

TRAINING

athletes spend their free time exercising and preparing for the season



"For basketball I workout every day. My workout routine helps me perform by making me stronger and in more control of my body,"

-Sarah Davis '24

"We practice about seven times a week except Sundays for 2 hours every day plus an hour of weights and dryland everyday from August until July,"

- Abigail Wood '24

"At the beginning of each day I do 15 minutes of working out and then I pay for the rest of the two hours and end with stretching,"

- Isabella Robison '26

24/7

SELF CARE

positive steps to good mental health

2-3 QUARTS Drink plenty of water and stay hydrated

AT LEAST 30 MINUTES Exercise regularly

7-9 HOURS Get enough good sleep

LESS THAN TWO HOURS Reduce screen-time

LOVED ONES Connect with people you care about

AT LEAST 10 MINUTES Get plenty of Vitamin D a day

DIET Limit unhealthy foods

DRINK UP

avid water drinkers describe how much water they drink per day and the importance of it



"I drink about 64 ounces of water per day because it makes my skin clear and it is good for my body,"

- Carson Yocum '23

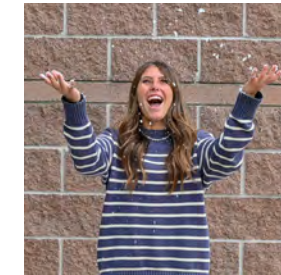
"I drink around 1-2 gallons per day because I sweat a lot and get thirsty working hard. Plus if I don't my nose bleeds."

- Erick Lenzi '23

"I drink about two 24 oz water bottles per day so that I stay fully functional throughout the day,"

- Sydney Lowery '25

DREAM HOURS OF SLEEP



"On a normal night I get about 10 hours of sleep. I go to bed pretty early at either 8 or 9 p.m., and then I wake up at 7. I do my school work at school so that I can go to bed early."

-Nella Casteneda '23

"I normally get about five hours of sleep. I go to bed around 11:30 p.m. but some days I pass out at 9:00 p.m. and others I will stay up until 1:00 a.m. I always wake up at 6:20 a.m. before school though."

-Lily Hutz '25

"On a school night I usually get five to six hours but on a weekend I usually get about nine hours. On a school night, I usually go to bed around 11:00 -11:30 p.m. and wake up at 5:00 or 5:30 a.m.. On weekends I will go to bed at midnight and wake up at 9:00 a.m."

-Brooke Dragan '25

FLOURISHING

GYM BROS

prioritizing fitness pushes students to stay healthy

"My typical workout regimen takes usually six days a week, two to three hours per day. All of this training keeps my mental health in check by relieving stress and lowering cortisol levels. When it drops I feel better and I feel large amounts of dopamine flowing through."

- James Stevens '24

"I go to the gym five days a week: Monday chest, shoulders, and triceps, Tuesday is back and biceps, Wednesday is legs. Thursday is chest and back, Friday is arms. Most days I warm up on a treadmill then I do three workouts for each muscle."

- John Yamamoto '26

"I try to get to the gym or at least do some sort of workout every day of the week. I do two days of agility training and at least three days of lifting with a shooting workout included. Shoulders and back are easily my favorite muscle groups to work"

-Emma Pillsbury '23



SCREEN TIME

"My average screen time is 3-4 hours. I spend the most time on YouTube and Spotify because I'm watching something or listening to music. I also play a lot of Red Dead Redemption II, I think I spend about 3-4 hours gaming on the average day, but on weekends sometimes I will play up to like 12 hours. It's something I've done since I was little, and I've made some really good friends doing it."

- Clark Farson '25

97%

of teenagers ages 12 to 17 play some sort of video game whether it be computer, web, portal or console games according to pewresearch.org

