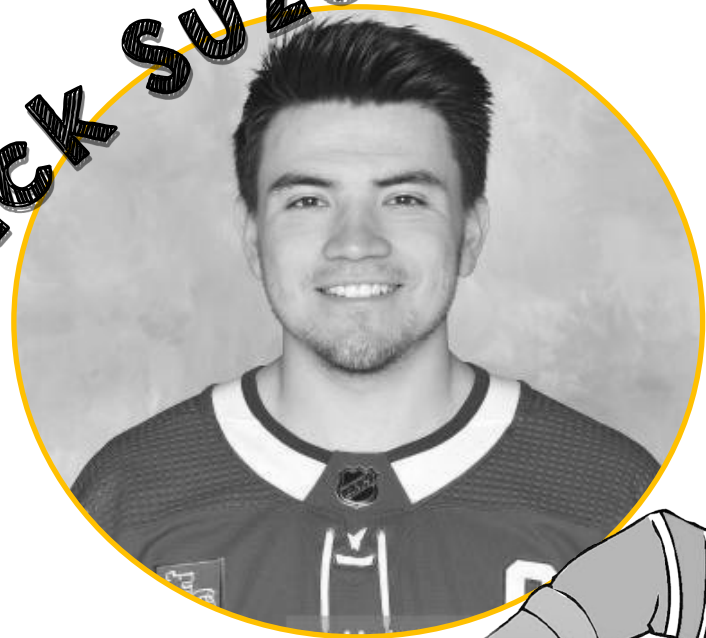
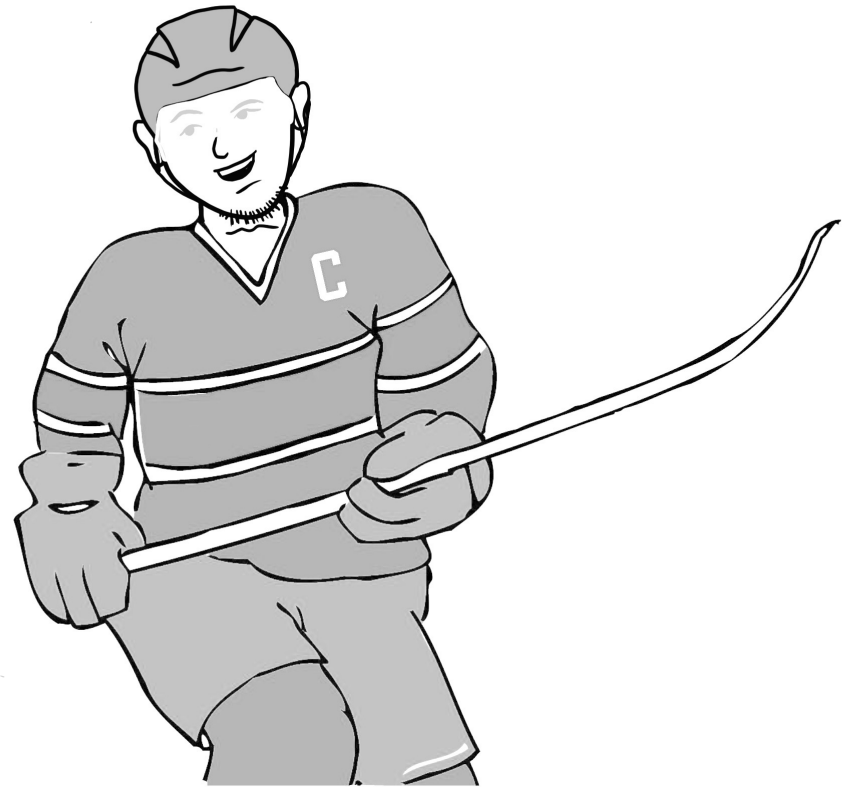


**Nick Suzuki**



# **A DAY IN THE LIFE OF A LEADER**



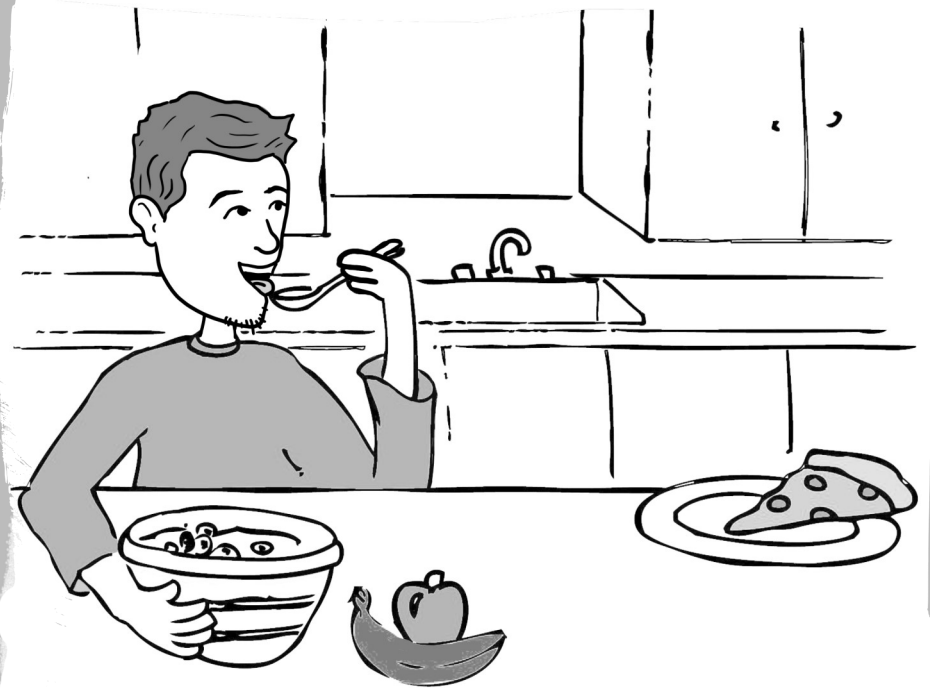


Nick Suzuki is a leader on the Montreal Canadiens team.

He always tries to be responsible. That means he must make good choices.



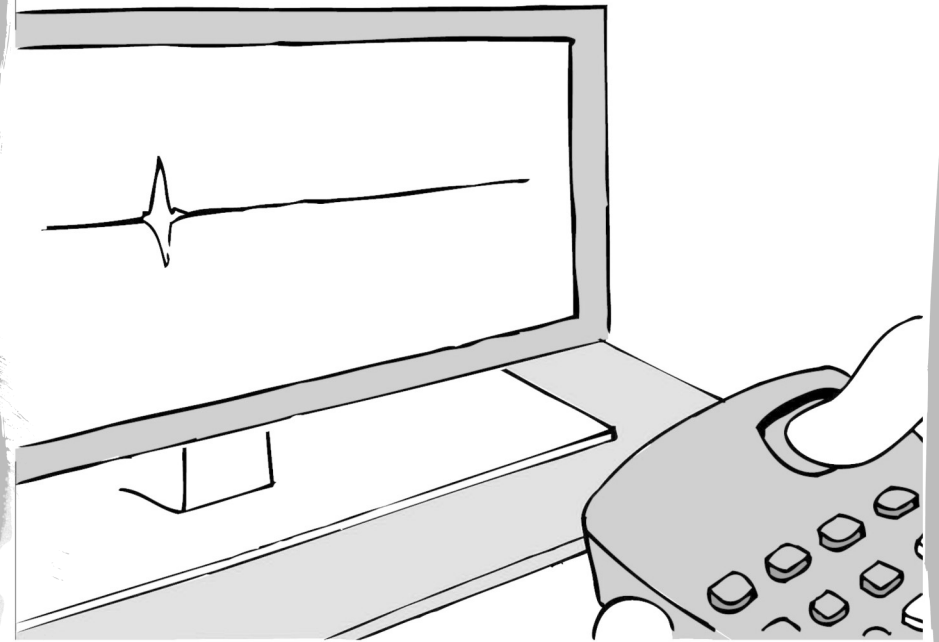
In the morning, Nick wakes up hungry.



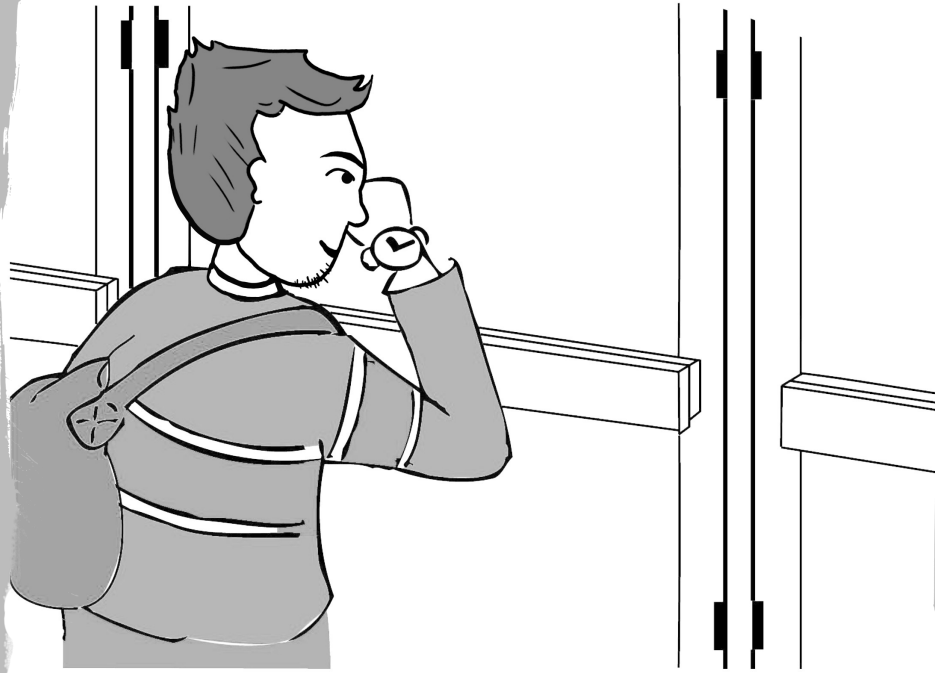
He sees leftover pizza. He chooses cereal and fruit instead. He knows that eating a healthy breakfast will help keep his body strong.



It is eight o'clock. Nick is watching his favorite morning show. Nick has to be at the arena before nine.



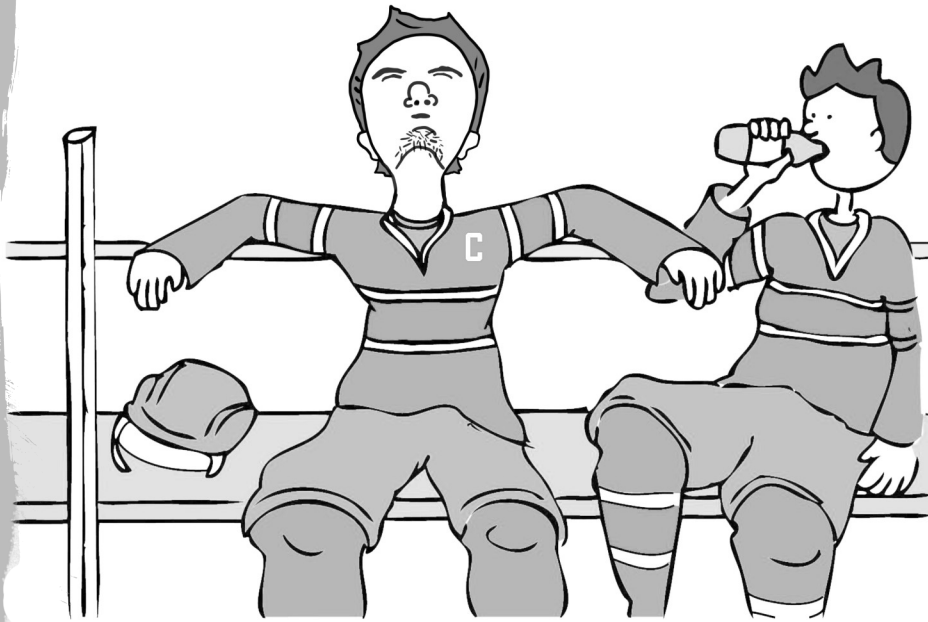
He chooses to switch off the tv.  
He doesn't want to be late.



Nick arrives at the arena full of energy and on time. The other Montreal players can always count on him to be on time.



He always skates hard and he always does his best.



After practice, the players are tired.  
Nick wants to rest, but there's still  
more work to do.



He gets dressed and heads out to meet  
with the reporters.





Then, he signs some autographs for  
the fans.

The fans cheer when they see him.



He smiles. It makes him feel good that  
he has been responsible all day long.