



Living a Healthy Lifestyle

What is “Living a Healthy Lifestyle”?

- Trying to do things every day that are good for your body and your mind.
- It promotes physical and mental health and wellness for you and those around you.
- It can help you feel your best, both physically and emotionally.

What should I discuss with my clinician about a healthier lifestyle?

- Things that worry you and how you can deal with stress and other difficult emotions in a healthy way.
- Gender, sex, and sexuality. Ask them about birth control and why it may be good for some people.
- Ask how to prevent sexually transmitted infections.
- The risks of drinking alcohol, smoking and drug use.
- Visit your healthcare providers at least once a year for a check-in.

How can I live a healthier lifestyle?

- Stay up to date with your vaccinations.
- Be physically active every day doing something fun.
- Eat a healthy diet (such as fruits, vegetables, whole grains, calcium and iron rich foods every day); choose candy, chips and soda less often. Try to avoid fad “diets” and minimize caffeine.
- Drink at least 2 Liters (64 ounces, 8 glasses of 8 ounces each) of fluid each day; choose water most often. You will need even more water with exercise.
- Get enough sleep at night (8-10 hours recommended)

How Can I Live a Healthier Lifestyle (continued)?

- Brush your teeth twice a day, floss once a day and visit your dentist regularly.
- Use sunscreen and avoid tanning beds.
- Be comfortable with who you are and how you look (this means having a healthy body image).
- Try to avoid comparing your body with those on television, in magazines or on social media.
- Limit your time on social media. Remember that what you post is permanent!
- Do not text and drive. Do not use social media while driving.
- Be in charge of your body. Healthy dating relationships are built on respect and concern. Any physical intimacy (even hugging and kissing) requires *consent*. Saying NO is okay. NO ONE has the right to your body against your will. Please share any concerns with a trusted adult.
- Talk to someone you trust if you are being bullied or stalked. Be respectful of your peers and avoid harmful words that could have real and lasting consequences.
- Choose friends who like you for who you are.
- Don’t ride in a car with a driver who has used alcohol/drugs; call a trusted adult for help.
- Wear a safety belt, helmet, protective gear, or life jacket when needed.
- If there are guns in your home, make sure they are locked in a safe, unloaded with the ammunition locked separately. If you will be exposed to guns, look for a gun safety class.
- Consider volunteering in your community; helping others also helps us feel our best.