

**CHOOSING A HEALTHY LIFESTYLE****Model**

Do you know that teens who choose a healthy lifestyle reduce their risk of injury and illness and improve their wellness? Read Kenneth's story. What choices does he make? How do his choices affect his physical, mental/emotional, and social health?

*Kenneth feels like the busiest teen alive! He has baseball practice after school and on weekends, lots of homework, and a little sister to baby-sit. When he is tempted to stay up late, Kenneth remembers that he can't do his best when tired. He makes it a rule to be in bed by 10:00 p.m. Another challenge Kenneth faces is eating on the run. He often grabs anything that is handy as he rushes out the door. Kenneth and his mom have agreed to keep fruit, peanut butter, and other healthy foods on hand.*

*Kenneth is lucky to live close to his school. He makes the 15-minute walk every morning. The brisk walk gets his heart going and also gives Kenneth a chance to plan his day. Kenneth usually gets a ride home after practice with his friend Karl and Karl's older brother. He always buckles his safety belt when he gets into the car. The ride home gives Kenneth a chance to be with his friend and his brother. They talk about baseball, school, and becoming big league players.*



## Practice

Use your imagination and what you've learned about healthy choices to help plan Carmella's day. Read the unfinished story. Use your own paper to finish it. Complete each section with choices that contribute to Carmella's wellness.

### Carmella's Day

*It's Saturday morning. Carmella loves Saturdays. After her shower, Carmella goes downstairs for some breakfast. She chooses . . . .*

*After breakfast, her friend Marta calls. "I'm bored," says Marta. "Do you want to do something today?" "I'm free after 2:00," replies Carmella, "Why don't we . . . .*

*Carmella and her brother ride their bikes to the library before lunch. Before they leave for the library, Carmella and her little brother should . . . .*

## Apply/Assess

Choose three behaviors that contribute to your wellness, one from each side of the health triangle. You may already practice these behaviors or they may be behaviors you want to begin. For example, you may visit your grandmother each week or study after dinner every evening. Perhaps you want to begin an exercise program.

Create a flyer entitled, "The Terrific Three." Use art, borders and other methods to make the flyer attractive and noticeable. The purpose of the flyer is to remind you to practice these behaviors. Include a title for each behavior, a graphic or art to illustrate the behavior, and a short description telling how the behavior contributes to your wellness. Post your completed flyer on your locker, bedroom mirror, or another place you visit often.



## Practicing Healthful Behaviors

Healthy behaviors include

- taking care of your body.
- protecting yourself from injury and illness.
- liking yourself.
- expressing emotions in positive ways.
- getting along with others.
- giving and receiving support.

## Self-Check

- Does my flyer include three behaviors that help me achieve wellness?
- Did I include one behavior from each side of the health triangle?
- Did I explain how the behaviors contribute to my wellness?