

# LET'S GET READY TO TEST!

## THINGS TO DO

### WHY SLEEP?

- INCREASES PRODUCTIVITY
- DECREASES STRESS (Cortisol)
- AVERAGE SLEEP GETTING 6 HOURS
- AVERAGE SLEEP NEEDED 7-9 HOURS

### STEPS TO PREPARE FOR SLEEP

A half hour BEFORE sleep-NO VIDEO GAMES, ELECTRONICS, I-PHONES, ETC.

Relax your mind by watching comedy, reading a book, etc.

## STAY COOL, CALM AND RELAXED!

- If stressed drop and do 10 push ups, sit ups or pull ups for 2 minutes!
- Walk to school!
- Flex hands and calf muscles to move cortisol around. Rub hands together.
- Exercise helps relax the muscles-  
**BREATHE**

## NUTRITION

### POWER UP BREAKFAST!

Try this....orange or a handful of strawberries=Vitamin C

6-8 oz. low fat yogurt for calcium

Whole grain bagel/toast with peanut butter=vitamin B, fatty acids to lower stress.

Slow down while eating; avoid caffeine!

Drink WATER!

## STAY POSITIVE!

- SAY. . . . .
- I CAN, I CAN!
- I AM SMART!
- I AM FINISHING  
**STRONG!**

