

Back-to-School Wellness Guide

Dear Students,

As we prepare to embark on another exciting school year, it's important to prioritize your health and well-being. This Back-to-School Wellness Guide is designed to help you navigate the challenges ahead while ensuring that you maintain a balanced and healthy lifestyle.

1. Stay Active

Engage in at least 30 minutes of physical activity each day. Consider joining a sports team or participating in after-school fitness programs.

2. Eat Healthy

Fuel your body with nutritious foods. Aim for a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.

3. Get Enough Sleep

Ensure you are getting 7-9 hours of sleep per night to help improve concentration and performance in school.

4. Manage Stress

Find healthy ways to cope with stress, such as mindfulness, meditation, or talking to someone you trust.

5. Stay Connected

Build and maintain friendships. Support from peers can greatly enhance your school experience.

We hope this guide helps you have a successful and healthy school year. Remember, your wellness is just as important as your academics!

Sincerely,
Your School Wellness Team