ASK, LISTEN, LEARN
KIDS AND ALCOHOL DON’T MIX

INSIDE:

MEET THE SUPERSTARS
ERIN HAMLIN  LEX GILLETTE  LAUREN HOLIDAY

DECODE LIKE A CHAMPION!

YOUR BODY, YOUR FUTURE

MAKE CHOICES LIKE A CHAMPION!

An exclusive interview with Lauren Holiday
Olympic gold medalist and 2015 FIFA World Cup Winner

Fun Games and More!
Visit asklistenlearn.org to take the pledge, learn about more superstars, and play fun and educational games.
Meet the Superstars

SUPERSTAR STATS

Lex Gillette
Hometown: Raleigh, NC
Education: East Carolina University
Sport: Track & Field
Stats: Ranked #1 blind long jumper in the world

Lauren Holiday
Hometown: Remsen, NY
Education: DeVry University
Sport: Soccer
Stats: 24 international goals scored
Awards: FIFA Women’s World Cup 2015

Erin Hamlin
Hometown: Remsen, NY
Education: DeVry University
Sport: Luge
Stats: First American female luge to win a medal at the Winter Olympics
Awards: Paralympic silver medal in 2012


Decode Like a Champion!

ACROSS
3. The kind of food athletes advise you to eat
4. Lex Gillette’s world record is in this event
6. Another name for a soccer player’s “caps”

DOWN
1. What good athletes do almost every day
2. The top medal one can win in an Olympic event
5. Erin Hamlin’s sport where athletes hit very high speeds

EASY STEPS TO A HEALTHY LIFESTYLE

Lex Gillette leaps into action.

LAUREN HOLIDAY

Erin Hamlin pays a visit to her class of champions.

Decide whether you want to be healthy or not. It’s personal. It’s important. It’s up to you.

TO A HEALTHY LIFESTYLE

EASY STEPS

1. Train
2. Gold medal
3. Nutritious
4. Long jump
5. Luge
6. Matches

Set goals! Every week, challenge yourself to improve your habits.

Lauren Holiday: Playing in a FIFA Women’s World Cup final must be stressful! How do you mentally prepare to do something like that?

Erin Hamlin & Lex Gillette make healthy living a lifestyle. This means they make choices every day that keep them healthy. It’s not a chore for them; it’s how they enjoy living. Below are their five steps for turning health into habit.

1. Stay active! Every day, be sure to get up and go—whether it’s outside for a run, on a walk with a friend, or around the house to do chores.

2. Eat nutritious foods! The body needs fuel, and high-quality foods are good energy. Eating proteins, such as chicken, fish, or beans, along with a lot of fruits and vegetables, will keep your body powered up through the day.

3. Get a lot of rest! The body needs high-quality rest just as much as it needs good food. There’s no shame in an early bedtime—it just means you’ll be powered up the next day.

4. Avoid underage drinking! Drinking alcohol at an early age harms the body and impairs your judgment. By avoiding alcohol, you’ll be one step closer to being a champion.

5. Set goals! Every week, challenge yourself to improve your habits. For example, set a goal to add a vegetable serving to one meal every day. Or perhaps plan to avoid screen time completely one day a week.

Now that you have retired from soccer, how do you plan to stay physically active? I’m not working out as much as I did before—so maintaining a healthy lifestyle is extremely important. The soccer regime is still important to me, so running has always been a big part of my life. However, if I can’t run, I’ll try to do something less intense like yoga, swimming, or even just walking somewhere instead of driving! I try to think outside the box and stay active for as much of my day as I can!
Activity: Alcohol and Your Growing Body

**Your Body, Your Future** Read the infographic below. On a separate piece of paper, write two ways underage drinking can cause damage to your body and can affect your daily life.

**BRAIN**
The brain governs your nervous system, but alcohol can damage the frontal lobes, where decisions are made. Alcohol can also impair memory and disrupt sleep.

**BONES AND MUSCLES**
Your bones and muscles give your body structure and allow it to move. Alcohol can deprive the body of nutrients and water that your muscles need to function.

**LIVER**
The liver plays a crucial role in the digestive process, but alcohol can disrupt that process.

**SKIN**
Skin protects your body and regulates its temperature, but alcohol can contribute to discoloration or rashes.

**IMMUNE SYSTEM/THYMUS**
The thymus is part of your immune system. Alcohol can deplete the body of minerals and vitamins that your immune system depends on.

**STOMACH**
The stomach is a vital organ in the digestive process, but alcohol can lead to acid reflux disease, a chronic disorder in which acid travels from the stomach up into the esophagus.

**FAMILY ACTIVITY**

**Cause-and-Effect Game**
Answer the following questions as a family. Whoever lists the most effects wins!

**What happens to a young person's body when consuming alcohol?** The diagram above holds some useful hints. Many bodily systems suffer from the effects of alcohol, such as damage to the liver or depriving the body of nutrients and water.

**How might one disappoint one’s family or community if one engages in underage drinking?** Possible answers include missed commitments, a lack of support for others, and a failure to live up to one’s potential.

**Set Family Goals!**
Discuss the different ways your family could say “YES” to a healthy lifestyle. Set three family goals to help you all get healthier. 
*For example, you could take more family walks or cook together one night a week.*