

## Health Education Web Resources

1. <http://www.presidentschallenge.org/>

This site provides links to help you be active, eat healthy and take the President's Youth Fitness Test.

2. <https://quitday.org/support/teens/>

If you or someone you know is a smoker, this site can help you quit sooner than later – it gives you the facts about smoking – why teens smoke, and how it impacts your health.

3. <https://www.plannedparenthood.org/learn/teens>

This site provides information on sex, relationships, your body and more.