

Group 1

Health Pillar: Nutrition

Logan had to play in a basketball game right after winter break and he was so tired before the game that he had an energy drink. His first shift went well but pretty soon he felt even more tired and was messing up the plays. He felt increasingly agitated and annoyed with himself and ultimately fouled so much that his coach took him off. The entire week before had been full of holiday get-togethers with all kinds of treats and favorite baked goods and the week before that he had been so busy with finishing up school assignments that he had basically survived on fast food. Logan doesn't usually eat breakfast and for lunch he grabs a slice of pizza with friends.

What do you think? What could Logan do to improve his nutrition? In your group, come up with three suggestions for Logan to improve his energy and mood through nutrition.

Logan will find that he lacks energy if he's not eating a balanced diet. If he's eating a lot of sugar (baked goods and treats), caffeinated drinks (energy drinks) and greasy food, he's not giving his body the nutrition it needs.

1. Logan should eat something for breakfast. Logan could eat eggs and toast (protein and carbohydrates), or bread with cheese. Or, if that's too heavy on his stomach he could try drinking a smoothie with yogurt and a banana; it doesn't have to be a big breakfast. This will ensure that he gets some protein, which builds and maintains cells, and good carbohydrates to provide energy before lunch.

2. Logan could pack snacks for school and for basketball, to make sure he gets important nutrients from food to give energy. Trail mix, almonds or fruit could be an easy snack to munch on before a practice that won't be so heavy that it gives him cramps when running.

3. Logan should make sure he's drinking lots of water during the day. Even if he's tired, energy drinks are actually only going to make things worse. Energy drinks are both full of sugar and caffeine, which dehydrate you. Energy drinks make your energy levels jump and then crash. This puts stress on your heart, and ultimately causes greater fatigue, agitation and aggression.

Group 2

Health Pillar: Exercise

Logan is noticing that his energy levels aren't quite the same as usual. He had to play in a basketball game just after winter break and he felt really tired, slow and frustrated with himself and his teammates. He was so winded during one of his shifts that he asked for a substitution. The entire week before had been full of holiday get-togethers with all kinds of treats and favorite baked goods and the week before that he had missed practice.

What do you think? What could Logan do to improve his physical activity? With your group, come up with three suggestions for Logan to get the exercise his body needs to feel better and how he could fit physical activity into his busy schedule.

In general, it seems like Logan gets a pretty good amount of exercise with basketball practices and games. But, the inactivity during the holidays, plus a load of sugar from treats can definitely make him feel more tired and edgy. Logan could think about doing some physical activity on his days off from basketball.

1. Logan could go walking or for a bike ride. Even just getting out into the fresh air would help him relax and feel a little refreshed.

2. Logan could look up a workout routine online that he could do at home. He could do push ups, squats and situps on his own. There are tons of exercises he could do in his room or a small space that would get his heart rate up and get his blood flowing.

3. Depending on the weather, Logan could go outside with a family member or a friend and toss a football around at a nearby park.

Group 3

Health Pillar: Sleep

Logan has been feeling really frustrated with himself and his teammates. After his last game, one of the guys said something that normally wouldn't have bothered him, but for some reason, he got really upset and just walked out of the gym. It feels like everyone is after him, both at home and at school. The entire week before had been full of holiday get-togethers with lots of late nights. Not to mention he stayed up until about 2 am playing video games a few days ago. And even the night before the basketball game when he could have gone to bed on time, he scrolled through funny videos in bed for about an hour just to relax.

What do you think? What are some things that Logan could do to get the sleep he needs?

With your group, come up with three suggestions for Logan, to help him get the amount of sleep his body needs.

Logan should try to keep track of his sleep. He may be surprised by just how little he gets some nights. For teens, this makes a big difference in mood, anxiety, aggression and depression. Getting enough sleep makes teens better at school, sports and everything else! Even though Logan may feel like scrolling on his phone to unwind, turning his phone off and going to sleep is a much more important health habit if he wants to do well on and off the court.

1. Logan should try to go to bed around the same time every night as it's helpful for your body to have a routine.

2. Logan should set an alarm to take control of his cell usage and put his phone away an hour before actual sleep. The light from a phone or tablet screen interrupts the body's natural sleep cycle. And, looking at social media or scrolling online is a perfect way to find *new* sources of anxiety – it is harder to sleep if you've just seen a post about what everyone else is doing while you're lying in bed.

3. Logan should make sure that he's not snacking or drinking sugary drinks before bed.

Snacking before bed postpones sleep as your body is working on digestion rather than winding down for sleep.