

# ASK, LISTEN, LEARN KIDS AND ALCOHOL DON'T MIX

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### MEET THE SUPERSTARS



ERIN HAMLIN



LEX GILLETTE



LAUREN HOLIDAY

▶ **DECODE LIKE A CHAMPION!**

▶ **YOUR BODY, YOUR FUTURE**



# MAKE CHOICES LIKE A CHAMPION!

An exclusive interview with **Lauren Holiday** →  
Olympic gold medalist and 2015 FIFA World Cup Winner

## Fun Games and More!

Visit [asklistenlearn.org](http://asklistenlearn.org) to take the pledge, learn about more superstars, and play fun and educational games.

**CLASSROOM CHAMPIONS**  
Because kids have what it takes

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## SUPERSTAR STATS



### Lauren Holiday

**Hometown:** Indianapolis, IN  
**Education:** University of California, Los Angeles  
**Sport:** Soccer  
**Stats:** 133 international caps (matches) played, 24 international goals scored  
**Awards:** Olympic gold medals in 2008 and 2012, FIFA Women's World Cup 2015



### Erin Hamlin

**Hometown:** Remsen, NY  
**Education:** DeVry University  
**Sport:** Luge  
**Stats:** First American female luger to win a medal at the Winter Olympics  
**Awards:** Olympic bronze medal in 2014, World Championships gold medal in 2009

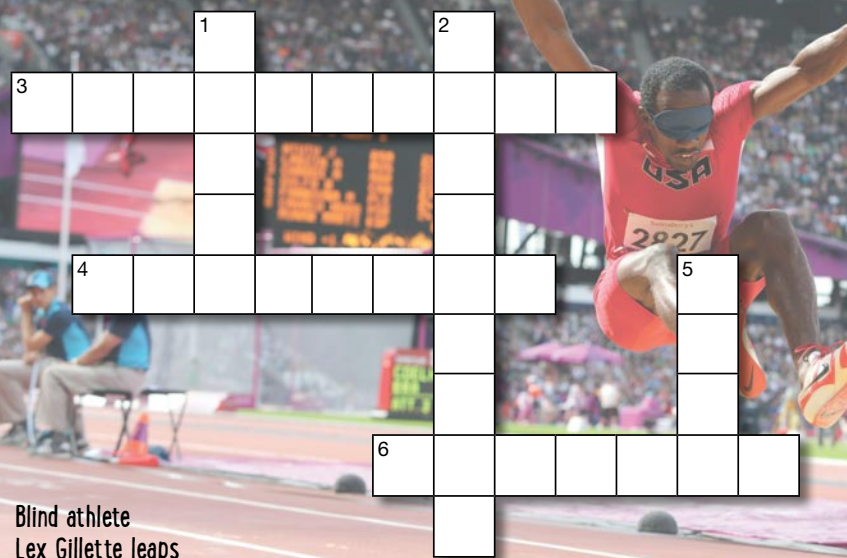


### Lex Gillette

**Hometown:** Raleigh, NC  
**Education:** East Carolina University  
**Sport:** Track & Field  
**Stats:** Ranked #1 blind long jumper in the world  
**Awards:** Parapan American gold medal in 2015, National Champion and World Champion in 2015, Paralympic silver medal in 2012

## Decode Like a Champion!

Complete the crossword by solving each clue.



Blind athlete  
 Lex Gillette leaps  
 into action.

### ACROSS

- 3. The kind of food athletes advise you to eat
- 4. Lex Gillette's world record is in this event
- 6. Another name for a soccer player's "caps"

### DOWN

- 1. What good athletes do almost every day
- 2. The top medal one can win in an Olympic event
- 5. Erin Hamlin's sport where athletes hit very high speeds

Answers: 1. train 2. gold medal 3. nutritious 4. long jump 5. luge 6. matches

## EASY STEPS TO A HEALTHY LIFESTYLE



Erin Hamlin pays a visit to her class of champions.

**Erin Hamlin & Lex Gillette make healthy living a lifestyle.** This means they make choices every day that keep them healthy. It's not a chore for them; it's how they enjoy living. Below are their five steps for turning health into habit.

- 1 STAY ACTIVE!** Every day, be sure to get up and go—whether it's outside for a run, on a walk with a friend, or around the house to do chores.
- 2 EAT NUTRITIOUS FOODS!** The body needs fuel, and high-quality foods are good energy. Eating proteins, such as chicken, fish, or beans, along with a lot of fruits and vegetables, will keep your body powered up through the day.
- 3 GET A LOT OF REST!** The body needs high-quality rest just as much as it needs good food. There's no shame in an early bedtime—it just means you'll be powered up the next day.
- 4 AVOID UNDERAGE DRINKING!** Drinking alcohol at an early age harms the body and impairs your judgment. By avoiding alcohol, you'll be one step closer to being a champion.
- 5 SET GOALS!** Every week, challenge yourself to improve your habits. For example, set a goal to add a vegetable serving to one meal every day. Or perhaps plan to avoid screen time completely one day a week.

Photos: Lauren Holiday, © Bob Daemrich Photography, Inc./Corbis; Erin Hamlin, © Courtesy of Classroom Champions; Lex Gillette (top right), © Francois Nel/Getty Images; Lex Gillette (bottom left), © Courtesy of Classroom Champions.

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## Catching up with Lauren Holiday

**Ask, Listen, Learn:** **Playing in a FIFA Women's World Cup final must be stressful! How do you mentally prepare to do something like that?**

**Lauren Holiday:** Nothing can prepare you for the feeling you get when you step on that field. The best way to mentally prepare is to clear your head and focus on what you've trained to do. When you train like our team does, those steps are ingrained in your movements. Remember to always trust yourself! If you believe in your training and in those around you, whether that be a coach, teammate, or even a positive role model, you're unstoppable!

**How does belonging to a team help you succeed as an athlete?**

When you're part of a team, you get constant reassurance that your sacrifices are worth it. All that hard work, training—it's bigger than you. You get to help your teammates, your friends, succeed. For me, that feeling you get when you succeed as a team helps me train even harder. It makes every athletic accomplishment seem even more satisfying and I'm ready to do it all over again the next day.

**What kinds of goals do you set for yourself while you are training?**

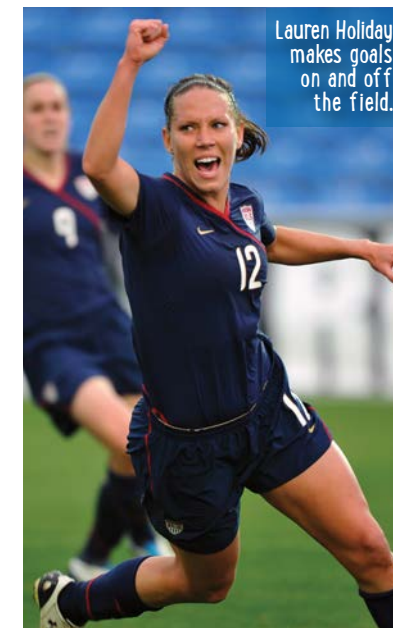
One of the most important goals I set for myself is to maintain a healthy lifestyle. I know none of my athletic goals matter if my body can't accomplish them. That means getting a full night's rest every night, eating well, and keeping a positive attitude on and off the field.

**When you were a young athlete, what were your biggest challenges off the field? In particular, how did you decide to say "no" to underage drinking?**

When I was younger, the hardest part was finding friends who understood my goals and actually helped me succeed as an athlete. There were many times I had to stay in instead of going out with my friends because I had practice the next morning. Saying "NO" to underage drinking is easy when you have a goal in mind and surround yourself with people who share those goals. Your friends should be your biggest support system! They should be the ones encouraging you to do the right thing, especially when it comes to peer pressure and saying "NO" to alcohol.

**Now that you have retired from soccer, how do you plan to stay physically active?**

I'm not working out as much as I did before—so maintaining a healthy lifestyle is extremely important. The soccer regime is still important to me, so running has always been a big part of my life. However, if I can't run, I'll try to do something less intense like yoga, swimming, or even just walking somewhere instead of driving! I try to think outside the box and stay active for as much of my day as I can!



Lauren Holiday makes goals on and off the field.

**Your Body, Your Future** Read the infographic below. On a separate piece of paper, write two ways underage drinking can cause damage to your body and can affect your daily life.

### BRAIN

The brain governs your nervous system, but alcohol can damage the frontal lobes, where decisions are made. Alcohol can also impair memory and disrupt sleep.

### SKIN

Skin protects your body and regulates its temperature, but alcohol can contribute to discoloration or rashes.

### BONES AND MUSCLES

Your bones and muscles give your body structure and allow it to move. Alcohol can deprive the body of nutrients and water that your muscles need to function.

### IMMUNE SYSTEM/THYMUS

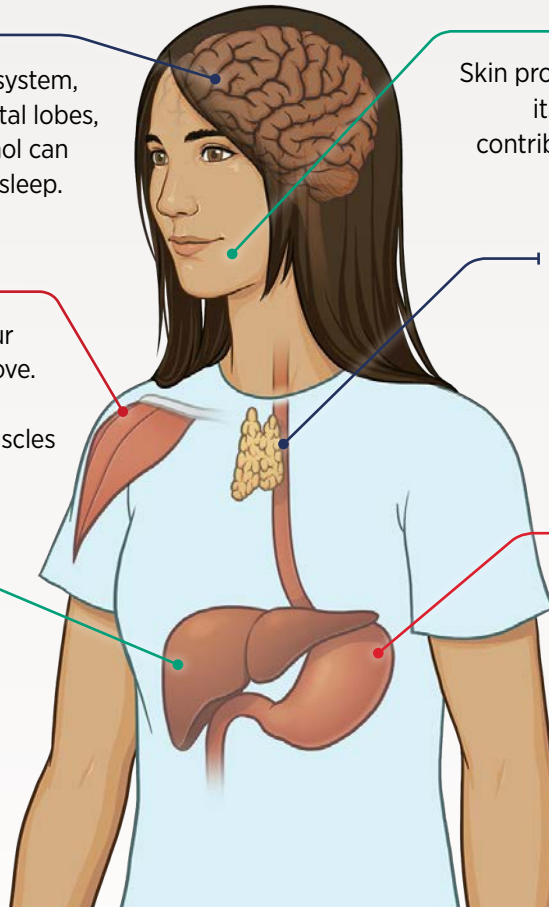
The thymus is part of your immune system. Alcohol can deplete the body of minerals and vitamins that your immune system depends on.

### LIVER

The liver plays a crucial role in the digestive process, but alcohol can disrupt that process.

### STOMACH

The stomach is a vital organ in the digestive process, but alcohol can lead to acid reflux disease, a chronic disorder in which acid travels from the stomach up into the esophagus.



### FAMILY ACTIVITY

## Cause-and-Effect Game

Answer the following questions as a family. Whoever lists the most effects wins!

**What happens to a young person's body when consuming alcohol?** The diagram above holds some useful hints. Many bodily systems suffer from the effects of alcohol, such as damage to the liver or depriving the body of nutrients and water.

**How might one disappoint one's family or community if one engages in underage drinking?** Possible answers include missed commitments, a lack of support for others, and a failure to live up to one's potential.

**Set Family Goals!** Discuss the different ways your family could say "YES" to a healthy lifestyle. Set three family goals to help you all get healthier. *For example, you could take more family walks or cook together one night a week.*