

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**

1. **TRUE.** Eating is vital for every cell in your body, regardless of whether or not you did extra movement or physical activity that day. To be clear: exercise is not about your size. The word comes from the Latin, 'exercere' which translates to "keep busy, practice". In eating nutritious foods, you practice fueling all 11 systems of your body.

2. **TRUE.** Teens who spend more than three hours on social media each day are twice as likely to have negative mental health outcomes, including symptoms of anxiety and depression.

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**

1. **TRUE.** Sleep has a huge impact on how we feel, and how well our brain functions. Lack of sleep lowers your learning ability by as much as 40%! Sleep facilitates expansive thinking, which is important for coming up with creative ideas. Also, during the sleep cycle, emotional memories are processed, which helps you cope with difficult experiences.

2. **FALSE.** The blue light of a cell phone or screen **suppresses** melatonin, which helps you fall asleep. It's important to put your phone away at school because it's a distraction. It's important to put your phone away before bedtime, because you'll have a better rest!

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

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

2. **FALSE.** Every part of your body is renewed faster during SLEEP than when awake.

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

1. **FALSE.** You should not push your body to exercise if you are in pain. Pain is a sign that something should be taken seriously in your body. Tell a parent or another trusted adult, if you feel pain.

2. **TRUE.** Even moderate aerobic exercise increases the amount of deep sleep you get. Deep sleep is when the brain and body rejuvenate.

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

1. **FALSE.** Sleeping in on the weekend is better than nothing. But it's not the same as getting consistent sleep. Sleeping in on the weekend can exacerbate a late sleep schedule (sleeping in later means that you're more likely to stay up later.) In general it's important to try and get 8-10 hrs of sleep every night.

2. **TRUE.** Exercise reduces stress and stress can make period symptoms worse. Exercise also improves circulation; increased blood flow can help ease menstrual cramps when you get your period.

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

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

1. **TRUE.** Teens who spend more than three hours on social media each day are twice as likely to have negative mental health outcomes, including symptoms of anxiety and depression.

2. **FALSE.** Every part of your body is renewed faster during SLEEP than when awake.