

Aspley RLFC Brisbane Broncos



Smarter Choices

Diet and Exercise

- Eat a wide variety of healthy foods
- Avoid foods high in fat and/or sugar content
- Get physical for at least one hour everyday

Smoking and Alcohol

- Alcohol is a legal DRUG and is to be consumed in moderation only
- Smoking kills more people than all the people killed by alcohol, drugs, murder, suicide, road crashes, air crashes, poisoning, drowning, fires, falls, lightening, electrocution, snakes, spiders and sharks combined

Achieving Your Dreams

- Have a dream
- Formulate a plan
 - Work hard
- Make sacrifices
- Believe in yourself

Peer Pressure

- If you can't say NO learn how to control the situation e.g. make up a story, change the subject or just leave the scene
- Decide how important certain people really are to you
- Find a small group of people that you can trust and talk to about any issues that you are finding hard to deal with on your own

Helpful Hints

- Whether you think you can or you can't you are always right
 - If it is to be it is up to me
- Though no one can go back and make a brand new beginning anyone can start now and make a brand new ending