


# SKILL BUILDING NO. 12

## Body Balance

 5 minutes

### Food is fuel, so fuel yourself for success!

It's okay; you can still eat all your usual foods. This activity is a push to consider whether your choices are hurting or helping you meet your goals. If you eat a candy bar, your body will feel pretty good for about 20 minutes (yay! dopamine!), but 45 minutes later, you will feel tired and sluggish.

Eating better foods is key to maintaining mood, health, and energy. Eating lean protein will give you longer burning fuel. Eating protein with higher fat content will slow you down as your body tries to digest it. With this in mind, it's important to think about the snacks you eat.

Processed foods like potato chips, granola bars, and fast food will cause spikes in your energy levels. They hit your body and brain quickly, and you run out of fuel midway through class, practice, or your study session. Think about eating slower foods - food that needs preparation, cleaning or chopping, or time to ripen. A combination of protein, fiber, and carbs will give you the longest stretch before you need to stop and refuel.

Long-lasting snack options can include:

- peanut butter, carrots, pita bread
- strawberries and yogurt
- hummus, carrots, chips
- turkey, cheese, crackers

List some of your favorite snacks in the spaces below, and then mark on the empty battery graphic how long you think they might last, given what you just learned.

Which snack on the list improves your energy levels the most? Add ideas for protein or fiber (veggies/fruit) you could eat with it to **top up the battery and make it full**.

favorite snack	energy it provides	add-on to top up
