

A Day in the Life of Sasha Cohen



This year, the Let's Just Play Go Healthy Challenge has kept up with four kids who are making their lives healthier. The "Health Warrior" is trying to eat better and exercise regularly. Olympic figure skater Sasha Cohen (*left*)—another health warrior—wrote down a diary of a typical day in her life.

Real

I often have egg white omelettes for breakfast. After breakfast, I take a walk or a jog.

For lunch I try to have chicken caesar salad whenever I can.

In the afternoon, I take a walk or a jog. Maybe skate.

For dinner, I often have grilled fish or steak.

After dinner, I usually watch TV, hang with friends, or take a bubble bath.

After I work out, I feel tired and happy. Like I've really accomplished a goal for the day.

My favorite part of a workout is the cooldown. STRETCHING!

My least favorite part of working out is the middle slump of cardio. But with good music I can power through!

I'd like to have more time to travel the world.

My fans get me going when I'm not in the mood to skate.

My MOM helps me overcome setbacks.

I have always wanted to try playing rugby because it would be fun to tackle people!

When I want a snack, I often have yogurt or fruit.

My friends always make me laugh!

Dear Diary:
Today I chomped
a stick.



Saturday, September 30, is Nick's annual Worldwide Day of Play. From noon to 3 PM ET, no shows will air on Nick, and Let's Just Play will take over nick.com. So take that time to get outside and play! Then at 7:30 PM ET, catch a special update on all four of this year's challengers—Ayesha, Bianca, Chris, and Wes—as they meet each other for the first time!

Go to nick.com/letsjustplay to sign yourself up for the Let's Just Play Go Healthy Challenge and to get more information about the challengers you've been keeping up with.

