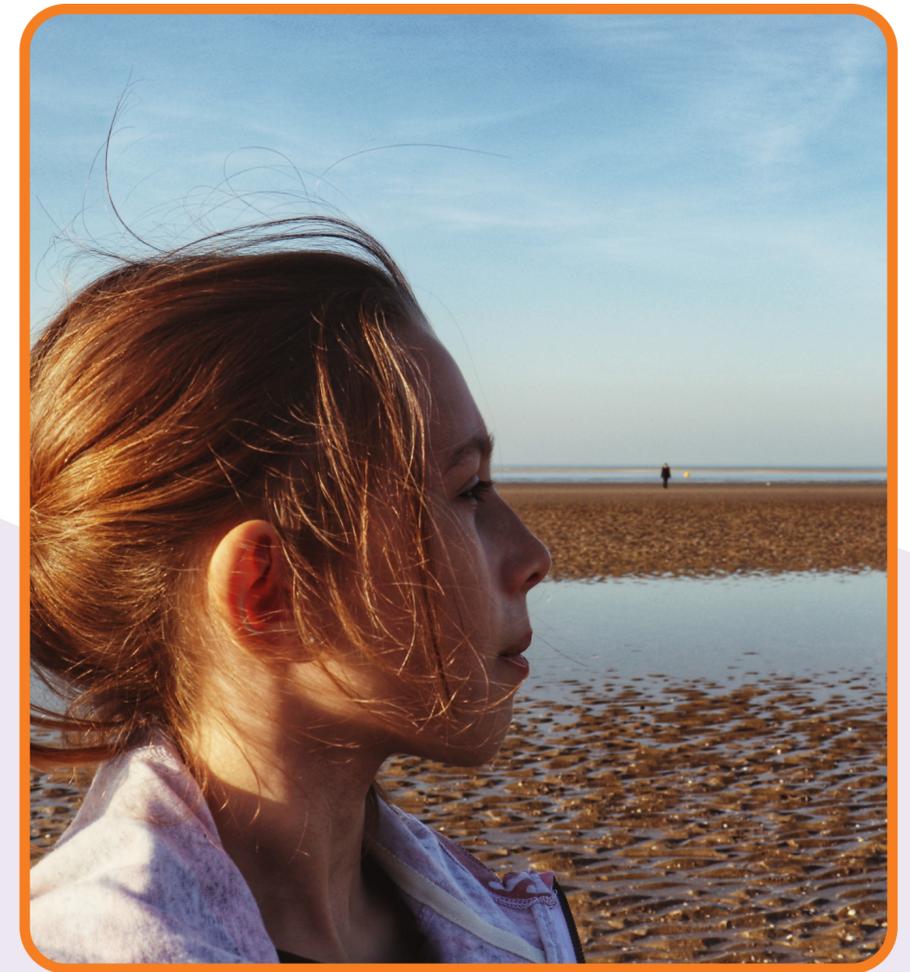
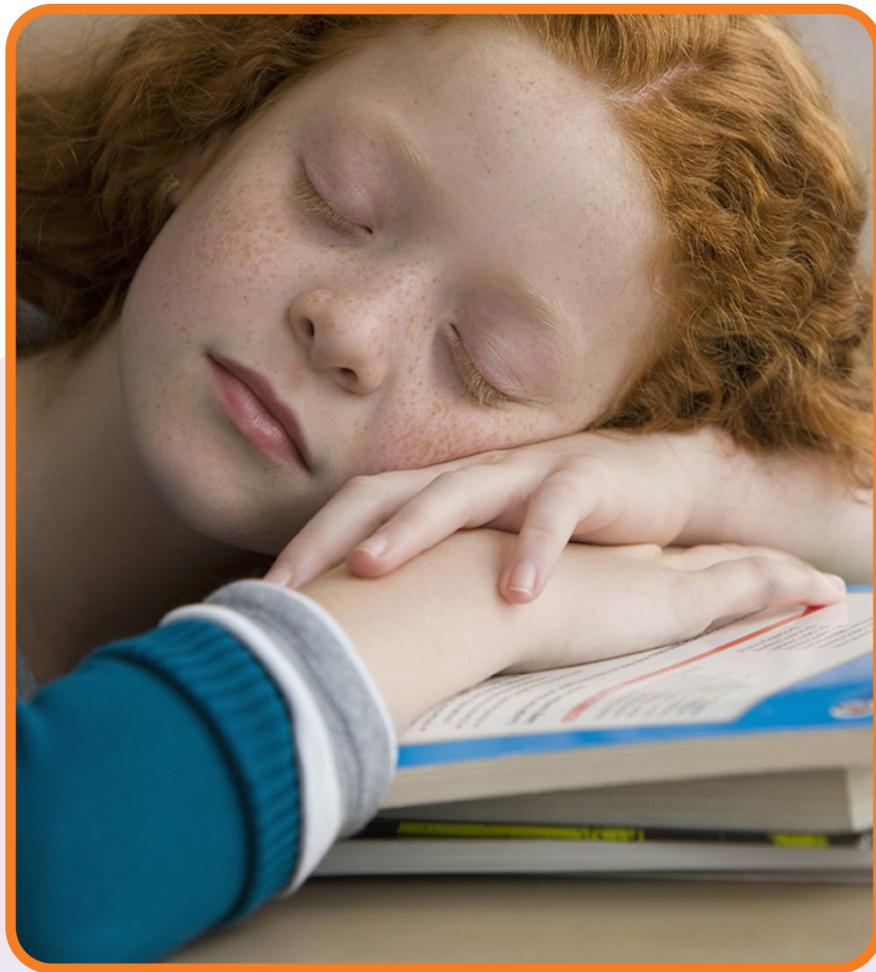




# Energize Challenge

# How do you recharge your energy?

Which picture is not a good way to get charged up?



# Sorry!

Using a computer or tablet can leave you feeling drained rather than charged up!



# Let's try again!

Which picture shows a good way to get charged up?



**Gotcha! All are great ways to  
recharge your energy!**



**A great way to get some energy is to do breathing exercises.**

**Here's how:**

1. Sit up tall or lie on the floor.
2. Inhale slowly through your nose, count to 4.
3. Exhale slowly through your mouth, count to 8.
4. Repeat 5-10 times.
5. Stand up and stretch to the ceiling, then to the floor.
6. Smile! You now know a new way to RECHARGE!



**WHAT CAN YOU DO SO YOU HAVE ENOUGH ENERGY TO MAKE FIT CHOICES?**

# Remember that there are two ways to recharge your energy.



Go to bed early enough to get 9–12 hours of sleep each night.



Relax and do a quiet activity without a screen.

# Recharge & mood impact your choices!

Time to recharge your energy with a puzzle!

The activities pictured are all examples of things you can do to recharge your energy.

Name \_\_\_\_\_

## Recharge Your Energy

To “recharge your energy” means to sleep 9–12 hours every night and take time for screen-free relaxation throughout the day. There are all sorts of ways to recharge your energy. Unscramble the letters and discover relaxing activities.



AKET A APN



DRAE A KOBO



LVOSE A ZUPELZ



NEDGIGRAN



OG FINSGHI



WRAD A URTPICE

ANSWER KEY: 1. TAKE A NAP 2. READ A BOOK 3. SOLVE A PUZZLE 4. GARDENING 5. GO FISHING 6. DRAW A PICTURE

©2022 Sanford Health. All rights reserved. fit.sanfordhealth.org

*fit*<sup>TM</sup>

SANFORD®