



BOYS & GIRLS CLUBS
OF CHICAGO

TOO FIT TO QUIT: GETTING MOVING THIS FALL

FALL FITNESS

HS

MONDAY

UNDERSTANDING FOOD LABELS

HEALTHY LIFESTYLE

TRIPLE PLAY

Setting healthy eating habits starts with understanding and reading the labels on things that you are putting into your body.

<https://www.budgetbytes.com/category/extra-bytes/budget-friendly-meal-prep/>

TUESDAY

BUDGET FRIENDLY MEAL PREP IDEAS

HEALTHY LIFESTYLE

TRIPLE PLAY

Planning, preparing, and portioning your meals ahead of time is one of the most effective tools for keeping a healthy lifestyle.

<https://www.budgetbytes.com/category/extra-bytes/budget-friendly-meal-prep/>

WEDNESDAY

TAKING A STUDY BREAK HEALTHY LIFESTYLE

TRIPLE PLAY

Need to take a quick study break to take your mind off all your work. Here is a quick workout that will keep you on track!

https://www.youtube.com/watch?v=JH8_TSCi-2Y

THURSDAY

GETTING ENOUGH REST HEALTHY LIFESTYLE

TRIPLE PLAY

We all hear that teenagers typically do not get enough sleep. Here are some tips to help you understand that getting enough rest is important

<https://www.cottagehealth.org/about/newsroom/2020/sleep-tips-teenagers/>

FRIDAY

TAKING CHARGE OF YOUR HEALTH

HEALTHY LIFESTYLE

TRIPLE PLAY

Staying healthy and creating healthy habits for yourself! Take some time and find things that you need to do to stay healthy and share!