

THE MAGAZINE FOR **TEENS**

ACTIVE HEALTHY HAPPY

Live Well.
FEEL GOOD.

Be **YOU.**

Be **UNSTOPPABLE.**



CHALLENGES

Tips &
REAL TALK
INSIDE



Be the best
version of
YOU!

WHAT'S INSIDE THIS MAGAZINE

This is your journey. You've got this.



Your guide to everything inside.
Take a look, pick your interest
and jump straight in!

Everything in this
magazine is here to
help you feel better,
stronger and more in
control.

Reset Your Mind

Pause. Reset. Recharge. Discover simple ways to handle stress, sleep better, feel calmer and take back control when life feels overwhelming.



Start anywhere.
Come back
anytime.
THIS IS YOUR
SPACE.

Fuel Your Body

Fuel your brain. Build the ultimate power bowl, upgrade your snacks and learn how small food choices can make a big difference.



Social Challenges & Real Talk

Real life. Real situations. Real advice. From friendships and confidence to vaping, pressure and online drama, let's tackle the stuff nobody really talks about.



Get Moving, Level Up

YOU vs YOU. Fun workouts, mini challenges and personal bests designed to build strength, confidence and healthy habits - at your own pace.



Surviving the Digital World

Take control of your screen - not the other way around. Discover how music, social media and screen time affect your mood, focus and wellbeing.



Puzzles, Games & Fun

Give your brain a workout. Impossible challenges, brain battles, creative activities and loads of fun to keep you thinking, laughing and learning.



You are in control of **YOUR** story.
MAKE IT AN ACTIVE, HEALTHY, HAPPY ONE.

RESET YOUR MIND

Your brain works
HARD every day.

Taking time to reset isn't lazy – **it's smart.**

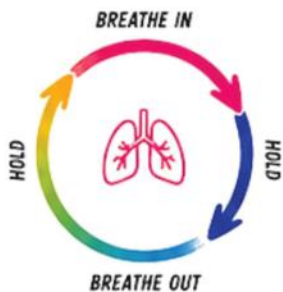
Here's how to slow down, clear your head and feel more in control.

**YOU CAN'T ALWAYS CONTROL
WHAT HAPPENS.
BUT YOU CAN ALWAYS CHOOSE
HOW YOU RESET.**

5 WAYS TO RESET (MENTAL NOT MAGIC)

1 Breathe

Reset your brain.



Repeat 4 times.
Feel your body
slow down.

2 Notice

Reset your mind.

- 5 things you can **see.**
- 4 things you can **touch.**
- 3 things you can **hear.**
- 2 things you can **smell.**
- 1 thing you can **taste.**

3 Release

Reset your thoughts.

-
- Write it down.
- Get it out of your head.
- You don't have to hold it all in.

4 Reflect

Reset your focus.

- ☒ What's in my control?
- ☒ What can I let go of?
- ☒ What matters right now?
- ☒ What's one small step I can take?

CALMNESS =
Clarity + Direction.

5 Recharge

Reset your energy.



- Move your body
- Listen to music
- Spend time outside
- Talk to someone you can trust
- Do something you enjoy

Sleep =

YOUR ULTIMATE RESET

Sleep helps you...

- Think clearer & focus better.
- Handle stress & emotions.
- Boost your immune system.
- Recover your body & build muscle.
- Wake up with more energy.

How much sleep do **YOU** need?

12-15 Years
**8-10
Hours**

16-18 Years
**8-9
Hours**

Think of sleep as
charging your phone.
You can't expect
100% on 2% battery.



Sleep isn't wasted time.
It's **POWER** time.

Sleep better. Wake better.

- 1 **PUT SCREENS DOWN**
At least 1 hour before bed. Your brain needs time to switch off.
- 2 **KEEP A ROUTINE**
Go to bed and wake up around the same time every day.
- 3 **CREATE A SLEEP SPACE**
Cool, dark, quiet and comfy. Make your room a chill zone.
- 4 **WIND DOWN**
Read, stretch, journal or listen to calm music.
- 5 **DON'T OVERSLEEP**
Too much can leave you feeling more tired.

BUILD YOUR POWER BOWL

GOOD FUEL
FUELS YOUR GOALS
MAKE IT COUNT

PROTEINS

- Chicken
- Beans
- Eggs
- Tofu

CARBS

- Brown rice
- Quinoa
- Sweet potato
- Wholegrain pasta

VEG

- Spinach
- Broccoli
- Carrot
- Capsicum
- Tomato

EXTRAS

- Avocado
- Seeds
- Nuts
- Feta



NO RULES. JUST BALANCE.
MAKE IT YOURS!

Eat smart. NOT perfect!

The 80/20 rule is all about balance, not being perfect. It helps you feel good, have more energy and enjoy life.

80% LOOKS LIKE

- Whole foods
- Fruit & veg
- Healthy carbs
- Plenty of water
- Good sleep
- Moving your body

20% LOOKS LIKE

- Pizza with friends
- Dessert
- Takeaway
- Treats
- Something fun!



Enjoy the foods you love.

80%
Fuel your body most of the time.



20%

Fuel your day, your way

Tips that actually help:



Drink water

Your brain + body need it.



Don't Skip Meals

It messes with your energy and focus.



Plan Ahead

Good choices are easier when you're prepared.



Listen to YOUR Body

Hungry? Eat. Tired? Rest. You know best.



Be Kind to Yourself

One "off" meal won't ruin anything.

UPGRADE YOUR SNACKS

SMART SWAPS =
MORE ENERGY. BETTER FOCUS.
BETTER YOU!

FROM THIS

TO THIS



Crisps



Popcorn



Chocolate



Yoghurt & Fruit



Fizzy Drink



Flavoured Water



Chocolate Toast



Sliced Banana



Chips



Nuts or Trail Mix



Ice Cream



Frozen Yoghurt Slices



Energy Drink



Fruit Infused Water



Biscuits



Apple Slices

Did you know?

PROTEIN

Builds and repairs muscles, keeps you full and supports recovery.

CARBS

Are your body's main energy source. They fuel workouts and keeps you going.

VEG

Packed with vitamins, minerals, antioxidants and fibre to boost energy, immunity and digestion.

EXTRAS

The small things that take your bowl to the next level.

Food Label Info

Ever wondered what the traffic light symbols mean on food packaging?



GREEN = GO FOR IT

Low in sugar, fat or salt and great for everyday fuel.



AMBER = KEEP IT BALANCED

Fine to have, just not all the time.



RED = NOT A BAN, JUST LESS OFTEN

Higher in sugar, fat or salt, save for treats.

YOU DON'T NEED A PERFECT DIET
Just make slightly better swaps
MOST OF THE TIME

SEARCH & FIND

Can you find all the items hidden
in the picture?

Take Your Time.
Look Close.
You've Got This!



Find These Items



Sunglasses



Football



Speaker



Water



Ghetto Blaster