

Food + Sleep + Physical Activity

= ENERGY

The three parts of the energy equation will add up to a more dynamic you!



Food

Say yes to:

- Fruits
- Veggies
- Whole grains
- Low-fat dairy (like yogurt, milk, and cheese)
- Protein (like lean meats and poultry, fish, beans, nuts, and seeds)
- Water
- Breakfast
- Healthy snacks

Avoid caffeine.

Make sugary foods and drinks an occasional treat.



Sleep

Get at least 9 hours of sleep each night.

Try these tips to fall (and stay) asleep:

- Go to bed and wake up at the same time every day.
- Make your room quiet, cool, dark, and peaceful.
- Relax for at least an hour before bedtime. Try a warm bath.
- You can have a light snack (try a glass of warm milk) but don't eat a heavy meal within a few hours of bedtime.
- Avoid sugar and caffeine.



Physical Activity

Aim to be active for at least an hour every day (but not close to bedtime).

Find out more on **BAM! Body and Mind™** at www.bam.gov