



## Get a Life

Cool, weird, fun. Does your life and your body exist in a frantic whirl of change? If so, that's okay. **You're normal.**

Do you want to get the most out of life? Look and do your best? Feel good? Have energy? **You can.**

In fact, that's what this booklet is all about. It's stuffed with easy, fun ways to eat smart, move more, and do what's right for you and your body now, while you're growing and changing so much. What you choose to do pays off now and in years to come. **You decide.**

On these pages, write in your own ideas for good-for-you eating and fun, active living. Think about what's important to you, too, and how you'll reach your goals. **Your life: it's your choice!**

Adapted from *The Power of Choice Leader's Guide*

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