



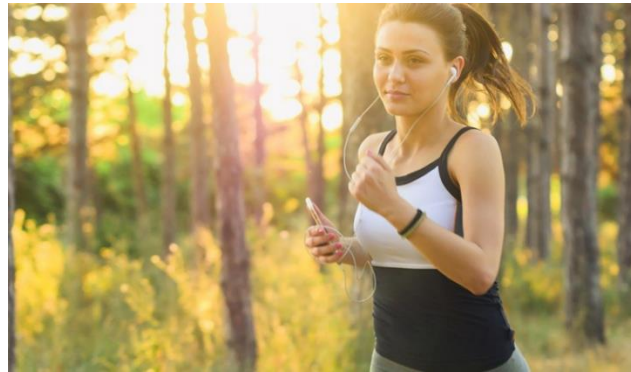
# LIVE YOUR WHY

## Afterschool Edition



Did you know that regular exercise helps:

- Manage stress
- Release tension
- Counter anxiety and depression
- Improve the ability to fall asleep quickly and sleep well
- Increase enthusiasm and optimism?\*



**Do an exercise of your choice and see if you notice one or more of these benefits.**

\*[stanfordchildrens.org/en/topic/default?id=exercise-and-teenagers-90-P01602](https://stanfordchildrens.org/en/topic/default?id=exercise-and-teenagers-90-P01602)



Looking for other ideas to help plan your afternoon? Visit us at  
[www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)