



ON A SCALE FROM 1-5, HOW...?

Live A Longer Life.

How much do you agree with the following statements?

On a scale from 1-5; to live a longer life I need to...

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|--|---|---|---|---|---|
| 1. Do exercises every day. | 1 | 2 | 3 | 4 | 5 |
| 2. Stay away from fast food. | 1 | 2 | 3 | 4 | 5 |
| 3. Limit sugary drinks and processed foods. | 1 | 2 | 3 | 4 | 5 |
| 4. Sleep more than 7 hours a night. | 1 | 2 | 3 | 4 | 5 |
| 5. Become a vegetarian. | 1 | 2 | 3 | 4 | 5 |
| 6. Emigrate to New Zealand for its clean air. | 1 | 2 | 3 | 4 | 5 |
| 7. Do at least 30 minutes of moderate exercise per day. | 1 | 2 | 3 | 4 | 5 |
| 8. Keep my brain busy with crossword/Sudoku puzzles. | 1 | 2 | 3 | 4 | 5 |
| 9. The rule of five; eat 3 vegetables and 2 fruits every day. | 1 | 2 | 3 | 4 | 5 |
| 10. Drink plenty of water throughout the day. | 1 | 2 | 3 | 4 | 5 |
| 11. Take vitamin supplements. | 1 | 2 | 3 | 4 | 5 |
| 12. Eat a healthy breakfast to improve focus and energy. | 1 | 2 | 3 | 4 | 5 |
| 13. Don't have any children. | 1 | 2 | 3 | 4 | 5 |
| 14. Find ways to laugh/have fun to reduce stress & improve mood. | 1 | 2 | 3 | 4 | 5 |
| 15. Pay attention to your hunger cues and avoid overeating. | 1 | 2 | 3 | 4 | 5 |

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Ask & Answer

Work with a partner. Ask and answer the following questions.

1. What are some fun and creative ways teenagers can stay physically active outside of organized sports? (discuss alternative fitness options)
2. What are some healthy eating habits teenagers can adopt to stay focused and energized throughout the day? (eating habits specific to teenagers' needs)
3. How can teenagers find a balance between staying connected with friends online and getting the recommended amount of sleep? (time management & prioritizing sleep)