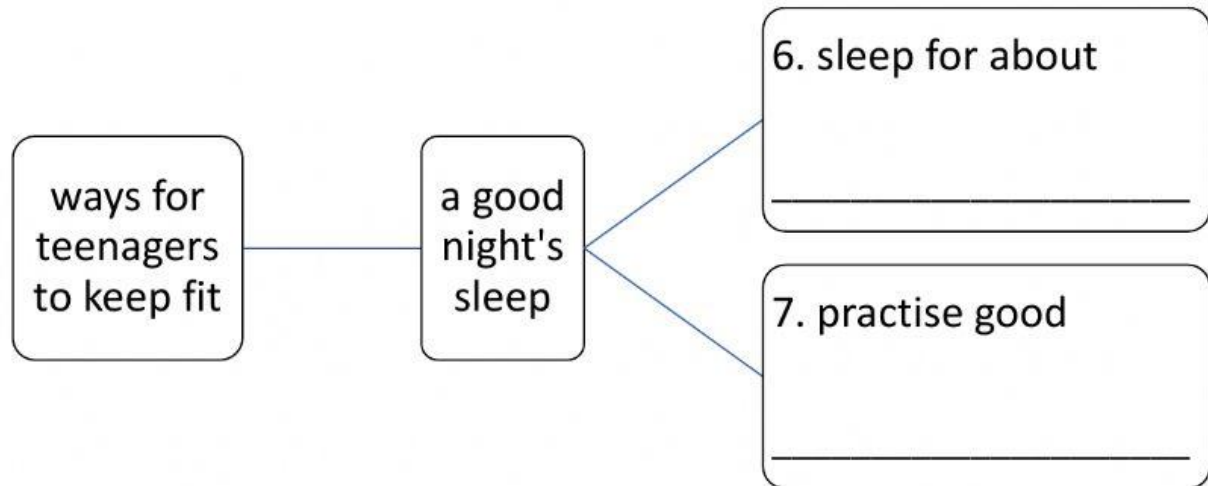| ways for teenagers to keep fit | a balanced diet | 1. avoid food labelled _____ |
| | | 2. enjoy you food _____ |

An active lifestyle

You should perform about an hour of moderate to vigorous exercise every day. Choose physical activities that you find enjoyable and it will be easier to integrate fitness into your daily routine. Doing short workouts throughout the day are equally effective for your health.

```
ways for          an active         3. exercise daily
teenagers to ───  lifestyle    ───  _____
keep fit

                                    4. select activities that
                                    are
                                    _____

                                    5. do
                                    _____
```

A good night's sleep

Getting enough sleep is crucial for your health. It has been reported that sleep deprivation can lead to obesity. Teenagers are advised to get around nine hours of sleep per night. Adopt good sleeping habits such as going to bed at the same time every night or trying not to watch television just before sleeping.

ways for teenagers to keep fit	→	a good night's sleep	→	6. sleep for about _____
			→	7. practise good _____

A healthy mind

From time to time, everyone experiences moments of negative self-talk – saying things like "I'll never be able to jog for 20 minutes." Remember that these thoughts are normal and be gentle with yourself. Find a reliable person to talk to – like a school counsellor or an adult you trust of your negative thoughts are interfering with your ability to adopt healthy habits.

ways for teenagers to keep fit — a healthy mind — 8. talk to _____