



10 Tips for Staying Healthy After High School

1. **Get Daily Exercise!** There's no substitute for exercise. It's not about counting calories, it's about moving your body! Find something you enjoy (Zumba, yoga, soccer, basketball, anything) - and just do it!
2. **Eat Breakfast Every Day!** People who eat breakfast have more energy throughout the day, are more focused at school and work, and have healthier weights. Healthy breakfast foods include: eggs, oatmeal, fresh fruit, plain yogurt, whole wheat toast with peanut butter, and low-sugar, whole grain cereals.
3. **Nix the Sugary Drinks!** Things like soda, juice, energy drinks, and fancy Starbucks drinks are loaded with sugar that increase your risk for developing heart disease. Do yourself a favor for the rest of your life by drinking more water and nixing the sugary drinks!
4. **Wear Sunscreen and Seatbelts!** Sunscreen and seatbelts might just save your life. Wear broad-spectrum (protects against UVA and UVB rays), water-resistant sunscreen labeled SPF 30 or higher. Seatbelts must be worn at all times - no exceptions. Never get into the car with a driver who has been drinking!
5. **There's No Substitute for Sleep!** Teens need between 8-10 hours of good quality sleep every night. Poor sleep can affect your concentration and grades, your ability to drive safely, and your overall physical and mental health. Develop good sleep habits now and you'll be on a better track toward health for life!
6. **Stay Safe!** Sexual assault is a big problem on college campuses. 1 in 5 women have been sexually assaulted during college and 80% of female victims experience their first rape before the age of 25. Know your rights and seek help immediately if you or someone you know is the victim of violence.
7. **Prevent Sexually Transmitted Infections!** STI's are treatable and many are curable. Get tested to know your status and to protect yourself and your partner. Abstinence (not having sex) is the most reliable way to avoid infection. If you are sexually active, using condoms every time is the most reliable way to avoid infection.
8. **Avoid Binge Drinking!** Binge drinking is defined as: 4 or more drinks for women and 5 or more drinks for men. Binge drinking increases your risk for sexual assault, sexually transmitted infections (including HIV), unintended pregnancy, car accidents, violence, and alcohol poisoning.
9. **Stop, Reduce, and Don't Start Marijuana and Tobacco!** Smoking marijuana and cigarettes can cause cancer, heart disease, and respiratory illness. THC (the active ingredient in marijuana) affects the brain – it can affect learning, memory, and attention. If you're using, get support for cutting back or stopping.
10. **Manage Your Stress!** Maintaining a good balance is important for everyone. A few ways to manage stress are getting enough sleep, avoiding drugs and alcohol, connecting socially, and seeking help from professionals if you are feeling overwhelmed or depressed. Suicide is the 3rd leading cause of death among persons aged 15 to 24 years. If you or someone you know is thinking about suicide, contact your local Crisis Line at 1-866-4CRISIS.