

**ONE BRAIN**  
**ONE BODY**  
**ONE LIFE**

After infancy, the most critical time of brain development is between ages 12-24.

- What you eat
- How you exercise
- How much sleep you get
- The habits you form
- The substances you either use or avoid

...these lifestyle choices affect your life right now *and* they lay the neurological groundwork for the rest of your life.

Do you want to be your best?

**STRENGTH**  
DOESN'T COME  
FROM WHAT YOU CAN DO

IT COMES FROM  
**OVERCOMING**  
THE THINGS YOU ONCE THOUGHT  
YOU **COULDN'T**

Decide what you want as a/an

- Student
- Friend
- Athlete
- Sibling
- Artist
- Musician
- Person
- Daughter/Son

**Human Performance Project in Nebraska** is an all-school wellness initiative focused on healthy living and optimal performance. Based on the Life of an Athlete program, this program promotes science-based information regarding nutrition, sleep, stress, and drugs & alcohol. Students learn how to be and perform at their best.

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## Human Performance Project in Nebraska

**TO THE HIGHEST STANDARDS OF  
CHARACTER AND HEALTHY LIVING**



The **biggest** reason for failure in life is giving up what you want the **most** for what you want at the moment.

-John Underwood



Life of an Athlete  
Human Performance Project

For more information contact Monument Prevention Coalition, 308-635-6162, monumentprevention@wncc.edu; website: humanperformanceprojectne.org.

# Be Your Best!

## SLEEP

Sleep is an essential component in the muscle building and brain “rebooting” process.

### Why?

The release of growth hormone reaches its peak during periods of deep sleep which you reach only if you get a FULL NIGHT OF SLEEP.

Teens NEED approximately 9 hours of sleep, according to the American Academy of Pediatrics.

### Try this-

- Turn off your phone, TV, and computer an hour or so before bed
- Have a bedtime routine
- Get cozy
- Visualize placing your problems on a shelf for the night—they don’t need to keep you awake!

## NUTRITION & HYDRATION

You can’t run on empty! Empty calories from fast food, processed foods, and junk food will slow you down and negatively impact your performance.  
Read the “Power Back Diet!”

### Try this-

- Eat whole foods—fruits, veggies, whole grains, and lower-fat proteins
- Snack smart—try nuts, raisins, jerky, fruit, cheese, chocolate milk
- Recover from workouts with liquid protein like whey protein or chocolate milk and 75mg of simple carbs
- Drink water throughout your day
- During competition, sip a 50/50 mix of a sports drink and water

## DRUGS & ALCOHOL

One time drunk erases up to 14 days of training effect.

### Why?

Alcohol decreases protein synthesis for muscle fiber repair and lowers testosterone. It negatively impacts sleep, the immune system, and speed. Alcohol will make you more susceptible to illness and twice as likely to get injured.

Marijuana slows down reaction time, significantly impairs ability to reach REM sleep needed for brain and muscle regeneration, and reduces motivation.

Garbage in, garbage out—decide what you want with your life and have the courage to make the right choices!

## STRESS & YOUR BRAIN

While some stress is a normal part of life, too much stress will deplete energy and reduce performance.

### Why?

All performance is based on energy availability from your central nervous system (which includes your brain).

Worried and tired brains will underperform.

### Try this-

- Get 9 hours of sleep every night—this alone will greatly reduce stress
- Limit screen time (texting, television, computer, video games) to let your brain have some peace and quiet
- Breathe, meditate, pray, journal, listen to music-whatever works for you
- Talk to people about things that matter to you—and listen too.