

Team 1

Team 1 Leg 1

1. My body needs and deserves food for nourishment every day.
True **False**
 2. Teens who spend more than 3 hours per day using social media may be at heightened risk for mental health issues.
True **False**
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Team 1 Leg 2

1. In addition to helping your hormones, your immune system and muscle recovery, 8-10 hours of sleep each night promotes attention, memory and creativity.
True **False**
 2. The blue light from your cell phone produces melatonin; this is why it's important to put your phone away at school.
True **False**
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Team 1 Leg 3

1. For teens, reducing social media use by 50% for just a few weeks improves how they feel about their body and their appearance.
True **False**
 2. The following are examples of carbohydrates: water, sports drinks, tea.
True **False**
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Team 1 Leg 4

1. Teens should drink 1L to 2L of water every day to help clear out toxins in the body.

True **False**

2. Every part of your body is renewed faster when awake than during sleep.

True **False**

Team 2

Team 2 Leg 1

1. If you have pain or discomfort, you should still push your body to exercise.

True **False**

2. Just 60 minutes of exercise releases tension and improves your sleep.

True **False**

Team 2 Leg 2

1. Teens who *don't* get 8-10 hours of sleep during the school week, can just catch up by sleeping in on the weekend.

True **False**

2. Regular exercise during your cycle can help reduce period cramps.

True **False**

Team 2 Leg 3

1. Vitamins and minerals don't really matter as much as protein.
True False
 2. If your cycle isn't regular by age 14, you should make an appointment with a FEMM doctor to look at any hormonal issues.
True False
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Team 2 Leg 4

1. Teens who spend more than 3 hours per day using social media have worse mental health than teens who don't use social media.
True False
2. Every part of your body is renewed faster when you're awake than during sleep.
True False