

# Energize Challenge





# How do you recharge your energy?

Which picture is not a good way to get charged up?





# Sorry!

Using a computer or tablet can leave you feeling drained rather than charged up!





# Let's try again!

Which picture shows a good way to get charged up?





**Gotcha! All are great ways to  
recharge your energy!**





# A great way to get some energy is to do breathing exercises.

## Here's how:

1. Sit up tall or lie on the floor.
2. Inhale slowly through your nose, count to 4.
3. Exhale slowly through your mouth, count to 8.
4. Repeat 5–10 times.
5. Stand up and stretch to the ceiling, then to the floor.
6. Smile! You now know a new way to RECHARGE!



WHAT CAN YOU DO SO YOU HAVE ENOUGH ENERGY TO MAKE FIT CHOICES?



**Remember that there are two ways to recharge your energy.**



Go to bed early enough to get  
9–12 hours of sleep each night.



Relax and do a quiet activity  
without a screen.



