

HEALTHY LIVING

Part of being a student-athlete is living a healthy lifestyle. Doing so will increase the ability to perform at peak levels, which in turn, create increased team performance. Making the right decisions for your body also results in better scholastic performance.

As teenagers become adults, it is important to create GOOD habits, most importantly what goes in their body. This includes everything from what foods to eat, to drugs, to nutritional supplements. The link below is to the OHSAA webpage regarding these and other healthy lifestyle issues that arise.

[Healthy Lifestyles](#)