



# THE FOUR QUARTERS OF YOUTH WELLNESS

Eating healthy, being physically active and getting a good night's sleep is a winning combination to be your best! Here are some tips from **Fuel Up to Play 60** and **Sleep Number** to help you make the best out of each day!



## 1ST QUARTER START EACH DAY WITH BREAKFAST

School breakfast is your daily good health and brain boost — a well-balanced breakfast including dairy, fruit and whole grains will help your academic performance, school attendance and to build healthy bodies and bright minds.

- Talk to your friends about their favorite breakfast foods, and how to spread the word about this important meal.



## 2ND QUARTER CHILL OUT WITH MINDFULNESS

Taking time each day to be mindful is a powerful way to help handle stress and increase your happiness. Here are some easy to do activities:

- If you are having a tough day, find a quiet place to sit comfortably for a couple of minutes. Close your eyes, take deep breaths and listen to your breathing to bring a sense of calm to your day.
- If you are stressed in the morning, relax with a carton of milk and breakfast at school



## 3RD QUARTER GET MOVING

Make physical activity or sports a part of your everyday fun!

- Set a goal to get 60 minutes of physical activity every day – play a team sport, participate in an afterschool activity, bike ride, walk, do a dance - find the activity that you enjoy most.
- Challenge your family or friends to a fun competition to get everyone up and active.
- Find ways to get moving or add some physical activity during your school day.



## 4TH QUARTER SLEEP LIKE A PRO, REST TO PLAY YOUR BEST

- Get at least 9 hours of sleep each night and create a sleep schedule that works for you.
- When you prepare to go to bed, calm your mind and take quiet time by reading a book or listening to music.



**Want to do more?** Check out the Fuel Up to Play 60 Student Zone App in the Apple or Google Play Stores! It's free to download, plus you'll get access to more activities, ways to earn credit, and chances to win!

sleep  number

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