

ACTIVE HEALTHY HAPPY

THE MAGAZINE FOR **TEENS**

LIVE WELL.
FEEL GOOD.
BE YOU.
BE UNSTOPPABLE.

CHALLENGES,
TIPS &
REAL TALK
INSIDE!

BE THE
BEST VERSION
OF **YOU**



**YOU
GOT
THIS!**

WHAT'S INSIDE?

YOUR GUIDE TO EVERYTHING INSIDE.
FIND THE PAGE NUMBERS ON THE RIGHT AND **JUMP STRAIGHT IN!** ♡



RESET YOUR MIND

Quick ways to pause, reset, and feel back in control.



FITNESS & CHALLENGES

Simple, fun ways to get moving, build strength, and challenge yourself.



NUTRITION & FOOD

Easy food ideas to fuel your body, boost energy, and feel your best.



FOCUS & PRODUCTIVITY

Tips to stay focused, avoid distractions, and get things done faster.



REAL TALK & FRIENDSHIPS

Honest advice on confidence, friendships, and being yourself.



DIGITAL LIFE

How to stay in control of your screen time and use tech in a healthy way.



SLEEP & WELLBEING

Why rest matters and how to recharge your body and mind.



FUN & GAMES

Puzzles, challenges, and brain workouts to help keep you sharp and alert.



CREATE & DISCOVER

Try new things, get creative, and build skills that make you stand out.



WEEKLY CHALLENGE

Put it all into action with simple challenges to level up your week.

PAGE
NUMBER

4

5

7

9

10

13

16

18

22

23

START ANYWHERE. COME BACK ANYTIME. THIS IS **YOUR SPACE.** ♡

WELCOME TO YOUR ENERGY ERA!

This magazine is your space to learn, grow, and level up.

Be active.
Be healthy
Be happy.

Be **YOU.**

Let's make every day count!

**YOU
MATTER.
ALWAYS.**

It's totally okay to have **LOW ENERGY** sometimes.



ENERGY BOOST CHALLENGE

RIGHT NOW DO THIS:

- ★ 10 STAR JUMPS
- ★ 5 DEEP BREATHS
- ★ 1 BIG SMILE

Done? You've just boosted your energy.

HOW'S YOUR
ENERGY TODAY?

LOW



MEDIUM



HIGH!



WHEREVER YOU'RE AT, THAT'S OKAY.
YOU'RE DOING YOUR BEST.



YOUR SOCIAL BATTERY



Spending time with people is awesome, but sometimes we all need time to recharge on our own.

IT'S OKAY TO:



Take time alone to relax



Read, listen to music, or do your own thing



Say no to plans when you need a break



Rest and recharge your mind & body

YOU CAN'T POUR FROM AN EMPTY CUP.



RESET YOUR MIND

Feeling overwhelmed, distracted or just a bit "meh"?
Let's hit reset.



THE 60-SECOND RESET






STEP 1 - BREATHE



In for 4... hold... out for 4.

STEP 2 - LOOK AROUND

Name: _____

-  3 things you can see
-  2 things you can hear
-  1 thing you can smell

STEP 3 - RESET THOUGHT



Think, "I'm in control. I can handle this."



MIND POWER CHALLENGE

TRY THIS TODAY:

- Take a 5-minute quiet break - no phone!
- Write down 1 thing that you're proud of
- Say something kind to yourself



SMALL RESETS = BIG ENERGY.



CLEAR YOUR HEAD



Write down one thing that's on your mind.

Can you now flip it into something positive?



WATER = YOUR SECRET SUPERPOWER

YOUR BODY RUNS ON WATER. NOT ENERGY DRINKS. NOT FIZZY POP. NOT LUCK.

HOW HYDRATED ARE YOU?

COLOUR THE BATTERY TO MATCH YOUR HYDRATION LEVEL!

- FULLY CHARGED**
Feeling amazing! Keep it up!
- DOING OKAY**
You're on the right track.
- RUNNING LOW**
Drink more water soon.
- DESERT MODE**
Time to rehydrate!



BETTER MOOD



BETTER FOCUS



BETTER SLEEP



MORE ENERGY



BETTER PERFORMANCE



HEALTHIER SKIN

HOW MUCH SHOULD YOU DRINK?

A single bottle = 750ml. Fill it 3 to 4 times EVERYDAY!

That's 2.25 to 3 litres of water. Your body (and brain) will thank you!

WATER VS ENERGY DRINKS

Helps focus	Can cause jitters
Keeps you hydrated	Can dehydrate you
Helps sports performance	Energy crash later
Good for sleep	Can affect your sleep
No added sugar	Often lots of sugar

YOUR BODY ALREADY HAS ENERGY. WATER HELPS UNLOCK IT.

SPOT THE SIGNS

HAVE YOU EVER...

- Felt tired halfway through the day?
- Had a headache?
- Struggled to focus?
- Felt grumpy for no reason?
- Had dry lips?
- Felt dizzy after sport?

YOU MIGHT JUST NEED MORE WATER.

BUILD YOUR OWN POWER DRINK!

Choose your favorites. Draw your ultimate hydration combo.



GET CREATIVE!

THE 7-DAY HYDRATION CHALLENGE

DRINK. REFILL. REPEAT

Tick each day you hit your goal!

MON	TUE	WED	THU	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CHALLENGE A FRIEND! KEEP EACH OTHER ACCOUNTABLE.

BEFORE YOU REACH FOR AN ENERGY DRINK...

TRY THIS INSTEAD

WATER...
Will always be your best choice

A QUICK WALK...
To get your body moving.

A HEALTHY SNACK
To fuel your body

YOU MIGHT BE SURPRISED HOW MUCH BETTER YOU FEEL!

SEARCH & FIND!

CAN YOU FIND ALL THE ITEMS HIDDEN IN THE PICTURE?

TAKE YOUR TIME.
LOOK CLOSE.
YOU'VE GOT THIS!



FIND THESE ITEMS:



Sunglasses



Football



Speaker



Water



Ghetto Blaster



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