

Check-In, Choose & **Power Up!**

Every moment of every day, your amazing body and brain performs **BILLIONS** of jobs without you asking, so you can play, learn and have fun! Here are some simple things that you can do each day that will "Power Up" your amazing brain and body.



Move regularly

Being active is loads of fun and helps your amazing body and brain to "power up"! It helps you feel calm, energetic, focused in class, & sleep better too. Get moving with friends or family for extra fun!

Aim for: at least 60 minutes a day

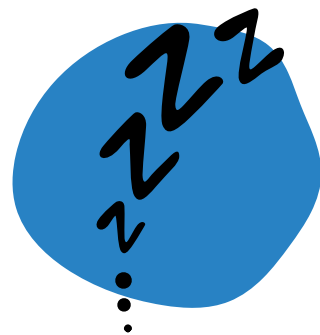
Take a quiet moment to breathe or rest

We don't usually notice our breathing - it just happens. If you need to calm your mind, lower frustration or "power up" your energy you can choose to take some slow, deep breaths, or even just rest a moment & close your eyes.

This is really useful any time



Get good sleep



Sleep is so important. It's when we "power up" our brain, so it can file away the new stuff we have learned & put it together with what we already know, so we get smarter when we sleep!

It's when we "Power Up" our body too. It does lots of growing and repairs so we can be strong and healthy.

Aim for: 9 - 10 hours a night

Soak up Vitamin "N"

One of the best "vitamins" to "power up" your brain and body is nature! Vitamin "N" is free, & incredibly powerful. Can you walk to school in the morning, wander after dinner or sit under the evening stars. Even a few minutes outside can make a difference!

Aim to: spend time in nature every day

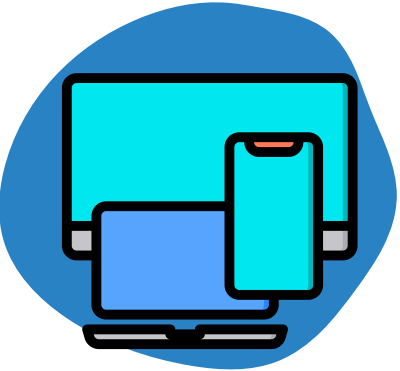
Our incredible partners:



Balance screen time

Our devices can be really helpful as well as lots of fun. To help our amazing body and brain to be healthy & happy, it's really important to mix up our screen time with other things, like games, reading, movement and time with friends and family.

Aim for: less than 1 hour a day on a device



Eat nourishing food

Food is made up of lots of important building blocks called nutrients, that help to "power up" our brain & body to grow strong & healthy so we can do the things we love, every day.

Aim for: eat a range of different foods every day



Drink water

About 70% of your body is water that gets used constantly when you breathe, digest food, sweat, & other things too. So it needs to be replaced regularly to help "power up" our body & brain.

Aim for: 5 - 10 glasses a day



Go to www.youngandhealthy.org.nz for the Power Up framework