

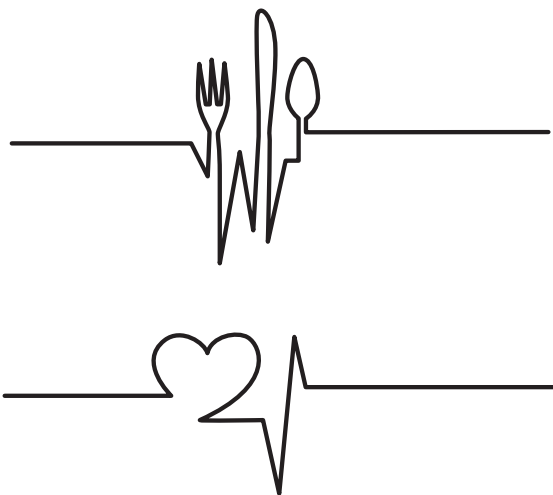


THE BENEFITS

Of Choosing To Fuel Up & Play

To the right are examples of what we might **expect** to happen when we consistently eat healthy and get regular exercise.

Make a checkmark next to the **top three benefits** you think are important.



Name _____

Eating Healthy

- ☐ Reduced risk for diseases
(heart disease, stroke, diabetes, cancer, osteoporosis)
- ☐ Increased energy
- ☐ Better athletic performance
- ☐ Healthy immune system/ less likely to get sick
- ☐ Healthy skin and eyes
- ☐ Body functions better (digestion, muscles, blood transport)
- ☐ Maintain a healthy weight/body composition
- ☐ Live longer
- ☐ Increased concentration
- ☐ Better mood (less depression and stress)

Regular Physical Activity and Exercise

- ☐ Reduced risk for diseases
(heart disease, stroke, diabetes, cancer, osteoporosis)
- ☐ Increased energy
- ☐ Better athletic performance (faster, stronger, more skilled)
- ☐ Fit and tone muscles and strong bones
- ☐ Healthy immune system/ less likely to get sick
- ☐ Better balance and ability to do activities
- ☐ Maintain a healthy weight/body composition
- ☐ Live longer
- ☐ Increased concentration and brain function
- ☐ Better mood (less depression, anxiety, and stress)
- ☐ More restful sleep