



WORK HARD, EAT RIGHT

WORK HARD

It is important to find ways to be active and exercise every day. This can be done in many ways, like playing outside, running around during gym class, or going on a walk with your friends.

When you exercise, your muscles become strong and your mood can improve. You may also get hungry since exercise uses a lot of energy.

EAT RIGHT

After exercising, have a snack that gives you energy and is full of the nutrients your body needs. Here are some snacks that are not only good for you, but also taste great:

- Trail mix
- Yogurt and fruit
- Cheese and whole-wheat crackers
- Cereal with skim milk
- Vegetables and hummus
- Peanut butter sandwich
- String cheese and nuts
- Whole-grain bagels with peanut butter
- Popcorn or pretzels

