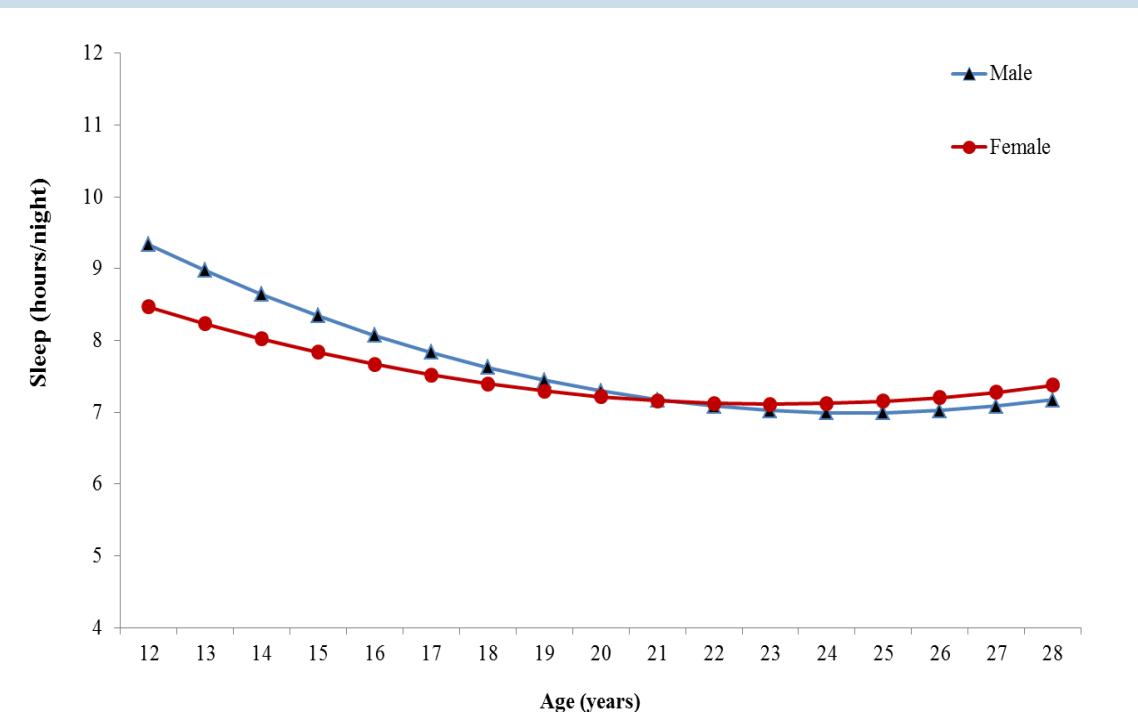


SLEEP DURATION DECLINES WITH AGE

- **30% do not get the 7 hours of sleep recommended by the National Sleep Foundation.**
- **40% report waking up in the morning and still feel tired regardless of hours slept.**



SLEEP DURATION MATTERS

Shorter sleep duration is related to higher BMI and to more depression & anxiety in adolescent girls (Ames, Holfeld, & Leadbeater, 2015).

**How can we support
the value of sleep?**



NUTRITION CHOICES ARE GOOD

I often choose salads, fruits or vegetables for snacks

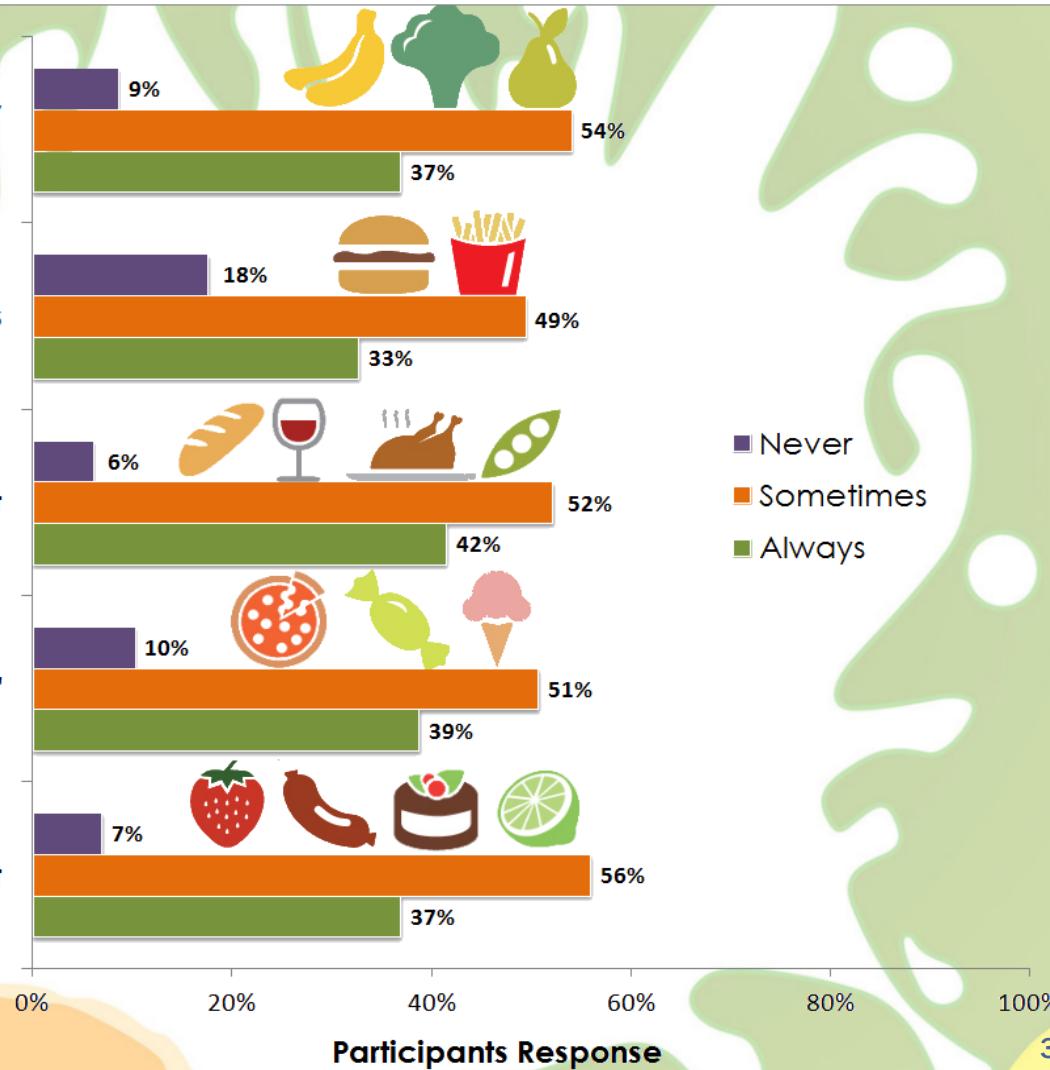
I try not to eat a diet high in fats

I usually follow a healthy diet

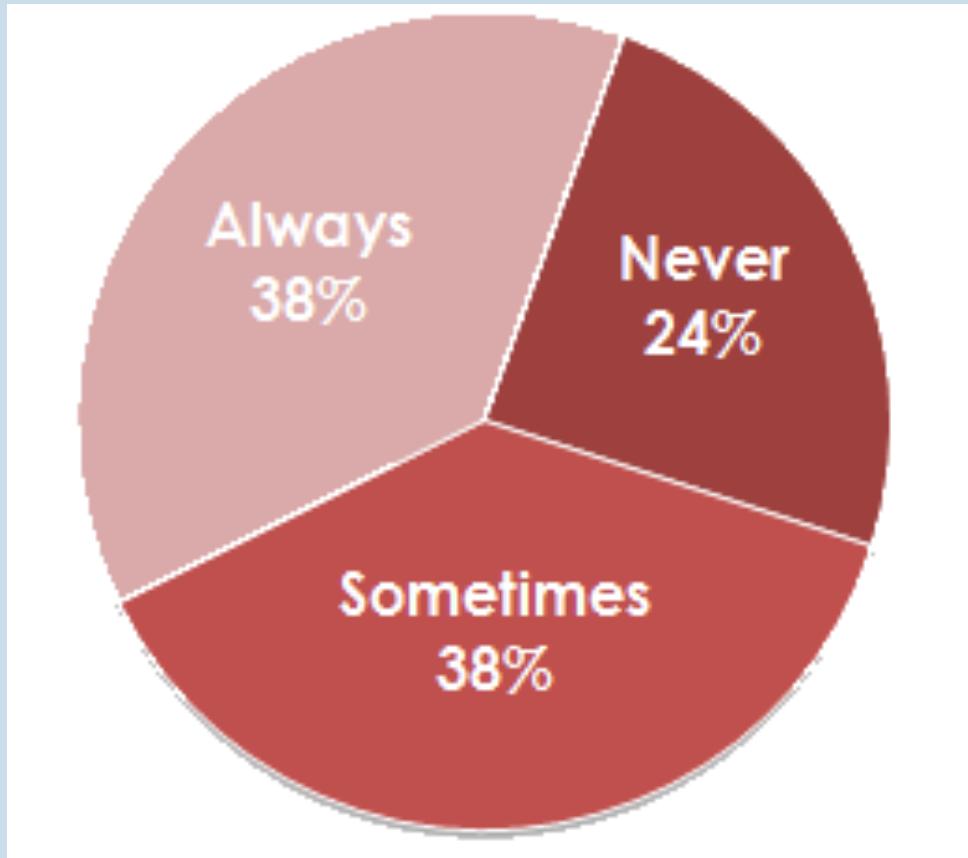
I usually limit my intake of 'junk food'

I read labels on packaged food I eat

2013 Data - 477 Participants

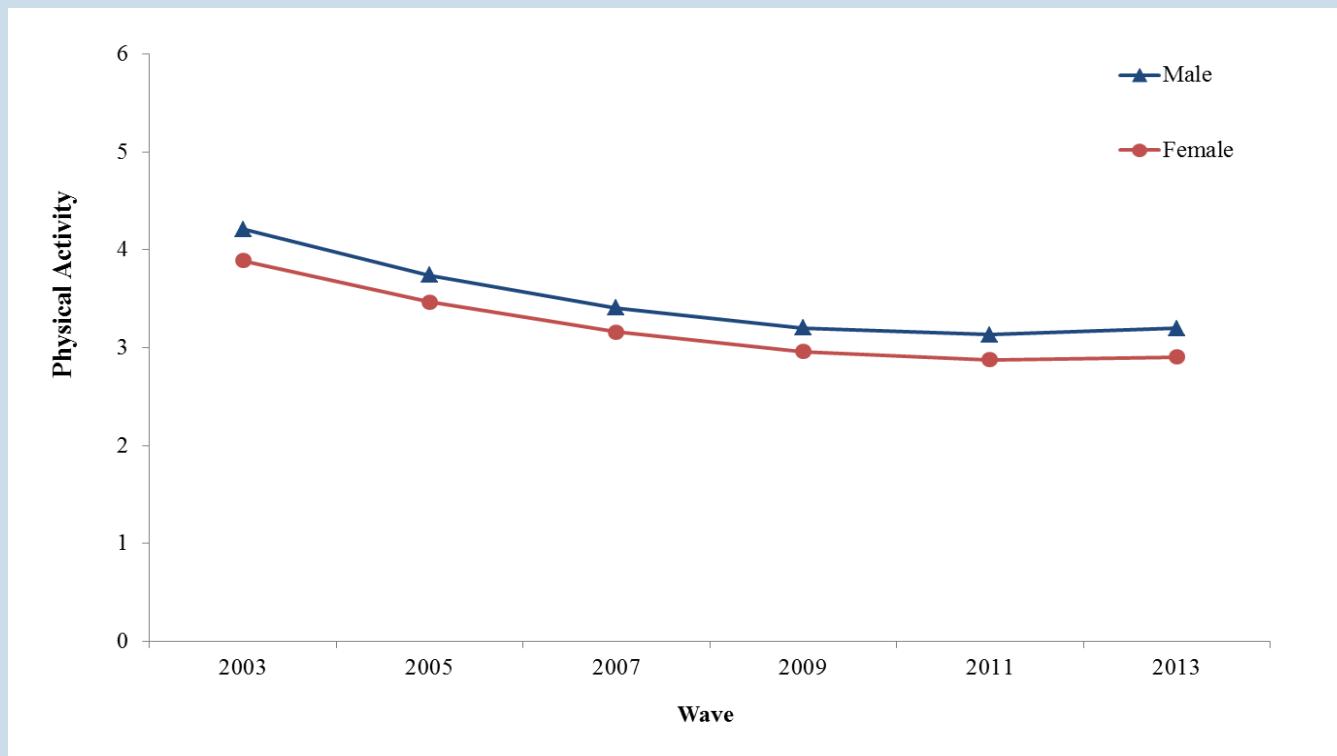


EXERCISE 20-30 MINUTES AT LEAST 3 TIMES PER WEEK (2013)



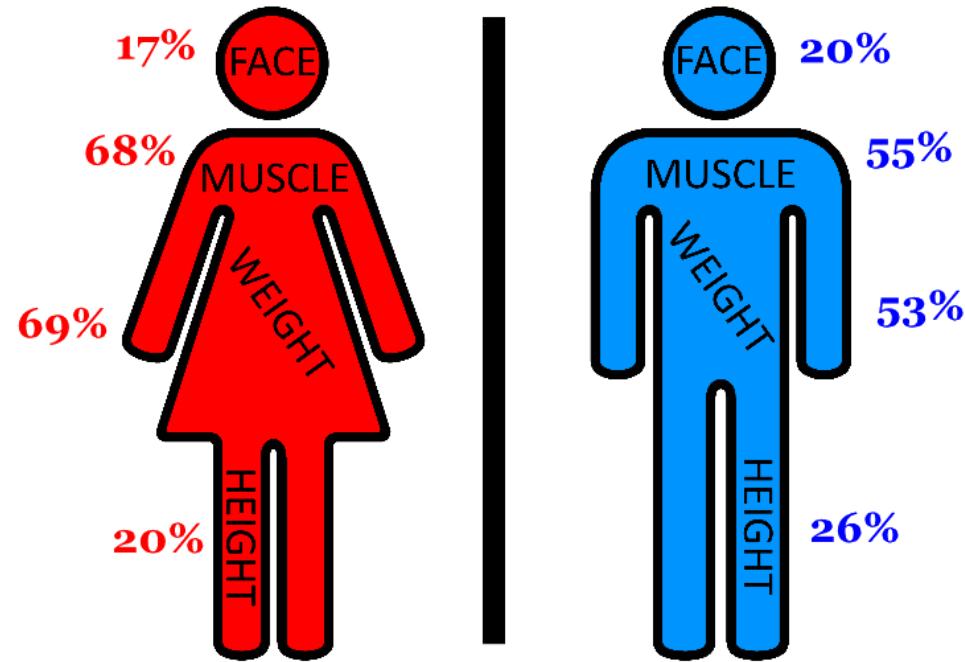
PHYSICAL ACTIVITY IN AN AVERAGE WEEK DECLINES

- exercise 3-4 times (e.g., running, swimming, other sports).
- exercise vigorously for 20-30 minutes at least 3 times
- participate in a regular program of sports/exercise



BODY DISSATISFACTION

- 81% wished they were in better physical condition.
- 38% are not proud of their body.
- More than 50% are dissatisfied with their muscle tone and weight.



Dissatisfaction with Specific Aspects of their Bodies