



HERSHEY BEARS®

WELLNESS ALL-STARS



Practice these healthy study habits to help

IMPROVE FOCUS & SUCCESS IN SCHOOL:



Get at least 9 to 11 hours of sleep.



Drink at least 6 cups of water per day.



Snack smart with power snacks for energy and brainpower.



Refocus with a brain break: Take a walk, do jumping jacks, or practice yoga.



PennState
PRO Wellness



Fruit is full of

HEALTHY NUTRIENTS

The whole fruit contains potassium, fiber, folate, and much more!

The skin holds fiber which is important for gut health.

Some seeds are packed with fiber, vitamin E, and even protein!

The flesh or the inside of fruit provides high levels of potassium.

