

# Health & Wellness

## Helping Teens Make Healthier Choices

(NAPSA)—There's good news for parents who are looking for ways to help their teens make healthier choices when it comes to eating and exercise.

There is a brochure from the Weight-control Information Network (WIN), a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases, part of the National Institutes of Health, called "Take Charge of Your Health: A Guide for Teenagers."

It's designed to help parents support their teens' efforts to live a healthier lifestyle, particularly as the school year gets under way.

Here are some examples.

### **Choose Healthy Foods And Beverages**

- Cover half your plate with fruits and vegetables. Try dark green, red, and orange vegetables, which have high levels of nutrients you need, such as vitamin C, calcium and fiber.

- Drink water or low-fat or fat-free milk, and avoid high-sugar beverages like soda and energy drinks. This may help you consume fewer calories from added sugars, which provide energy but few or no nutrients.

- Avoid pizza, candy and fast food.

### **Be More Physically Active**

- Commit to being physically active for 60 minutes a day. It's fine if you can't do it all at once. You can be active for as little as 10 minutes at a time, spread throughout the day.



**Eating dark green, red, and orange vegetables, which have high levels of nutrients such as vitamin C and calcium, can help teens maintain a healthier lifestyle.**

- Choose activities you like. Try soccer or basketball, or go on a hike with friends.

- Walk or bike to school. Just be sure to stay safe.

For more tips, teens can check out WIN's "Take Charge of Your Health: A Guide for Teenagers." This brochure features more ideas for consuming healthy foods and beverages and being physically active, a tool for planning healthy meals, and a tip sheet that teens can post in their lockers to remind themselves to stick with healthy habits.

Contact WIN to get your free copy of the brochure. Or go to [www.win.niddk.nih.gov/publications/take\\_charge.htm](http://www.win.niddk.nih.gov/publications/take_charge.htm) to read and download the brochure.

For more information, call WIN at 1-877-946-4627 or visit [www.win.niddk.nih.gov](http://www.win.niddk.nih.gov). You can also like WIN on Facebook at [www.facebook.com/win.niddk.nih.gov](http://www.facebook.com/win.niddk.nih.gov).