

## GOOD GROOMING

*If You Feel Good, You Look Good!!*

Basic to looking and feeling great is a healthy body! Here are a few suggestions for keeping yourself healthy and looking your best.

### **FIRST -- EAT RIGHT!!**

Eating the right foods from the basic four food groups will keep your skin, hair, nails and the rest of you looking healthy.

#### 1. Milk and Milk Products

You need 3-4 servings a day. Best sources for calorie watchers: skim or low fat milk, low fat yogurt, and cheeses made from skim milk.

#### 2. Fruits and Vegetables

4 servings a day. You can eat all you want because these foods are low in calories and deliver lots of vitamins and fiber you need to keep going strong. Use these for snack foods instead of chips, cookies and candy.

#### 3. Bread and Grains

4 servings a day. Best sources are whole wheat or enriched breads, pasta, cereals, rice and potatoes. Unbuttered popcorn is also an excellent way to fulfill your need for grains.

#### 4. Protein

Only 2 servings a day. Best sources are chicken and turkey, fish and shell fish, eggs and lean red meats. Beans and lentils are great sources of protein without any fat.

### PLUS ONE MORE -- WATER

It's smart to drink about eight large glasses of cool water every day. If you're exercising, drink 1/2 c. of water every 10-15 min. Water does a good job of filling you up with zero calories and no carbonation.

## SECOND -- A GOOD EXERCISE ROUTINE

Most teenagers really don't have to diet to lose weight. Increased activity is often the solution. A vigorous workout that lasts 30 minutes done three or four times a week is enough for most teens to maintain a healthy body weight. The best routine is one you like, and will do. Whether it's biking, swimming, tennis, basketball, football, baseball, dancing, jogging, or walking skiing and skating.

### *GET MOVING!!!*

## THIRD -- REDUCE OR LEARN TO COPE WITH STRESS

There is little scientific evidence that proves stress and other negative emotions can make your skin break out, but many teens who are feeling down or under lots of stress tend to have more breakouts than others. Here are some techniques for getting yourself up when you're feeling down:

1. Restore yourself with sleep. Staying up to watch the late movie can make your eyes red and irritated. "Tired" skin looks dull and colorless. So get to bed early and if you need it, take a quick nap after school for an extra energy boost.
2. Avoid sugar and sweets. Non nutritious foods actually drain energy away, making you feel tired, jittery or depressed. Caffeine drinks can also cause these feelings, and keep you awake if they are consumed just before bedtime.
3. Take time for yourself. When the pressure is on, relax. Do something you love to do. Read a book, listen to music, or call a friend and go to a movie.
4. Organize. A great way to relieve stress is to organize your time. Start by making a "priority list". Decide what you have to do first, second, third and so on. Then schedule important things early in the day or week, put off less pressing matters till the end of the day or week. Once you have yourself on a schedule, you'll feel more in control and that feel like less stress.