

Information for Youth

BODYSENSE

www.bodysense.ca

*Canadian Centre for Ethics
in Sport*

www.cces.ca

FreeVibe

www.freevibe.com

Peak Performance

www.peakperformance.on.ca

*Windsor-Essex County
Health Unit*

www.areyoujuiced.org

Juiced?

**Need to know the
truth about steroids?**

Check out:



AREYOUJUICED.ORG

USE iT...

- Zits and oily skin
- Shrinking of testicles
- Stunted growth (height)
- Extreme mood swings,
- Aggression (Roid Rage)
- Impotence
- Development of breasts (men)
- Baldness
- Infections (from needles)
 - HIV/AIDS, Hepatitis B and C

LOSE iT...

- Friends
- Money
- Respect

Beware...

- Anabolic steroids are an artificial form of the male hormone, testosterone.
- Steroids are taken by pill or injection and are used **ILLEGALLY** by athletes to improve their performance.



GO NATURAL

“Bulk Up” The Healthy Way!

- Balanced diet and nutrition
- Regular physical activity
- Realistic fitness goals
- Weight training program established by a professional
- Positive attitude and commitment
- Rest and sleep

Nature has already given you everything you need!

AREYOUJUICED.ORG AREYOUJUICED.ORG

STUDENT PLEDGE

In addition to the rules established in the student handbook and by my coach, I agree to follow all rules regarding the use of drugs, including anabolic steroids.

To demonstrate my commitment, I pledge to:

- abstain from the use of drugs
- enhance my performance with healthy lifestyle choices
- support my fellow team members by setting an example

Student Signature

OPTIONAL:

*Friend/Coach: co-sign this pledge to show your support.

Signature