



Curriculum

“Stay in Shape” Mentor Program

Helping Children and Youth Learn and Develop a Healthier Lifestyle
through Health Education Activities

In Collaboration with Revere High School & MGH Revere Youth Zone

Stay in Shape Program

MGH Community Health Associates

A Division of MGH Center for Community Health Improvement

300 Ocean Avenue/5th Floor, Revere, MA 02151

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“Stay in Shape” Mentor Program Weekly Schedule

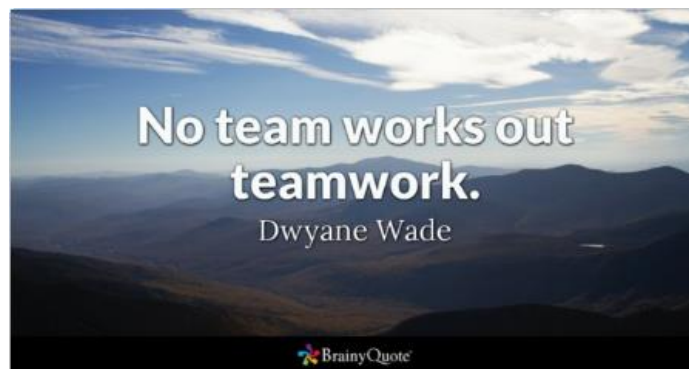
The program is once a week on pre-determined dates

Program Location: 300 Broadway 2nd Floor, Revere
10:00 – 10:45 Group Discussion / 10:45 – 11:45 Fitness Activity

Week 1	Pre-Survey; Welcome & Program Introduction <ul style="list-style-type: none">- Program Weekly Schedule- Tips for Outstanding Program Participation Burden of Obesity; Set a Healthy Limit to Entertainment Screen Time Fitness Topic: Daily Exercise Goal of 60 Minutes; Exercise Safety Fitness Activity
Week 2	Balanced Plate: Go for More Vegetables and Fruits <ul style="list-style-type: none">- Food Label Reading- Healthy Breakfast Fitness Activity
Week 3	Stress, Relaxation, Mindfulness, and Resilience <ul style="list-style-type: none">- Learn to breathe Deeply to Relax Fitness Activity
Week 4	Sleep Well <ul style="list-style-type: none">- Breathe Deeply to Relax Fitness Activity
Week 5	Healthy Drinks for Youth: Sugar Shockers Alcohol, Marijuana, and E-Cigarettes Fitness Activity
Week 6	Program Summary: Top 10 Daily Health Habits Post-Survey Special Presentation: Going to College and Tips for College Application Fitness Activity

Important Message to the Mentors

- Be well prepared to go to your group every week. This begins with making sure that you will study the curriculum, think about the topics for the week, review the student handouts, and have a plan in place to carry on the job with confidence.
- Be punctual. Report to work on time. It is a good idea to get to work a few minutes ahead of the schedule so you have time to set up or settle down. Be sure to call your site supervisor, if you are unable to go to work for any reason or you will be late for work.
- Be always aware of your responsibilities as a Stay in Shape Mentor. You will lead your group and make sure that everyone learns. At the same time, support your fellow mentors who work with you.
- Be in control of your group. When things start to go out of the plan, be prepared to redirect everyone in a decisive but friendly way.
- Be a good role model for your students throughout the program. This means that you will need to follow a healthy lifestyle yourself – do what you preach!
- Be a good friend to your students throughout the program. Follow their flow and pace, ask them questions, allow time for them to ask you questions, and listen to them.
- Be a good and natural fit for the rest of the activities going on at your host agency. This means that you will need to be flexible with changes and be willing to reach out to help.
- Be respectful at all times, to your students, Youth Zone staff, and visitors.
- Be safe. Dress comfortably and safely for physical activities. Travel safely to get to work and home. Strive to keep yourself and everyone in your group safe during group activities, esp. physical activities. Do not hesitate to ask the staff members onsite for help whenever you need help.



Picture credit: www.brainyquote.com



Welcome to Stay in Shape Mentor Program!

- Learn to develop and improve personal health habits
- Live a healthy life for yourself and your family
 - Lower the risks of diseases through knowledge, skills, and actions



Week 1

Welcome and Program Introduction

Pre-Survey

Welcome & Program Introduction

Burden of Obesity

Set a Healthy Limit to Entertainment Screen Time

Daily Exercise Goal of 60 Minutes for Youth

Exercise Safety Tips

Activity Time

Welcome and Program Introduction

Session Goal

To set up expectations and guidelines for high-quality participation
To learn what the program will deliver (as listed in Weekly Schedule)

Teaching Points

Pre-Survey
Weekly Schedule
Tips for participation

Suggested Activities

- *Pre-Intervention Survey*
 - **Administer and collect Pre-Intervention Survey**
 - Explain purpose and confidentiality of the survey
 - Remind participants to read the instructions on the cover sheet and write down first name (first name only, please) and age.
 - Encourage participants to answer every question
- *Self-introduction & Welcome*
 - Introduce yourself to the students by giving:
Your name, grade or age or both, and how you become an SIS Mentor
 - Ask each person in your group to say her/his name, grade or age or both
 - Welcome everyone to the SIS Mentor Program
- *Program Goal and Objectives*

Background: Stay in Shape is a *free* after-school program designed to help adolescent school children (5th – 12th grades) build a healthier lifestyle through learning skills in health, nutrition, physical fitness, and stress management. The Mentor Program is a special project based on the Stay in Shape Program at Revere High School.

The goal of the Stay in Shape Mentor Program is to encourage and assist participants to establish lifelong, positive behaviors of health through not only awareness of but also action on eating healthy and engaging in fitness activity as well as stress management daily. To reach this goal, the program delivers a curriculum focusing on the following objectives.

At the end of the program, each participant will have learned the following points:

- 1) Describe obesity in the US and the world
- 2) Set a healthy limit to entertainment screen time
- 3) Daily exercise goal of 60 minutes for youth

- 4) Eat a healthy breakfast every day
- 5) Make a balanced plate with plenty of fruits and vegetables at every meal
- 6) Healthy drinks for youth
- 7) Understand the importance of a good night's sleep
- 8) Understand the risks of stress and practice deep / mindfulness breathing for effective stress management

Weekly Schedule

- Circulate and review the weekly schedule
- Answer questions, if any

Tips for Outstanding Program Participation

- Active listening
 - o Eyes on the speaker
 - o Raise your hand before speaking or asking a question

Student Handouts

Weekly Schedule
Burden of Obesity

Pre-Intervention Survey

Summer Mentor Program

About the Survey

- The purpose of this survey is to collect information about what you know and do in living a healthy life before your participation in the Stay in Shape Mentor program. The results of the pre- and post-surveys will be compared to help us see how well the program improve the program.

Instructions:

- The survey is not a test and you will not be scored.
- Your answers to the questions are confidential.
- Please don't hesitate to ask your Mentor if you are not clear about any of the questions.

**Stay in Shape/Summer Mentor Program
Pre-Survey**

1. How much time do you spend on entertainment screens (TV, iPads, cell phones) every day?
☐ 0 hour
☐ 0 – 1 hour
☐ 1 – 2 hours
☐ More than 2 hours
2. Everyday high stress can be a risk for unhealthy weight gain, high blood pressure, depression, heart attack, cancer, and many other diseases.
☐ True
☐ False
☐ I don't know
3. Do you do deep breathing to control stress (It counts to do a minis deep breathing in just a minute or two several times a day) every day?
☐ Yes ☐ No
4. The Balanced Plate encourages all of us to eat more ...
☐ Rice and bread
☐ Fruits and Veggies
☐ Meat
☐ I don't know
5. How did you do with eating breakfast in the past 7 days?
☐ I ate breakfast every morning
☐ I ate breakfast 4-6 mornings
☐ I ate breakfast 1-3 mornings
☐ I did not eat breakfast at all in the past 7 days
6. Do you spend an average of 60 minutes on physical activities every day?
☐ Yes ☐ No
7. On average, how many hours of sleep do you get a night?
☐ 8-10 hours ☐ 5-7 hours ☐ Less than 5 hours
8. What makes e-cigarettes addictive is
☐ Flavors ☐ Nicotine ☐ Water ☐ I don't know
9. How confident are you in living a healthy life? This means that you eat healthy, spend at least 60 minutes on on physical activity, and practice deep breathing to control stress every day.
☐ Very confident ☐ Confident ☐ Not confident
10. What do you wish to learn from the Stay in Shape Mentor Program?

Burden of Obesity

Set a Healthy Limit to Entertainment Screen Time

Session Goal

Wide-spread condition of obesity in the US and the world
Harms of too much entertainment screen time (TV and others) and the healthy limit of not more than 2 hours/day
Daily exercise goal for youth: 60 minutes/day; vigorous activities/3-4 days
Exercise safety tips: Warm-up; cool-down; water breaks; clothing and shoes

Teaching Points

Healthy risks of obesity
Harms of watching too much TV
Tips on reducing TV watching
Things to do instead of watching TV
Things to do to offset too much sitting while watching TV

Suggested Activities and Questions

Get an idea of how much time each of the participants spends on watching TV every day
Discuss good programs on TV
Discuss not so good programs on TV
Point out the fact that too much TV watching can put a person at risk for overweight and obesity
Promote experts' recommendation on "no more than 2 hours a day"

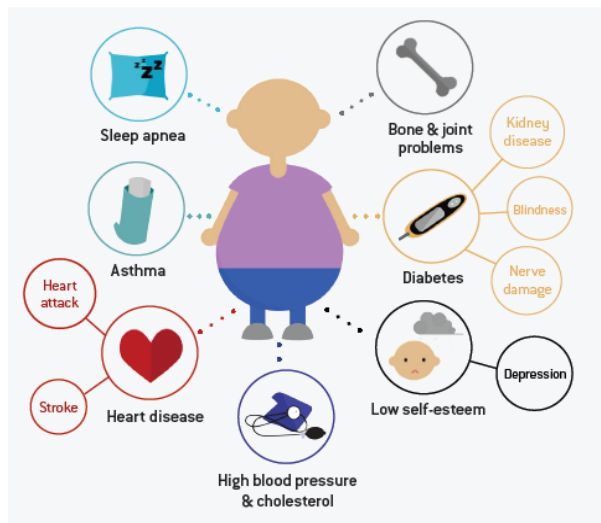
On average, how much time do you spend on watching TV and play video games?
What TV programs do you like to watch?
What fitness activity can you do during TV watching to reduce sitting too much?
What is your healthy limit to TV watching?

More ideas from you:

Student Handouts

Burden of Obesity and Weight of the World
Entertainment Screen Time: Less Is Better

Student Handout



Picture source: Healthy Policy Toolkit, Boston Boys & Girls Club

The Way We Will Be 50 Years from Today

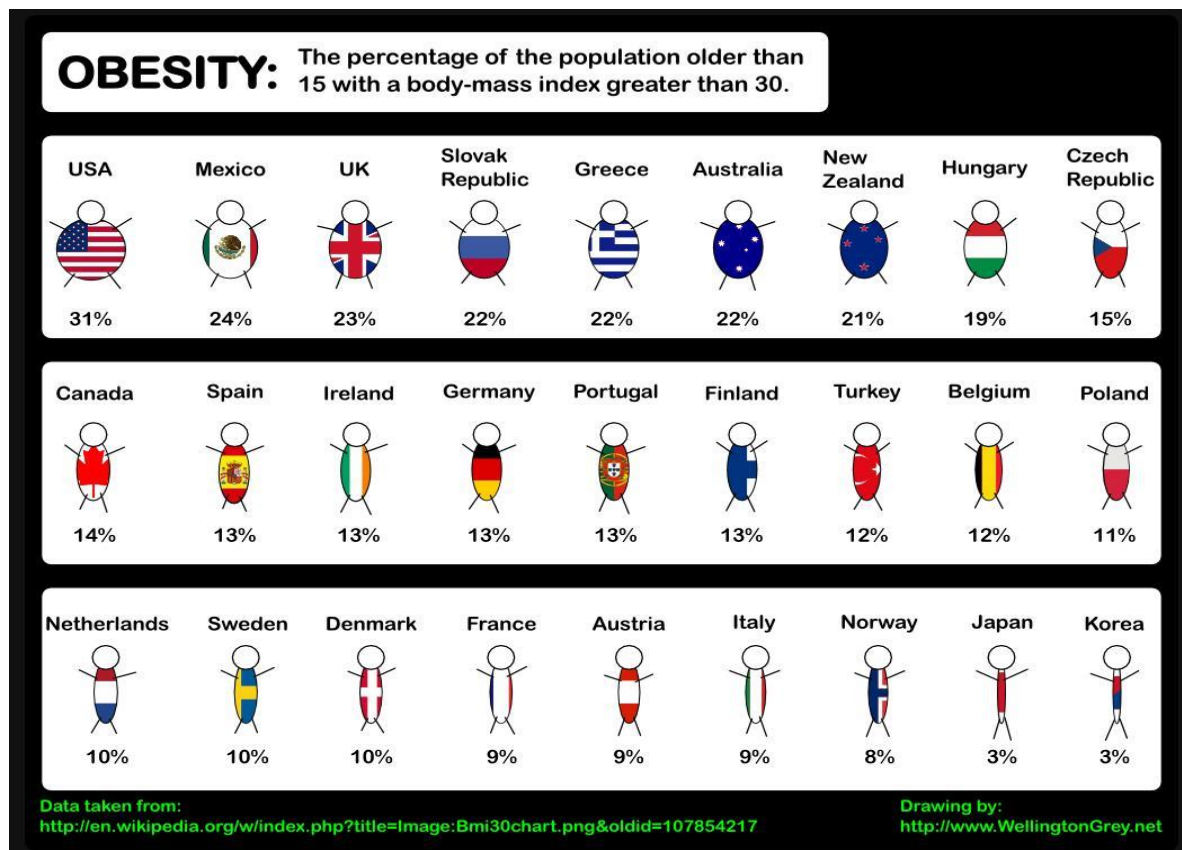
-- Fifty Years from Now: Today's Baby Reaches Middle Age

If today's weight gain and obesity among children in the United States continue, in 50 years the adults they become may develop conditions that many people over age 80 suffer today. Arthritis, diabetes, heart disease, and cancers are some of the major health problems related to obesity. Risk can be increased even when a person is moderately overweight.

-- Adapted from Dr. Wanda Jones's speech originally posted at

<http://www.womenshealth.gov/editor/2008/06/>.
U.S. Department of Health and Human Services (DHHS).

Weight of the World



Entertainment Screen Time: Less Is Better for Your Health

Fact: American youth spend an average of **6.7 hours** in school on a school day. Many of them would spend another **5 – 7 hours** on entertainment screens (TV, iPad, and other tablets).

More Facts:

- Average daily time US children spend watching TV: **3+** hours
- Number of murder scenes seen on TV by the time an average child finishes elementary school: **8,000**
- Number of violent acts seen on TV by age 18: **200,000**
- Average weekly TV time:
Girls: **19** hours **49** minutes
Boys: **20** hours **14** minutes

Health Risks:

- Poor eating habits including *mindless* eating. Many children, adults too, eat while watching TV.
- Less time for face-to-face time with family and friends
- Less time for physical activity
- Poor body image (thin ideal on TV)
- Overweight and obesity, a big risk for diabetes, heart disease, certain types of cancer, and many other diseases!
- Less time to connect with family members
- Poor night sleep; daytime sleepiness
- Poor focus in class
- Poor grades

Tips for Setting a Limit:



Choose to limit entertainment screen time to no more than 2 hours a day!



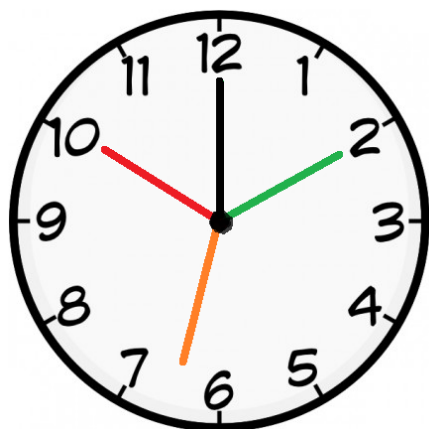
- Have a healthy attitude about TV/other screen time – they are a good tool for learning.
- Try not to have a TV set in your bedroom.
- **Set a healthy limit to no more than 2 hours a day for entertainment screen time.**
- Try not to watch TV at meal times and late at night.
- Go for other activities like sports and exercises or try to do stretches when watching TV.
- Make entertainment screen time a special treat, something that you should earn after working out or finishing your homework.

Handout originally developed for [MGH Stay in Shape Program](#) by Ranita Rajandram, BU Graduate Student Intern 2004.
Updated June 5, 2018

Screen time worksheet

1. Add up how much entertainment screen time you get on a usual day – include time you are looking at your phone, tablet, computer, TV or games console

___+___+___+___+___+___+___+___+___+___+___+___ = _____



*Less than the **green line**?*

Great job you're not getting too much screen time!

*Up to the **orange line**?*

You're spending as much time on screens as you do in school.

*More than the **red line**?*

This is longer than you spend asleep.

2. List as many fun things you can think of doing other than entertainment screen time

What's your favorite one?

3. Having less screen time has lots of benefits. Circle those you feel most excited about and add more benefits you think of:

More time to spend
with friends

Less stress and anxiety

Better body image

More time for sports

Eat less junk food

Have more energy

Concentrate better in
school

Do more things
that matter

Better sleep

More benefits you can think of:

Exercise Safety Tips

What Is a Warm-Up?

Warm-up is an activity that prepares your body for physical exercise at any intensity. It makes your heart beat and breathing faster.

Warm-up helps to make an exercise program safer and more effective. You can burn more calories if you warm up!

What Can I Do to Warm Up?

You can use the activity that you are going to do for exercise at a slower pace for your warm-up. For example, if you plan to jog, start with a 10 minute walk or jog at a slower pace than you would normal walk or jog. Then move on to stretching.

What Is Stretching? When and How Do I Do It?

Stretching is great for you before you start your exercise, but after you have warmed up. Stretching can lower the chance of muscle injuries. It does so by improving your muscle flexibility. When you stretch a muscle, you want to feel pulling of that muscle. To do a stretch, you hold the position for 30 seconds and repeat 2-3 times. Breathe normally as you go. Stretch safely: Try not to bounce or push too hard.

What Is a Cool-Down?

Yes, cooling-down is very important! You need to slow down your body after a workout for 5-10 minutes to help your body recover from the workout. It should include light aerobic exercise like walking or marching, then stretching. Cooling down can help slow down your heart beat and breathing, and lower the chance for muscle and joint pain.

A Few More Tips

- Warm up, stretch, and cool down into your daily exercise routine
- Drink plenty of water during and after an exercise session
- Wear good supportive sneakers and comfortable loose fitting clothes to allow you to move freely
- Never exercise through pain and remember to pace your activities to what you are comfortable with
- MOST IMPORTANT: Exercise should be fun and safe for you and everyone in your family.



Handout developed by MGH Revere iFit Program; Updated June 5, 2018

Cloud drawing by Clark Avenue Middle School Stay in Shape participants, Chelsea, 2014 – 2015 School Year

stay in Shape



Week 2

Balanced Plate
Food Labels
Healthy Breakfast

Activity Time

Nutrition Education

Balanced Plate

Food Labels

Healthy Breakfast

Session Goal

To learn all about Balanced Plate and how to make one at meal time

To learn the basic skills of reading the food labels

To learn the importance of having breakfast and change the breakfast skipping behavior

Teaching Points

- Eat more vegetables and fruits and let them fill up $\frac{1}{2}$ of your plate
- The Balance Plate: 9 in. plate, $\frac{1}{2}$ fruits and vegetables; $\frac{1}{4}$ protein foods; $\frac{1}{4}$ grain foods
- Variety – Eat plenty of fruits and vegetables, protein-, fiber-, and calcium-rich foods
- Mindfulness - Take your time to eat and enjoy eating. It takes time for the brain to give the “full” signal.
- Benefits of eating a healthy breakfast:
 - o Help boost academic performance / grades
 - o Promote good behaviors (e.g. mood, relationship)
 - o Strategies of eating a healthy breakfast
- Good time management skills in the morning
- Good preparation the night before

Suggested Activities and Questions

- Have the participants draw a 9 in. circle on a piece of paper and divide the circle into 3 sections based on the “balanced plate” concept. Write down names of foods or draw pictures in each section to make a balanced plate.
-
- What is a “balanced Plate”? (Size of the plate and the correct sections)
- Who is ready to try to follow the “Balanced Plate” after today’s class?
- How do you follow the “Balanced Plate”?
- Ask participants about their current “breakfast behavior”
- Raise your hand if you had breakfast this morning
- Tell us what you ate for breakfast
- Raise your hand if you skipped breakfast this morning
- Tell us the reason why you skipped breakfast
- Identify barriers to having breakfast

More ideas from you:

Student Handouts

Balanced Plate

What’s in Fruits and vegetables?

Food Label Reading Guide

Healthy Portions Guide

Sample Food Labels

Quick and Healthy Breakfast Ideas

Balanced Plate



Vegetables & Fruits

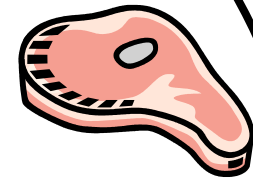
Go for **bright colors** of the **rainbow**!

Apples, asparagus, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, eggplant, grapes, greens (the darker, the better), green beans, leeks, mushrooms, onions, oranges, pears, pepper, squash, tomatoes, turnips, ...

Goal for Youth: Eat 5+ servings of fruit & vegetables a day.

Meat Protein

Go for chicken, turkey, lean pork and beef (93% lean), fish, egg, tofu, beans, soy products ...



Grain & Rice

Go for whole grain bread, brown rice, wheat pasta, bulgur wheat, couscous, corn, peas, potatoes ...



Student Handout

Food Portions for Healthy Eating



- Healthy portions are one way to help us eat better and smarter.

- Eating in small portions can help prevent too many calories from getting into your body at once. So your body's blood sugar can stay at a healthy level.
- You will feel more energetic when you eat healthier foods.
- Food portion control can help you stay at a healthy weight.

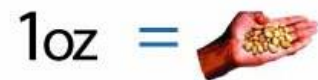
The food portion guide in this handout is from Google image search.

Handout updated June 19, 2018

One fist is approximately 8 fluid ounces of cold and hot beverages, or 1 cup of broccoli or mashed potatoes.



One hand cupped is about 1/2 cup of pasta, rice, polenta, hot cereal, grits, fruit salad, beans, okra, tofu, or cottage cheese, or 1 ounce of nuts.



Two hands cupped is about 1 cup of cold cereal, soup, salad, and mixed dishes like casseroles.



A deck of cards (or the palm of your hand) is about 3 ounces of cooked meat, such as a hamburger patty, chicken breast, or fish filet.



A medium apple or other fruit is about the size of a tennis ball.



1 ounce of cheese is about the size of 4 dice.



1/2 cup of ice cream or frozen yogurt is about the size of a tennis ball.



1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.



Two thumbs together is about 1 tablespoon of peanut butter, salad dressing, sour cream, mayonnaise, or dip.



What's in Fruits & Vegetables?

Color & Texture

Fruits and veggies bring natural colors and textures to your plate.

Convenience

Fruits and veggies come in fresh, frozen, canned, and dried forms, so they're ready when you are!

Fiber

Fruits and veggies are rich in fiber. Fiber helps you feel full longer. Fiber also keeps your digestive system happy.

Low in Calories

Fruits and veggies are naturally low in calories.



May Reduce Disease Risk

Eating more fruits and veggies can help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.

Vitamins & Minerals

Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.

Variety

Fruits and veggies are available in large varieties. There is always something new to try!

Quick, Natural Snack

Fruits and veggies are nature's treat and easy to grab for a snack.

Fun to Eat

Some crunch, some squirt, some you peel ... and some grow right in your own backyard!

Taste Great

Fruits and veggies are so tasty! They come with natural and simple sugar, good for your health. It's cool to eat fruits and veggies!



Adapted from http://www.fruitsandveggiesmorematters.org/?page_id=1477

Updated June 19, 2018

Sample Food Labels

From: <http://www.fda.gov>

Current Food Label:

Sample Label for Macaroni and Cheese

1 Start Here →

Nutrition Facts																													
Serving Size 1 cup (228g)																													
Servings Per Container 2																													
Amount Per Serving																													
Calories 250	Calories from Fat 110																												
<table border="1"> <thead> <tr> <th></th> <th>% Daily Value*</th> </tr> </thead> <tbody> <tr> <td>Total Fat 12g</td> <td>18%</td> </tr> <tr> <td>Saturated Fat 3g</td> <td>15%</td> </tr> <tr> <td>Trans Fat 3g</td> <td></td> </tr> <tr> <td>Cholesterol 30mg</td> <td>10%</td> </tr> <tr> <td>Sodium 470mg</td> <td>20%</td> </tr> <tr> <td>Total Carbohydrate 31g</td> <td>10%</td> </tr> <tr> <td>Dietary Fiber 0g</td> <td>0%</td> </tr> <tr> <td>Sugars 5g</td> <td></td> </tr> <tr> <td>Protein 5g</td> <td></td> </tr> <tr> <td>Vitamin A</td> <td>4%</td> </tr> <tr> <td>Vitamin C</td> <td>2%</td> </tr> <tr> <td>Calcium</td> <td>20%</td> </tr> <tr> <td>Iron</td> <td>4%</td> </tr> </tbody> </table>			% Daily Value*	Total Fat 12g	18%	Saturated Fat 3g	15%	Trans Fat 3g		Cholesterol 30mg	10%	Sodium 470mg	20%	Total Carbohydrate 31g	10%	Dietary Fiber 0g	0%	Sugars 5g		Protein 5g		Vitamin A	4%	Vitamin C	2%	Calcium	20%	Iron	4%
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2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

6 Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

New Food Label to start using in 2020:

NEW LABEL / WHAT'S DIFFERENT

Servings: larger, bolder type

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

New: added sugars

Change in nutrients required

Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote

FDA

Keep in mind:

- Information listed on a Food Label is based on a 2,000 calorie diet / day. In real life, people may eat more or less than 2,000 calories a day.
- Food labels are to help us make healthy food choices.
- It is a good habit to check the labels.

Let's Learn to Read the Food Labels: What information is important to check?

- Information listed on a Food Label is based on a **2,000 calorie** diet / day.

<p>Nutrition Facts</p> <p>Serving Size Check the suggested serving size. Use this as a guide to portion control.</p> <p>Servings per container: Check number of servings in the whole container.</p> <p><i>Tip: Nutrition information on a food label is for 1 serving. If you eat more than 1 serving, remember to multiply.</i></p>	<p>Read the Labels to make informed and healthy choices. Eat in small portions.</p>
<p>Calories Check calories per serving.</p> <p><i>Tips: Know the following rules of thumb:</i> 40 calories/per serving: Low in calories 100 calories/per serving: Medium in calories 400 calories/per serving: High in calories <i>Watch for calories from Fat - it should be less than 30% DV.</i></p>	<p>DV: Percent Daily Value It is a guide to the nutrients in 1 serving of food. For example, if the label lists 15% for calcium, it means that 1 serving provides 15% of the calcium you need each day.</p>
<p>Total Fat Look for low saturated fat. Eat no trans fat – look for words like “hydrogenated” or “partially hydrogenated” (trans fat) in the ingredient list to make sure that the product contains no trans fat.</p> <p><i>Tip: Low saturated fat means 2 grams or less fat per serving.</i></p>	<p>The type of fat is more important than the amount. Trans fat is the most unhealthy type of fat.</p>
<p>Cholesterol Look for low cholesterol</p> <p><i>Tip: Low cholesterol means 20 milligrams or less per serving.</i></p>	<p>Cholesterol is a waxy, fat-like stuff in all body cells.</p>
<p>Sodium (in salt) Look for low sodium</p> <p><i>Tips: Less salt is better for your health. Low sodium means 140 milligrams or less per serving.</i></p>	<p>Try to eat food with less sodium (salt)</p>
<p>Carbohydrates (Mainly sugars and starches) <i>Tips: 1 gram of carb = 4 calories</i></p> <p>Dietary Fiber: Look for more fiber per serving. <i>Tips: Good source of fiber means at least 3 grams per serving. Excellent source of fiber means 5 or more grams per serving.</i></p> <p>Sugar: Look for low or no sugar <i>High sugar means 7 or more grams of sugar per serving. 1 teaspoonful of sugar = 4 grams of sugar</i></p>	<p>Fruits and vegetables come with fiber. Try to eat 5+ servings of them a day. Whole grain food also has more fiber.</p>
<p>Protein Proteins are the building blocks of life. Every cell in the human body contains protein. Protein is especially important for child and youth health and development.</p> <p><i>Tips: 7 grams (1 oz.) = 1 serving; 1 gram = 4 calories. Compare with Fat: 4 - 5 grams (1 oz.) = 1 serving; 1 gram = 9 calories.</i></p>	<p>Eggs, fish, lean meat, nuts, seeds, some beans are good sources for getting protein.</p>

More Tips

- Check the serving size and number of servings. If you are eating more than one serving, you are getting more calories and more of everything as listed in the label.
- Check the calories per serving: 40 is low; 100 is medium; 400 is high.
- An easy way to understand Percent Daily Values (PDV): 5% is low; 20% or more is high
- Limit sodium and sugar you eat.
- Make sure you are getting enough healthy fats, fiber, protein, vitamins, and minerals.



Quick and Healthy Breakfast Ideas

Have you been skipping breakfast? **Do you know that not eating breakfast can hurt your health in many ways and even increase your risk for unhealthy weight gain?** Skipping breakfast can also hurt your grades.

Here are a few suggestions to jump-start your morning with quick and healthy breakfast. The key is good time management in the morning and eating a breakfast that includes different kinds of healthy foods to make a healthy breakfast:

- 2 whole wheat toaster waffles with fresh berries and yogurt
- Breakfast burrito: egg beater in a flour tortilla with green peppers, onions, and low fat cheese
- English muffin pizza with sauce and mozzarella cheese
- $\frac{3}{4}$ cup cereal with sliced banana and low fat milk
- $\frac{1}{2}$ cup oatmeal with fruit and low fat milk
- Yogurt parfait with layers of granola and dried fruit
- Microwave quesadilla with low fat cheese and salsa
- Nutrigrain bar with a piece of fruit and a yogurt
- $\frac{1}{2}$ bagel with a little peanut butter and a small glass of
- Baggie of train mix and a carton of skim or low fat milk
- Smoothie - Mix yogurt, fruit and milk. Try soymilk!
- Hard boiled egg with an apple and a slice of wheat bread
- Granola bar with an orange and a slice of cheese
- Leftovers from yesterday? Absolutely!
- ***There is no such a thing as breakfast food. Be creative. You can certainly include all the yummy and healthy choices of breakfast from your home country!***



Always eat breakfast!

Does **Takis** make a healthy food choice for breakfast?

Activity 1

Look carefully at this Food Label for Takis. Answer the following questions with the information you read in the label:

- How many servings of Takis are there in this bag?

- How many grams of Fat does 1 serving of Takis have?

- How much Trans Fat does 1 serving have?

- How much sodium (salt) does 1 serving have?

- How much fiber does 1 serving have?

- Is Takis a healthy food choice for breakfast?
Yes ____ No ____

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 260 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20%**
Saturated Fat 5g **25%**
Trans Fat 2g

Cholesterol 30mg **10%**

Sodium 660mg **28%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 4% • **Vitamin C** 2%

Calcium 15% • **Iron** 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Breakfast is a very important meal of the day. It helps start your day the right way, when you choose to eat a healthy breakfast.

We've heard that some students like to eat Takis for breakfast. But is Takis a healthy choice for us?



Activity 2 Write down names of food you enjoy eating that also helps make a healthy choice for breakfast:

When you are done, go to the top of the sheet and put your final answer Yes or No to the question in the yellow box.

Does **Takis** make a healthy food choice for breakfast?
Your final answer: _____

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Week 3

Stress, Relaxation, Mindfulness, and Resilience
Deep Breathing Skills

Activity Time

Stress, Relaxation, Mindfulness, and Resilience

Session Goal

- To learn the basics about stress and relaxation
- To learn simple relaxation techniques through deep breathing exercises

Teaching Points

Stress is positive when it makes us meet with challenges successfully (e.g. doing well in a test, meeting a deadline, achieving a goal, etc.)
Stress can be negative when it becomes constant, makes you sick
Stress can be a risk for obesity, high blood pressure, depression, heart attack, and even cancer. It can also make an existing health problem even worse.
Stress management is one of the three most important parts of a healthy lifestyle, together with healthy eating and daily exercise.

Suggested Activities & Questions

- Ask the participants about their sleep patterns
- Ask the participants about their feelings of stress (e.g. worried, anxious, depressed, scared, and unhappy)
- Draw “faces” of stress
- Make a list of health problems that can be caused by stress (e.g. aches, depression, anxiety, high blood pressure, heart disease...)
- Ask if and what the participants do to manage daily stress
- Make a list of activities good for stress management
- Highlight deep breathing as an easy and effective way to control stress

Gratitude Card Writing Activity (To prepare for the deep breathing activity)

- Prepare enough small pieces of paper and give it to each student
- Ask the students to write down what they feel grateful for – a person, something they see in the natural environment, or an event you enjoyed.
- Collect the papers from the students
- After the Deep Breathing activity, give the papers back to the students and have each person read it aloud

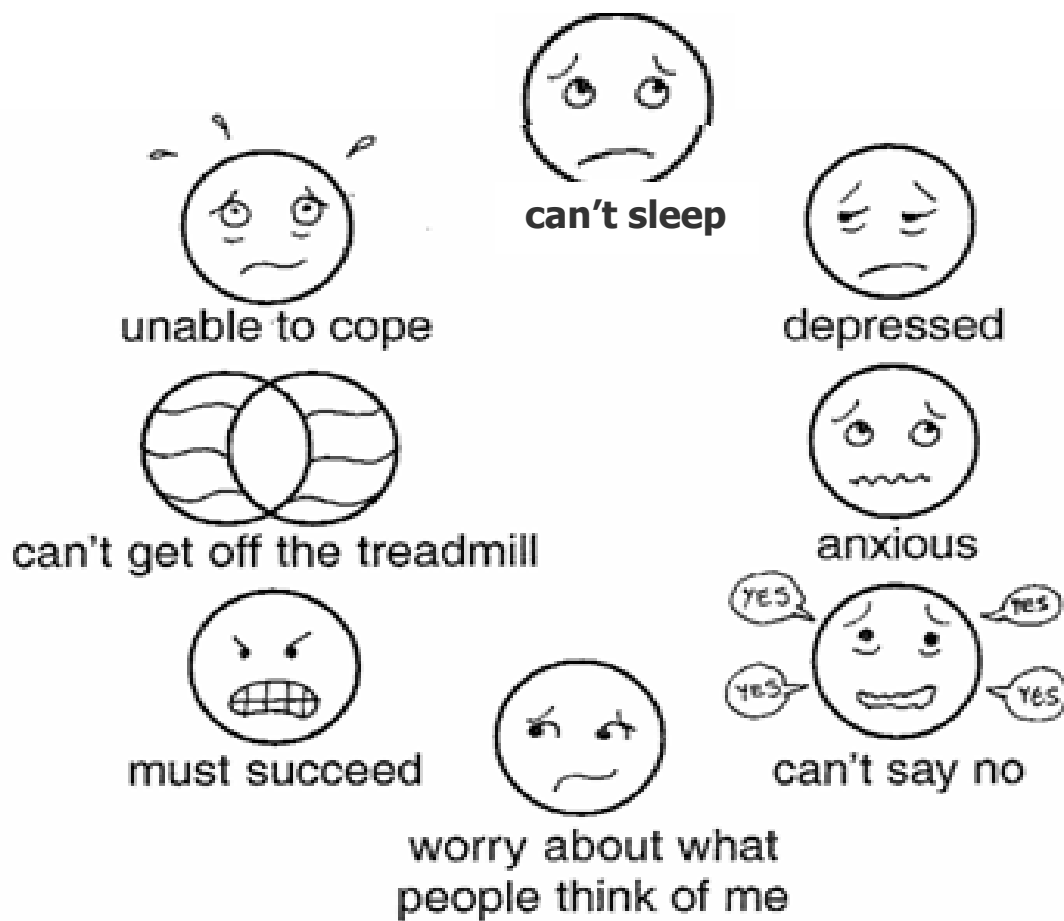
More ideas from you:

Student Handouts

“Faces” of Stress Activity Sheet

Relax, So You Can Use Your Mind in the Very Special Way

Faces of Stress



Source:

http://www.leics.gov.uk/index/education/support_for_schools/stressbustertoolkit/stress_buster_effects_stress.htm

Draw more pictures of “stressed faces” in the space below:

How never-ending stress feels:

- Stress is a real health concern these days - more than half of adults in the US report experience with daily high stress. American teens follow a similar pattern as adults.
- Never-ending stress can weaken the body's defense (immune system), making us at risk for many diseases.
- Stress can hurt our ability to make the right decisions.

A healthy lifestyle includes **stress management** – it is just as important as eating healthy, staying physically active, and sleeping well at night.

The Right Attitude about Stress – a 2-sided story

- It is our birth right.
- Stress can make us more creative and effective, like getting the work done well and on time.
- You can take advantage of your stress experience and make something good out of it.

Relaxation

- Everyone should and can relax - it is your birth right too!
- Relax your mind and body through **deep breathing**, a simple skill and an easy way to control daily stress
- It is easy to do a **deep breathing** exercise. Just follow these 3 simple steps:
 1. Breathe through your belly – the belly breathing; inhale through the nose and exhale through the mouth
 2. Silently repeat a word, a phrase, or a number (e.g. Love, Peace, 1, 2...) to help you focus.
 3. Whenever a thought comes in, simply notice that thought and let it pass by returning to your breathing.

More Tips on Deep Breathing

- Turn down the light, sit comfortably in a chair, and close your eyes.
- Breathe in (through your nose) and out (through your mouth) slowly at the pace of 1...2...3...4 and 4... 3...2...1.
- Relax your muscles one part of the body at a time - from your toes to your feet, ankles, legs, thighs, abdomen, (tummy), back, shoulders, neck, and head, or do it the other way round.
- Do not worry about how well you do. Allow relaxation to happen as you go. There is a big difference between allowing it to happen and working so hard to make it happen.
- For best results, do this kind of deep breathing once or twice daily for 10-15 minutes each time. Any time of the day is good, except right after a meal.



**When you are relaxed and calm,
you can use your mind in the very special way.**

Practice: A Gift of Relaxation and Gratitude (Instructor Sheet)

Tips for the Mentor: The music CD: "Smooth Running Water" runs 7 minutes (Contact stayinshape@partners.org or call 78-485-6400 to get a copy of the CD). The script below takes less time. You can simply play the CD and allow the students to enjoy it at the beginning, in the middle, and at the end of your guided reading of the script. Read it *very slowly* so everyone can better focus on breathing deeply.

(Credit: The following script is slightly adapted from a myStrength guided gratitude meditation at www.mystrength.com)

Start by taking three deep cleansing breathes. Breathe in, and whoosh, push all that air out. Breathe in as deep as you can and whoosh, breathe all that air out. Breathe in ... Breathe out.

Now think back to what you wrote that you were grateful for. Take a deep breath in, and as you exhale say silently to yourself, "I'm so grateful for...." and name what you wrote.

Deep breath in.... and say "I'm so grateful for..." as you exhale. Breathe in fresh air, breathe out your gratitude. With each breath see your gratitude floating out into the world, each molecule of air infusing the world with more gratitude.

Breathe in clean, crisp air. Feel the cool air in your nose and down to your throat. Breathe out repeating, "I'm so grateful for . . . " and releasing your gratefulness into the world.

Now simply focus on saying to yourself "I really appreciate...." and then your idea. Say it slowly ... Say it deeply. And then just say to yourself, "I so so appreciate..." with your own ending.

Now take three final deep breaths, imagine this time that when you inhale you are drawing on all the gratitude you and others have helped put into the world. Feel the gratitude pool deep inside of you, a part of you. And then exhale with a smile. Thank you for visiting me.

And just say to yourself, "Thank you." On your exhale, "Thank you" again.

Feel the warmth around you. The gratitude and appreciation and thanks coming out from you. Enjoy this feeling and hold on to it throughout the day.

Thank you.

Summary: When you are relaxed and calm, you can use your mind in the very special way. Practice the deep breathing technique you just learned every day.

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Week 4

Sleep Well
More Relaxation

Activity Time

Sleep

Session Goal

To learn the importance of enough and high-quality sleep
To develop strategies to prioritize sleep

Teaching Points

Experts recommend 9-10 hrs of sleep for teens
If healthy living is a 4-leg stool with healthy eating, exercise, stress management being 3 of the 4 legs, sleep makes the 4th leg.
Prioritize sleep on your daily schedule

Suggested Activities & Questions

Ask the participants about their sleep patterns – on average, how many hours a night
Identify challenges or barriers to a good night's sleep
Help connect the “dots” of entertainment screen time, stress, with sleep – call it the “3S-Model” – for the students

You can choose to repeat:

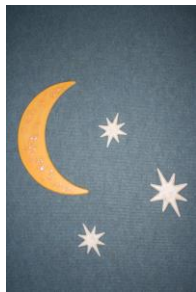
Gratitude Card Writing Activity (To prepare for the deep breathing activity)

- Prepare enough small pieces of paper and give it to each student
- Ask the students to write down what they feel grateful for – a person, something they see in the natural environment, or an event you enjoyed.
- Collect the papers from the students
- After the Deep Breathing activity, give the papers back to the students and have each person read it aloud

More ideas from you:

Student Handout

Sleep Well! You Are Worth It



SLEEP WELL! You Are Worth It!



Less than 28% of US middle and high school students get 8 hours or more of sleep on the average night. Some of them sleep less than 5 hours a night.

Signs of Not Enough Sleep

- Difficulty waking up in the morning
- Unable to concentrate during the day
- Falling asleep in class
- Feelings of moodiness, stress, anxiety, and even depression

Risks of Not Getting Enough Sleep

- Limit your ability to learn, listen, concentrate, and remember
- Weaken your body's defense against health problems, big – like heart diseases – and small - like pimples or acnes, colds, and the Flu
- Make you eat too much or crave for unhealthy foods, a risk for unhealthy weight gain
- Put you at risk for many problem behaviors including substance use
- Make it much harder to lose weight
- Watch this 1.5-minute video clip: Kids' Odds of Heart Diseases from Lack of Sleep
<https://www.nbcnews.com/nightly-news/video/kids-lack-of-sleep-linked-to-higher-odds-of-heart-disease-health-risks-study-warns-1257502787620>

What health experts tell us:

9-10 hours per night for adolescents

Age	Recommended Amount of Sleep
Newborns	16- 18 hours a day
Preschool-aged children	11-12 hours a day
School-aged children	At least 10 hours a day
Teens	9-10 hours a day
Adults (including the elderly)	7-8 hours a day

**Good night,
sleep tight!**

Helpful Tips

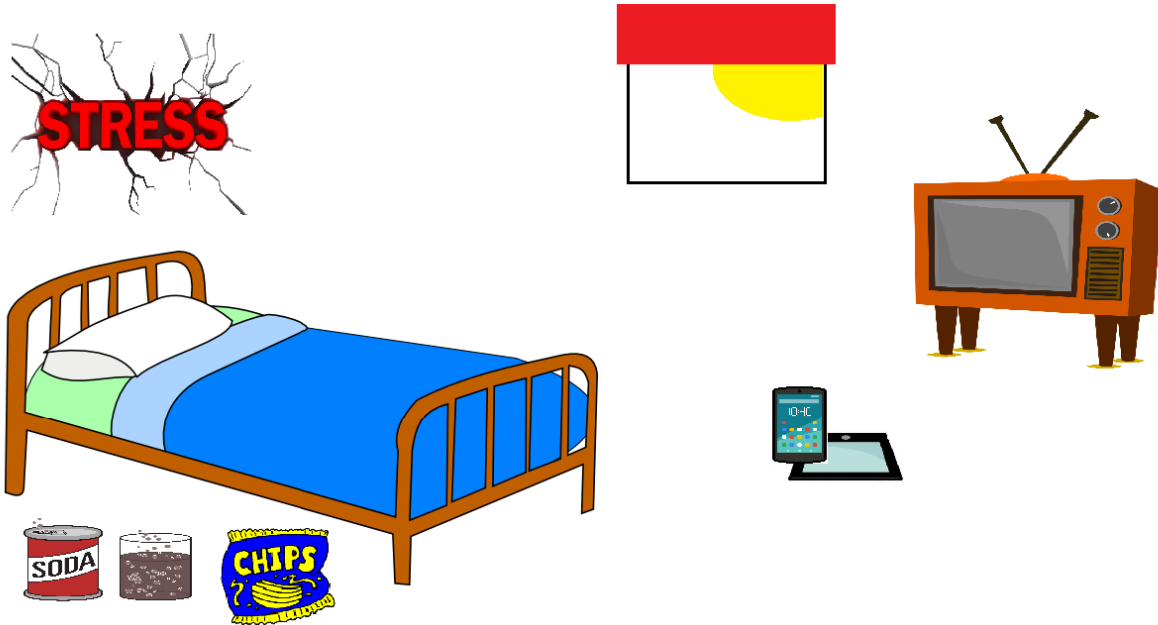
- Organize your daily life for sleep – make it a **top priority!**
- You can't fake a wake - no pills or caffeine can replace a good night's sleep. So avoid drinking coffee, tea, and soda late in the day.
- Eat healthy and balanced meals every day; avoid eating 2 hrs before your bed time.
- Make the same bed and wake time for yourself and keep it up throughout the week.
- Be physically active. Exercise helps.
- Practice mindfulness. A relaxed mind and body help improve your sleep efficiency - fall asleep quicker and stay asleep during the night.

Sources: www.cdc.gov/sleep/; www.kidshealth.org/en/teens/how-much-sleep.html; www.aap.org

Handout originally developed by Ranita Rajandram, BU Graduate Student Intern 2006. Updated June 19, 2018

Sleep work sheet

Circle any picture that you think might make it hard for the person in this bed to get to sleep:



How could you fix things to help the person sleep better?

Figure out when you have to go to bed with this easy trick: Take the time you have to get up to be ready for school and count back 10 hours.

Time for me to get up _____, count back 10 hours = _____ My bedtime

Getting enough sleep has lots of benefits: Circle which one you most want to get or add an idea of your own:

Easier to eat healthy
More energy
Easier to learn

Fewer colds or Flu
Fewer skin pimples
Better Mood

Add an idea of benefit
you think of: _____

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Week 5

Healthy Drinks for Youth: Sugar Shockers
Alcohol, Marijuana, and E-Cigarettes

Fitness Activity Time

Nutrition Education

Healthy Drinks for Youth

Session Goal

To learn the choice of water as the healthiest drink for people of all ages

Teaching Points

Compare nutrition facts (added sugar, etc.) in different kinds of drinks

Explain the role sugar plays in making people gain unhealthy weight

Sugar comes with a lot of calories, yet it does not have essential nutrients.

Too much sugar can cause dental health problems too.

Point out that a healthy limit for drinking juice (100%) is one small cup / day
(4 – 6 oz for children 1 – 6 years; 8 – 12 oz for youth 7 – 18 years)

Promote eating whole fruits

Promote drinking of water as the best choice for people of all ages

Suggested Activities & Questions

Sugar shocker activity: Use sugar cubes or sugar and a spoon

Ask the participants what drinks they like

Discuss nutrition facts in these drinks

Discuss creative ways to make water tastier

Make fruit-flavored water with real fruit

More questions from you:

Student Handout

Healthy Drinks for Youth

Sugar Shockers

Healthy Drinks for Youth

Did you know?

A 12-oz can of regular soda has **150 calories** because it has **10 teaspoons** of sugar, (about 40 grams) in the can. What a sugar shocker!

Instead of soda, drink:



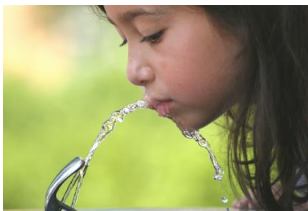
Water

Water is great for everyone!

What about milk and juice?

Milk and juice can be good choices too, if you know how much and what kind you drink.

- **Fat-free or low-fat plain milk.** Young children can drink 2 to 3 cups a day, especially babies under 2 years of age. Milk can help build strong bones, but remember: flavored milk (chocolate, strawberry) has added sugar.
- **100% fruit juice.** 100% fruit juice have nutrients like vitamins and minerals, but you must know the limit: **1 small cup (4 – 8 oz) a day.** Juice has lots of sugar.



Water is the best drink for children, youth, and adults!

Sugar Shockers

How many teaspoons (tsp) of sugar are in these drinks or food?

4 grams of sugar = 1 teaspoon / tsp



16 fl oz
14 tsp.
= ___ grams?



10 fl oz
7 tsp.
= ___ grams?



11.5 fl oz
10 tsp.
= ___ grams?



6 oz.
8 tsp.
= ___ grams?



12 fl oz.
9 tsp.
= ___ grams?



16 fl oz.
15 tsp.
= ___ grams?



16 fl oz.
16 tsp.
= ___ grams?



12 fl oz.
9 tsp.
= ___ grams?



20 fl oz.
13 tsp.
= ___ grams?

What other sugar-shocker drinks or food do you know? Write their names down:

_____	_____	_____
_____	_____	_____
_____	_____	_____

Alcohol, Marijuana, and E-Cigarettes Facts

Session Goal

To understand harms of misusing substances, what can happen short and long term when using alcohol and marijuana
To learn ways to feel relaxed and great without using harmful substances

Teaching Points

Alcohol: What's in it and what it does to the brain and body short and long term
Marijuana: What's in it and what it does to the brain and body short and long term
Relaxation: Deep breathing activity

Suggested Activities & Questions

Ask the participants if they know of anyone who uses substances to get an idea of how widespread the problem is

Ask the participants about their feelings towards using substances

Highlight ways of having fun, feeling great and relaxed without turning to substances

Decision-making in substance use prevention

Choose to drink responsibly as an adult: Set a healthy limit, just as we do with entertainment screen time, the topic discussed earlier in the program.

More questions from you:

Student Handout

Alcohol and Marijuana: the Basics

Alcohol, Marijuana, and E-Cigarettes

Session Goal

To understand harms of using substances, what can happen short and long term when using these substances
To learn ways to feel relaxed and great without using harmful substances

Teaching Points

Alcohol: What's in it and what it does to the brain and body short and long term
Marijuana: What's in it and what it does to the brain and body short and long term
E-Cigarettes: What's in it
Safer is not safe
Relaxation: Deep breathing activity works. It can effectively help you feel great if you regularly practice it.

Suggested Activities & Questions

Ask the participants if they know of anyone who uses substances

Ask the participants about what they think about using substances

Highlight ways of having fun, feeling great, cool, and relaxed without turning to substances

Decision-making in substance use prevention

More questions from you:

Student Handout

Alcohol, Marijuana, and E-Cigarettes Facts
Nicotine

What's in alcohol?

Ethanol and carbon dioxide, made from fruits, grains and vegetables through fermentation and distillation (purify by heating and cooling)

Problem Drinking

- Craving – a strong feeling to drink
- Loss of control – not being able to stop drinking
- Physical dependence – withdrawal symptoms
- Tolerance – the need to drink more to feel the same effect
- All above point to alcoholism, alcohol abuse, or addiction → a mental health condition that requires medical treatment.

What's in marijuana?

A greenish-gray mixture of the dried shredded leaves and flowers of a plant called cannabis. Delta-9-tetrahydrocannabinol (THC) is the main chemical in marijuana. There are more than 500 other chemicals in this plant.

Problem Using or Users

- Craving – a strong feeling to use marijuana
- Loss of control – not being able to stop using
- Physical dependence – withdrawal symptoms
- Tolerance – the need to use more to feel the same effect
- All above point to addiction → a mental health condition that requires medical treatment.

What's in E-cigarettes?

Nicotine - an addictive chemical found in all tobacco products, flavorings, and other chemicals. There is no water in e-cigarettes.

Problem Using or Users

- Craving – a strong feeling to use an e-cigarettes product
- Loss of control – not being able to stop using
- Physical dependence – withdrawal symptoms
- Tolerance – the need to use more to feel the same effect
- All above point to addiction → a mental health condition that requires medical treatment.

Remember: Safer is not safe.

“But I am in control!”, you might say.

Nope! The addictive substance is!

When addiction to any substance takes place in the brain, you don't know until it is too late.

They can't sell you or sweet-talk you, unless you let them.

Assert yourself, when it comes to decision-making in substance use prevention.

Nicotine - Highly addictive

IT'S THE NICOTINE



IT'S THE NICOTINE



A person can get addicted to vaping
just like people get addicted to cigarettes. It's the nicotine.
If someone vapes, they are more likely to start smoking deadly cigarettes.

Tobacco still kills more than half a million people in the USA each year!

But I'm in control!
Nope! The nicotine is in control.



Substance Use Prevention Activity Sheet

1) Get to know them

Alcohol street names	Marijuana street names	E-cigarettes street names
Booze, brew, cold one, draft, juice, hard stuff, hooch, liquid bread or courage, moonshine, oats soda, tummy buster, vino.	Buds, cannabis, dope, ganja, grass, herb, Mary Jane, joints, pot, reefer, tobacco, weed.	E-cigs, hookah pens, hookah sticks, JUULs, vape pens.
Other names you know:	Other names you know:	Other names you know:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

2) Get to know the consequences

What can happen to Your Health?

Alcohol		Marijuana	
<u>At first</u>	<u>Over time</u>	<u>At first</u>	<u>Over time</u>
Breathing difficulties Clumsy, stagger Confused, can't concentrate Faster, weaker heart beats Higher risk for car and other accidents Quick mood change: depression, violence Upset stomach, throw up	Alcoholism or alcohol abuse, a mental health condition that requires medical treatment Broken relationships Cancer of mouth and throat Destroyed families High blood pressure Liver diseases and cancer Malnutrition Nerve damage Permanent heart and brain damage Ulcers	Anxiety Blurred eye sight Delayed reaction Dry throat, mouth, and lips Faster heart beats Illusion (Hear or see things that are not there.) Lost sense of time Panic Poor coordination of movement Red eyes Sleepy	Lack of motivation Harm to reproductive health Heart muscle damage Lung damage, lung cancer Messed-up periods Poor memory and understanding School work difficulties Making you more easily become addicted to other substances. This applies to using any substance.

E-cigarettes use follows the same pattern like alcohol and marijuana, all leading to addiction.

Nicotine harms teens' developing brain.

When addiction to any substance takes place in the brain, you don't know until it is too late.

stay in Shape



Week 6

Program Summary
Top 10 Daily Health Habits
Post – Survey
Special Presentations

Activity Time

Program Summary: Top 10 Daily Health Habits

Session Goal

To summarize all topics taught and discussed in the program

Teaching Points

TV and other entertainment screen time: Not more than 2 hours a day

Daily exercise goal for youth: 60 minutes

Balanced Plate: 5 or more servings of fruits and vegetables a day

Food label reading: Make healthy food choices

Healthy Breakfast: Try not to skip it

Healthy Drinks: Water is everyone's best choice

Stress & Relaxation: Breathe deeply to control daily stress

Sleep: 9 – 10 hours a night

Alcohol, Marijuana, E-Cigarettes: Health risks - harm to the body and brain; addiction

Suggested Activities

Ask participants to share a success story of how they made a change related to the list above

Go through and handout (10 Daily Golden Health Habits)

Lead a discussion on how many of the good habits the participants have and how to improve

Allow time for the participants to ask questions related to the program and the topics

Student Handout

Top 10 Daily Health Habits

(All 10 habits are important, even though the program did not discuss some of them.)

Student Handout

10 Daily Golden Habits for Good Health



1. Eat a healthy breakfast every day

A healthy breakfast jump-starts your brain in the morning. A happy and powerful brain helps you perform your best and stay active during the school day. A healthy breakfast also helps prevent you from eating too much at the next meal.

2. Eat “5-9” servings of fruits and vegetables every day (US national campaign since 1991)

Fruits and vegetables cut down your risk of getting many diseases, especially cancer and heart diseases. Remember the Balanced Plate and include fruits and vegetables in your meals. Fruits and vegetables are best for snacks too.

3. Exercise for 30-60 minutes every day

The benefits of daily exercise are too many to list here. In short, if you want to have a beautiful body with gorgeous skin, hair, nails, and a brilliant mind, get moving every day and stay in shape for life!

4. Floss your teeth for better dental health every day

Dental hygiene is part of your health too so pay attention to it. Good dental hygiene cuts down your risk of getting dental as well as other diseases.

5. Stay in close touch with nature every day

Take a minute to enjoy the beauty of Mother Nature – listen to the rain drops on tree leaves, watch fish swimming in the pond or your own fish tank People who enjoy natural beauties and find peace in nature have a better chance to enjoy good health.

6. Say “No” to alcohol, marijuana, tobacco, and other drugs

Each cigarette contains more than 4,000 chemicals and one out of ten of them can cause cancer. Smoking, as well as using other drugs, is harmful not only to your own health but also to the health of the people around you.

7. Turn off TV when you have dinner and limit TV/other screen time to no more than 2 hours a day

Dinner time should be a valuable time for conversations among family members. Watching TV while having dinner takes away family time. Also remember, TV and other types of screen time for entertainment should not be more than two hours a day. The less, the better!

8. Find time to relax every day

The fast-paced world around you can easily make you overwork and forget to relax. Relaxation should be a way of life and an important part of your healthy lifestyle. Practice the simple deep breathing techniques you learned from Stay in Shape. There are many other things you can do to relax such as going for a walk, getting up for a stretch, listening to music, doing work of arts and crafts, taking a nap in the middle of the day if you can Your goal is to keep daily stress under control.

9. Connect heart to heart with a loved one or a close friend every day

Having love, companionship, and friendship is key to your personal health. No matter how busy you are, find time to get connected with a loved one or a close friend every day. Sharing your inner thoughts and feelings with someone you trust creates an opportunity for you to let out stress and frustration; receive support and understanding.

10. Allow yourself to get a good night's sleep every day

Your body does all kinds of repairs for you when you are asleep. A good night's sleep allows a fever to drop, an ear ache to calm down, and a wound to heal. Your health depends on good sleep as much as smart nutrition, regular exercise, and stress reduction.



STAY IN SHAPE Post-Intervention Survey

Summer Mentor Program

About the Survey

- The purpose of this survey is to collect information about what you know and do in living a healthy life after your participation in the Stay in Shape Mentor program. The results of the pre- and post-surveys are then compared to help us improve the program.

Instructions:

- The survey is not a test and you will not be scored.
- Your answers to the questions are confidential.
- Please don't hesitate to ask your Mentor if you are not clear about any of the questions.

**Stay in Shape/Summer Mentor Program
Post-Survey**

1. How much time do you spend on entertainment screens (TV, iPad, cell phones) every day?
☐ 0 hour
☐ 0 – 1 hour
☐ 1 – 2 hours
☐ More than 2 hours
2. Everyday high stress can be a risk for unhealthy weight gain, high blood pressure, depression, heart attack, cancer, and many other diseases.
☐ True ☐ False ☐ I don't know
3. Do you do deep breathing to control stress (It counts to do a minis deep breathing in a minute or two several times a day) every day?
☐ Yes ☐ No
4. The Balanced Plate encourages all of us to eat more of ...
☐ Rice and bread
☐ Fruits and vegetables
☐ Meat
☐ I don't know
5. How did you do with eating breakfast in the past 7 days?
☐ I ate breakfast every morning
☐ I ate breakfast 4-6 mornings
☐ I ate breakfast 1-3 mornings
☐ I did not eat breakfast at all in the past 7 days
6. Do you spend an average of 60 minutes on physical activities every day?
☐ Yes ☐ No
7. How many hours of sleep do you get per night lately?
☐ 8 – 10 hours ☐ 5 – 7 hours ☐ Less than 5 hours
9. I learned something new from the discussion on Alcohol, Marijuana, and E-cigarettes.
☐ Yes ☐ No
10. How confident are you in following a healthy lifestyle (that is, eat healthy, spend enough time on physical activity, manage daily stress, sleep well, and stay away from using substances)?
☐ Very confident ☐ Confident ☐ Not confident
11. The Stay in Shape Mentor program was ____ to me.
☐ Very helpful ☐ Helpful ☐ Not helpful
12. Please share a brief story of what or how you have changed in eating well, exercising, managing stress since you started the Stay in Shape Mentor Program.

Acknowledgements

We wish to acknowledge the following agencies and individuals

For Kids Only After School (FKO) for the first SIS Mentor Program in 2009;

MGH Revere Youth Zone that has been running the SIS Mentor Program since 2011;

Revere High School that has been running the Stay in Shape Program since 2005. The program produces SIS Mentors;

All past instructors for their effort in organizing and teaching the Stay in Shape Program at Revere High School;

Leaders, teachers, and staff at Revere High School and Revere School Department for their advice and support;

Clinicians at MGH Revere Pediatric Department and School-Based Health Center for making referrals of students to the program;

Student interns in Nutrition, Health Education, and Public Health for their expertise in creating many of the Student Handouts included in the curriculum as well as contribution to program implementation and evaluation;

Yu Sun in Chengdu, China who helped design and refine the Stay in Shape Mentor Program logo; and

Host agencies of the web-based resources and images selected, through Google searches, and used to enhance the curriculum for sole educational purposes.

The Stay in Shape Mentor Program would not have been possible without the dedication, compassion, and expertise from all acknowledged above and many more behind the scenes. Thanks!

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