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Healthy Living Tips for Teens

Overview
As a teen, you have the freedom to make choices that have a big impact on your health. So let's learn about healthy habits, and some things you should avoid.

Diet
First, think about what you eat. Do you eat a lot of fast food? Do you grab snacks from the vending machine? Those choices are quick and easy, but they aren't good for your health. Instead, try to eat a balanced diet with plenty of whole grains, fresh fruits and vegetables. Choose lean proteins. Avoid processed meat and junk food. Choose water instead of sweetened drinks. And snack wisely. Your body will thank you.

Exercise
Think about exercise, too. Get some physical activity every day. Playing sports is a great way to get up and get moving. But even if you aren't on a sports team, you can ride a bike, walk around your neighborhood, or play ball at the park.

Things to avoid
It's important to steer clear of things you know are bad for you. Vaping is a big one. So are drugs and alcohol. These can wreck your health. They can get you in trouble at home, at school, and with the police.

Conclusion
Finally, don't forget about the basics. Get enough sleep. Make school a priority. And if you're having a problem like anxiety or depression, speak up and get help. For more tips on healthy living, talk to your parents, your counselor or your doctor.