**Life Choices** –**Resources: 2013**

**HYDRATION**

European Hydration Institute

<http://www.cdmbcndemo.com>

Stay Healthy

<http://www.stayhealthy.com/en_us/main/hydration_information>

**STRESS**

Taking Charge (children, 10-12)

<http://www.networkofcare.org/library/childrenandstress1.pdf>

Palo Alto Medical Foundation … Sutter Health

[**http://www.pamf.org/teen/life/stress/managestress.html**](http://www.pamf.org/teen/life/stress/managestress.html)

American Academy of child & Adolescent Psychiatry

<http://aacap.org/page.ww?name=Helping+Teenagers+with+Stress&section=Facts+for+Families>

**SLEEP**

National Sleep Foundation

<http://www.sleepfoundation.org/article/sleep-topics/teens-and-sleep>

Teens’ Health

<http://kidshealth.org/teen/your_body/take_care/tips_sleep.html?tracking=T_RelatedArticle>

Nationwide Children’s

[**http://www.nationwidechildrens.org/sleep-in-adolescents**](http://www.nationwidechildrens.org/sleep-in-adolescents)

**NUTRITION**

**President's Council on Fitness, Sports & Nutrition**

<http://www.fitness.gov/eat-healthy/how-to-eat-healthy/>

**PHYSICAL ACTIVITY**

**President's Council on Fitness, Sports & Nutrition**

<http://www.fitness.gov/be-active/ways-to-be-active/>