

THE CAT CLAW

Wellness Newsletter

TIPS FOR TEENS:

- **Exercise regularly.** Teens should be physically active at least 60 minutes of every day.
- **Eat a healthy diet.** Healthy eating is an important part of your growth and development. Eat plenty of fruits and vegetables, whole grains, a variety of protein foods, and low-fat dairy products.
- **Maintain a healthy weight.** Children and teenagers with obesity are more likely to have obesity as an adult. They are also at higher risk for other chronic illnesses, depression, and bullying.
- **Get enough sleep.** Most teens need between 9 and 9 ½ hours of sleep every night. Many average only 7 hours. Sleep has a strong effect on your ability to concentrate and do well at school.

A person's overall health is about much more than the absence of disease. It's the state of physical, mental, and social well-being. Ultimately, it's the key to living a productive and satisfying life.



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Healthy Facts for Success:

- A healthy breakfast improves your ability to think clearly!
- Protein helps us to build and repair muscles!
- Milk is important for building strong bones!
- Washing hands often with soap helps to keep germs away!

IMPORTANT NOTE FOR CHILDREN OF ALL AGES

The lack of physical activity and the abundance of screen time are two of the biggest obstacles to children's health that we face. Sitting too much can be considered as dangerous of a risk factor for health as smoking, while excessive screen time is leading to a dramatic increase in nearsightedness. According to the Vision Impact Institute, [physical activity can improve whole child health and vision](#).