

TAKING CARE of ME!

EXERCISING

What are your favorite activities that get you moving?

TIPS

- Try to play outside for a while every day.
- Make it fun! Have a dance party, play a sport, or take a nature walk.
- If you are sitting for a long time, take breaks to stretch and walk around.

"[They] shall run and not be weary, and shall walk and not faint."

Doctrine and Covenants 89:20

See *Come, Follow Me* for Doctrine and Covenants 89–92.

GETTING ENOUGH

SLEEP

What can you do to get a good night's sleep?

TIPS

- Go to bed and wake up at the same time every day.
- Try to get nine to eleven hours of sleep each night.
- Shut off your devices an hour before bedtime to help you rest better.

"Retire to thy bed early, that ye may not be weary."

Doctrine and Covenants 88:124

EATING HEALTHY

FOOD

What are your favorite healthy foods?

TIPS

- Try to eat a balanced mix of good foods. (See Doctrine and Covenants 89:10–17 for examples.)
- Eat treats in small amounts, and try not to have them too often.
- Drink plenty of water each day.

"All things which come of the earth . . . are made . . . to strengthen the body."

Doctrine and Covenants 59:18–19

RELAXING

What do you like to do to relax?

"Be still, and know that I am God."

Psalms 46:10

TIPS

- If you feel worried, sad, or angry, talk to a trusted adult.
- Take time every day to be still and quiet.
- Pray to Heavenly Father every day. Tell Him what you are grateful for and what you need help with.

AVOIDING THE BAD

Some things can damage our bodies or become addictive so that it's very hard to stop using them. Here are some things you should stay away from:

- Tobacco
- Coffee
- E-cigarettes/vaping
- Tea
- Alcoholic drinks
- Harmful drugs