

YOU ONLY HAVE ONE BODY & ONE MIND - YOU NEED TO TAKE CARE OF THEM!

HEALTHY BODY, HEALTHY MIND

? DID YOU KNOW THAT AFTER INFANCY, THE MOST CRITICAL TIME OF BRAIN DEVELOPMENT IS FROM AGES 12-24? YOUR BRAIN WILL DEVELOP MORE THAN IT EVER WILL AGAIN.

That's why taking care of your body is important – it's also taking care of your growing brain. It is important to know that there is more than one way to eat healthy and the choices that are right for one person may be different for another. The choices that you make about nutrition and hydration often reflect the foods you prefer and maybe your culture, traditions, budget and more. Being Barrington Committed means that you are thinking of ways that you can be the best version of yourself and try to create healthy sleep, nutrition, exercise and hydration habits!

Nutrition

What you put into your body is what you will get out of it!

The food that you eat can significantly impact how you feel and your performance at school, on the field, and in life. The goal is to maintain a healthy balance of all the food groups throughout the day. Remember, eating large amounts of sugar can spike your blood sugar which leads to decreased performance! We need to eat healthy food in order to get the most energy that we can.

Healthy snacks include:

FRUIT
VEGGIES
HARD BOILED EGGS

NUTS
PEANUT BUTTER
RAISINS

DRIED FRUIT
YOGURT
HUMMUS

STRING CHEESE
BANANAS
EDAMAME



EAT A RAINBOW



If you're worried about something, talk to someone!

Exercise

Get outside everyday. It's good for your body and your mind.

Get moving! Aim for 60 minutes of exercise each day. Regular exercise will help you develop stronger muscles and bones, better skin and help you to maintain a stable weight. It's good for your mental health and mood too!

Make it FUN! Do things you like whether it's dancing, riding your bike, playing basketball or soccer, running with friends – just get moving!

To stay active and healthy, limit your screen time. One of the biggest culprits behind inactivity is electronic devices - TV, computers, phones, and other devices. Try to limit your screen time to less than two hours a day



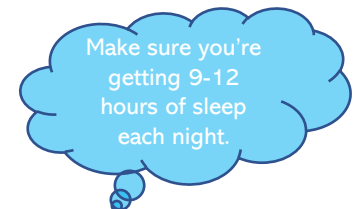
Hydration

Drinking water throughout the day can help boost your energy, increase your performance, and help you think more clearly!

Sports drinks have A LOT of sugar. It's important to limit drinking sports drinks like Gatorade or Powerade, sugary drinks and soda. If you do drink sports drinks, it helps to mix 50% water and 50% sports drink. The water will keep your hydration level up and the sport drink will keep your blood sugar level up which helps to give you energy!

Staying hydrated and drinking water throughout the day has other benefits, too! When you are feeling tired, you may be dehydrated and just need some water.

Drinking lots of water also helps your muscles to recover after exercise and prevent muscle soreness.



Make sure you're getting 9-12 hours of sleep each night.



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