



GLOW UP GUIDE

**10 THINGS EVERY TEEN GIRL CAN DO
TO BE HER FITTEST, HEALTHIEST SELF**

Vida Lab

Hey girl—this guide is for YOU.



Life is busy, sometimes stressful, and let's be real, social media can make it feel like we have to do it all. But the truth is, health isn't about perfection. It's about building small, smart habits that help you feel strong, confident, and unstoppable.

Here are the Top 10 things you can do right now to level up your physical and mental health.

1. Fuel Your Body Like a Boss

- Why it matters: Your diet literally shapes your energy, skin, and mood. Balanced meals with protein, healthy fats, and colorful veggies stabilize energy and boost brain power.
- Tips: Design your plate with $\frac{1}{2}$ veggies/fruit, $\frac{1}{4}$ protein, and $\frac{1}{4}$ carbs (opt for whole grains).
- Evidence: Diets high in whole foods and low in processed sugar enhance mood and focus in teens (National Institutes of Health, 2020).

2. Lift, Don't Just Cardio

- Why it matters: Strength training makes you leaner, stronger, and more confident, while also promoting bone health.
- Tips: Start with bodyweight exercises (squats, pushups, planks), then add weights. Aim for 2–3 sessions per week.
- Evidence: Resistance training boosts self-esteem and reduces anxiety in teenage girls (Journal of Strength and Conditioning, 2019).

3. Hydrate Like It's Your Job

- Why it matters: Even mild dehydration can lead to fatigue, moodiness, and headaches.
- Tips: Keep a water bottle handy. Add lemon, berries, or cucumber for flavor. Aim for 6–8 cups daily.
- Evidence: Hydration supports focus, energy, and skin health (CDC).

4. Sleep = Secret Superpower

- Why it matters: Sleep repairs your body and organizes your brain.
- Tips: Turn off screens an hour before bed, keep your room cool and dark, and aim for 8–10 hours of sleep.
- Evidence: Good sleep is linked to higher grades, better mood, and lower stress in teens (American Academy of Pediatrics).

5. Move Every Day (Your Way)

- Why it matters: Movement boosts mood and relieves stress.
- Tips: Dance, join a sports team, walk with friends, or try a TikTok workout. It all counts.
- Evidence: Exercise releases endorphins that enhance mental health (Mayo Clinic, 2022).

6. Protect Your Mind

- Why it matters: Your growing brain needs care. Stress, social media, and negative self-talk can weigh you down.
- Tips: Use journaling, meditation apps, or daily affirmations. Take breaks from social media.
- Evidence: Mindfulness reduces anxiety and helps manage emotions (APA, 2021).

7. Strong Friendships = Strong You

- Why it matters: Your environment influences your mental health.
- Tips: Invest in uplifting friends. Set boundaries with toxic ones.
- Evidence: Strong peer support reduces depression and boosts resilience (Journal of Youth & Adolescence, 2020).

8. Say No to Perfection

- Why it matters: Pursuing “perfect” leads to burnout. Health is about progress, not comparison.
- Tips: Celebrate small victories. Focus on feelings, not just appearances.
- Evidence: Self-compassion boosts confidence and lowers anxiety (University of British Columbia, 2018).

9. Build a Morning Routine

- Why it matters: How you start your day influences everything else.
- Tips: Begin with three steps: hydrate, stretch, and set one goal.
- Evidence: Consistent routines enhance focus and reduce stress (Harvard Health, 2021).

10. Ask for Help When You Need It

- Why it matters: Mental and physical health require support. Asking for help is a strength.
- Tips: Reach out to a parent, teacher, coach, or counselor when overwhelmed.
- Evidence: Early use of support systems improves stress, anxiety, and depression outcomes (NIMH, 2020).

Final Word



Being your healthiest self isn't about restrictions or rules—it's about discovering what makes you feel good, strong, and confident. Every small step builds momentum. Start with one habit from this list and watch how it transforms your life.

You've got this.!