

Ask, Listen, Learn

Help kids say "YES" to a healthy lifestyle and "NO" to underage drinking



Lolo Jones Finds Balance On and Off the Track

Apolo Anton Ohno's Healthy Habits



Making a Difference: One Teen's Fight to Feed the Hungry

You Are What You Drink



Say "YES" to a healthy lifestyle and "NO" to underage drinking. Join the team and take the pledge at asklistenlearn.com!

Hey Kids!

You don't have to be an elite athlete to be a health superstar. Eating right and exercising are also key elements of healthy living. But there's more to wellness than food and fitness.

Healthy people explore their world and give back to their communities. They spend time with friends and do things they enjoy. They say "YES" to a healthy lifestyle and "NO" to underage drinking. How can you make the best decisions for a healthy life? Read on!

Skating to Success

What does it take to be the most decorated U.S. winter Olympian? **Determination. Drive. And a body that's in peak condition.**

Apolo Anton Ohno has speed skated to victory at three Olympic games, winning a whopping eight medals—more than any other American athlete in the history of the Winter Olympics.

As a young kid, though, Apolo wasn't the picture of fitness. In fact, he was on the stocky side and friends nicknamed him Chunky. Once he decided to dedicate himself to skating, he committed to eating right and training hard. By 19, he'd scored his first Olympic gold.

Apolo definitely enjoys himself. (For proof, watch clips of his big win on *Dancing With the Stars!*) He also takes care of himself. He eats right, stays active, donates time to charity, and knows how to have fun without alcohol. "I enjoy living a healthy lifestyle," he says.*

*Source: asklistenlearn.com/superstars/Apolo



You are what you drink...

You've probably heard the expression: "You are what you eat." But remember: you are what you drink, too! Healthy liquids make you feel good. "Drink the wrong stuff, like alcohol, and you can mess up your body and even your life," says Dr. Anthony E. Wolf, Ph.D., practicing clinical psychologist who has worked with children and adolescents for more than 30 years.

Alcohol can do damage to your body—including your liver, your heart, and your brain. Drinking alcohol might depress you and affect the brain cells that help you think and move normally. Even basic activities like riding a bike or skateboarding can become very dangerous if you've been drinking.

Because alcohol can make you lose control, people who drink can seriously harm themselves or others. They can get into trouble with the law. They can do really embarrassing things that later they desperately wish they could take back but they can't.

Be smart! Say "YES" to a healthy lifestyle and "NO" to underage drinking.

Dr. Anthony E. Wolf, Ph.D., is a practicing clinical psychologist who has worked with children and adolescents for more than 30 years and lectures frequently on parenting topics.

Photos, left to right: © Clayton Addison/NewSport/Corbis; © Mike Brinson/Getty Images.

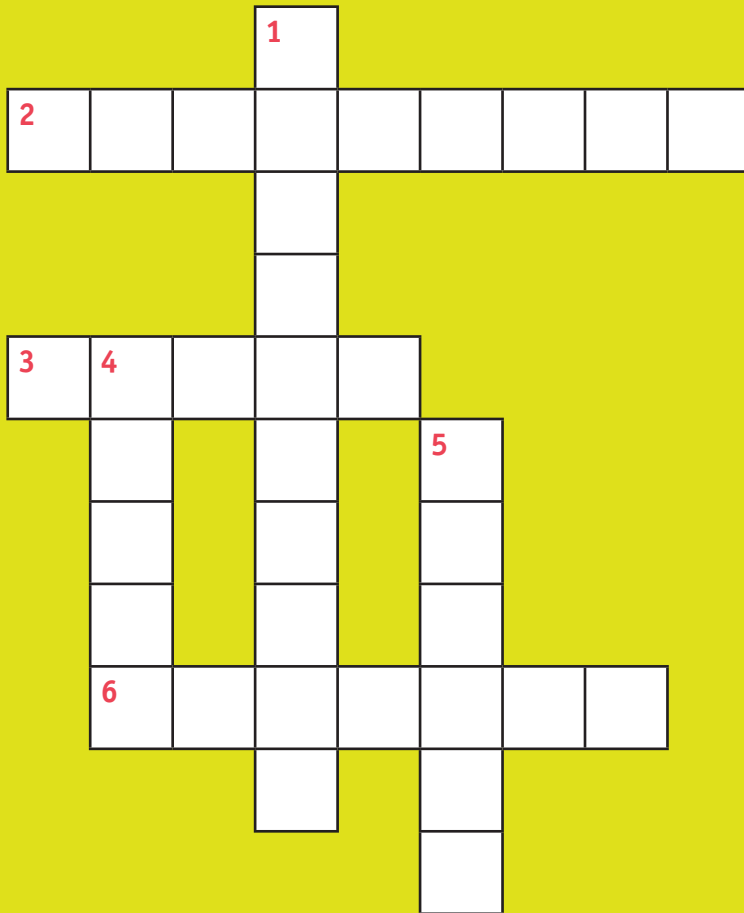
Want to be part of the team?

Learn more about Apolo Ohno and the other superstars of *Ask, Listen, Learn* at asklistenlearn.com/superstars.

- Answer Key**
1. Depression
 2. Irregular
 3. Sleep
 4. Lungs
 5. Breath
 6. Stomach

Bend Your Brain

Use the clues to help you complete these facts about how alcohol affects young people's bodies.



Across

- Alcohol can stress your heart, so that you become prone to a stroke or a(n) _____ heartbeat.
- Not only does drinking alcohol make it difficult to stay awake, it disrupts _____, so that your mood is affected as well.
- Too much alcohol can irritate this organ, producing too much acid and causing nausea.

Down

- Drinking alcohol may cause _____, and will affect the way your brain works, so you're doing things that you wouldn't usually do.
- Too much alcohol makes it difficult to breathe, disrupting how these organs operate.
- Saying rude things is a common side effect of drinking alcohol and those nearby might find your _____ to be offensive as well.

See "You are what you drink..." on the opposite page for helpful hints!

Hurdles for Health



Lori (Lolo) Jones has jumped lots of hurdles. On the track, the 28-year-old runner leaps hurdles with ease. As a kid in Des Moines, Iowa, she faced a different kind of hurdle: homelessness.

Despite the challenges, Lolo fought hard for her dream. In 2008, she competed in the Beijing Olympics.

To make it to the top, Lolo eats right and trains hard but she knows that many factors play a role in building a healthy life. Check out these seven keys to good health and think about how you can improve your own life.

1 BODY

A healthy life starts with a healthy body. Running, swimming, hiking, dancing—there are lots of fun ways to move your muscles.

2 CONNECTION

Lolo couldn't have gotten far without support from her friends and family. It's important to make time for the people you care about.

3 EMOTION

Good health means paying attention to your emotions—but not letting them control you. Lolo tripped over a hurdle at the Olympics, missing out on a medal. But she stayed positive and moved on from that setback.

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Making a Difference

While doing research for a history project, 15-year-old

Amy Carlton came across some disturbing facts. She was shocked to learn that in the United States, more than 16 million kids go hungry every month.

Amy wanted to help. But how could one kid make an impact? She decided to start an organization that tapped into the energy and creativity of her peers. That group, Teens Fighting Hunger, sells jewelry, knitted goods, and other artistic products made by teens. The money they raise goes to food banks and hunger-relief organizations.

In three years, Teens Fighting Hunger has raised over \$75,000! Amy says it feels amazing to give back and help others stay healthy. **“You help nourish the community in which you live,”** she says. **“Most kids don’t realize how much of a difference they can make.”**



Amy Carlton

Hurdles for Health

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4 SPIRIT

Healthy people make time to nourish their spirits. Some go to religious services. Others volunteer in their communities or find peace in nature. Find what works for you!

5 ENVIRONMENT

You don’t live in a bubble. The world around you is an important part of your daily life. By taking care of the planet—recycling, saving energy, planting trees—you create a healthier world.



6 WORK

For Lolo, running is a career. Right now, school is your job. It’s not always fun, but doing your best will make you feel proud. Working hard now will also pay off in the future by helping you find a job you love.

7 MIND

Learning isn’t just for school. Opening your mind to new ideas and unique experiences is an important part of wellness. Lolo travels to new places and plays the cello. What new experiences speak to you?

Take the Pledge!

○ Say **“YES”** to a healthy lifestyle and **“NO”** to underage drinking. Sign up today at asklistenlearn.com/account/signup.

Want to read more about superstars like Amy Carlton?

▶ Check out [asklistenlearn.com/superstars!](http://asklistenlearn.com/superstars)

Finding your way to wellness takes some effort. It’s worth it. Small changes can make a big difference in your ability to live a healthy, happy, balanced life!

