Stay in Shape

Student Book

2020 - 2021 School Year

To download a PDF copy of the book, please go to:
www.massgeneral.org/cchi/communityhealthassociates/stayinshape.aspx

Name: ___________________________

Grade: __________________________

School: __________________________

Please Note: The page numbers in the Student Book, which are not in order, match the page numbers of Student Handouts in Teacher’s Book.
# Standard Program Weekly Schedule

**Week 1**
- Pre-Surveys, Program Introduction, and Ice Breaker (Small Steps Activity)
- “60 Minutes A Day” on Being Physically Active
- Physical Activity of Choice

**Week 2**
- Starting Every Day with a Healthy Breakfast
- Learning to Read Food Labels (With a learning focus on sugar, fiber, and sodium)
- Hidden Sugar in Foods and Drinks
- Physical Activity of Choice

**Week 3**
- Balanced Plate / My Plate with Plenty of Fruits and Vegetables
- Healthy Drinks for Youth
- Physical Activity of Choice

**Week 4**
- The 3S Challenge of Living a Healthy Life: Stress, Screen Time, and Sleep
- Understanding Stress
- Learning to Take a Deep Breath to Relax
- Physical Activity of Choice

**Week 5**
- Taking Another Deep Breath to Relax
- Learning More about Stress and Relaxation
- **Mid-Program Summary** and home assignment for school recess week
- Physical Activity of Choice

**School Recess Week**
- Stay in Shape Home Assignment of Student Choice

**Week 6**
- Entertainment Screen Time: Less Is Better for Your Health
- Taking More Deep Breaths to Relax
- Physical Activity of Choice

**Week 7**
- Sleep Well
- Breathe Deeply to Relax
- Physical Activity of Choice

**Week 8**
- Summary of Nutrition Education: Best Foods for the Heart, Skin, Hair, and Nails
- Breathe Deeply to Relax
- Physical Activity of Choice

**Week 9**
- Program Summary and Completion
- Post-Surveys

**Week 10**
- Congratulations and Awards
- Once in “Stay in Shape”, Always Stay in Shape:
- A Conversation about Living A Healthy Life after the Program

*Please reach out to MGH Program Manager or email stayinshape@partners.org for help with making your program weekly schedule.*
Program Goal and Objectives

Stay in Shape strives to provide an opportunity of high-quality health education for students to learn and develop positive and lifelong health habits through not only awareness and knowledge but also action on the following seven core learning objectives:

At the end of the program, students will have learned to ...

1) Eat enough fruits and vegetables - up to a total of 5 or more servings a day
2) Eat a healthy breakfast every day;
3) Understand and always check the Food Labels in order to make healthier food choices;
4) Limit entertainment TV and other screen time to no more than 2 hours a day;
5) Spend at least 50 minutes being physically active every day;
6) Breathe deeply to relax or engage in relaxing activities regularly to control daily stress; and
7) Get a good night’s sleep every day – Aim for 9 to 10 hours in each 24-hour cycle

Through discussing the seven objectives with students in a warm and connected way, we hope that the program and your effort can help shape students’ health belief system and, more importantly, will motivate them to prioritize and invest in their personal health at every stage of their life. Here are a few points which you can communicate to students to reach this deep goal of the program:

- Health is a life-long process that requires long-term attention and self-care. This begins with developing and following through good habits, the very basic ones being promoted at Stay in Shape.

- Life’s other achievements (Dreams, plans, successes ...) will largely depend on good health.

- Health is not just about being free from diseases. It is also about becoming a kind, compassionate, honest, respectful, grateful, and awesome human being.

- Health is a social or collective process. This means that we will be responsible for not only ourselves but also others. As we take good care of ourselves, we must stand up for others at the same time – the greater good of our community, country, and the world.
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Health Education
Small steps to increasing daily physical activity and other daily health habits

Many of you love to play sports. Some of you are on your school sports teams, so you train regularly. That is wonderful! Daily physical activity, and other health habits, is very important for your health and happiness. The recommended daily physical activity time for youth is at least 60 minutes. For those of you who are not at this goal yet, we encourage you to try some of these creative small ways to move more. Let’s complete this exercise together:

15 ways to help you move more throughout the day:

1. Do a quick dance routine with your little sister (or another family member) in the room or outside in your yard.
2. Go for a run around the block.
3. Suggest to your teacher that you do a few jumps before a class.
4. Turn on the music and dance around the house.
5. Keep your room nice and tidy by putting things away after each use.
6. Help mom and dad do house work often.
7. Help to wash your family’s car by hand.
8. Stretch while waiting for food to get warmed up in the microwave.
9. Get up and walk around after sitting for 30 minutes.
10. Take the stairs instead of the elevator whenever possible.
11. Play with your pet
12. Help with cooking at home regularly – washing, chopping, and cleaning.
13. Help mom and dad wipe-dry dishes and put them away after dinner.
14. Create a small garden of your own in your backyard, plant your favorite things, and attend to them regularly.
15. Try tiptoeing where you walk in your house. Do it safely.

What are more ways you can think of to stay physically active throughout the day? You can also come up with creative small ways for improving daily nutrition and stress management:

____________________
____________________
____________________
____________________
____________________
____________________
____________________
____________________
____________________
____________________
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. Yet most of them spend another 7 – 9 hours on entertainment screens (TV, iPad, iPhone, 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; number of murder scenes: 16,000
- 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 or using other devices
- Less time for physical activity
- Poor body image (thin ideal on TV)
- Higher risk for diseases, including overweight and obesity, a big risk for diabetes, heart disease, certain types of cancer, and mental health conditions
- Less time to connect with rest of the family
- Sleepy during the day
- Poor focus in class
- Risk for poor body posture

Health experts recommend: Limit entertainment screen time to no more than 2 hours a day!

Tips for Making a Change:
- Set a clear goal of no more than 2 hours a day and stick to it.
- Avoid having a TV set in your bedroom or bring your cell phone, tablet to your bedroom.
- Try not to watch TV or using another digital device at meal times.
- Go for other activities like sports & exercises or do stretches while watching TV.
- Get up and stretch your body during entertainment screen time to offset long sitting time.
- Make entertainment screen time a special treat, something that you should earn after finishing your homework and exercising.

Activity Sheet

Take Control of Your Entertainment Screen and Social Media Time

1. Add up how much entertainment screen and social media time you get on a regular day – Time you spend on playing with your phone, tablet, computer, games console, and watching TV:

___ + ___ + ___ + ___ + ___ + ___ + ___ + ___ + ___ + ___ minutes = _____ hours

Less than the green line (2 hours)?
Great job you’re not getting too much screen time.

Up to the orange line (6 hours)?
You’re spending as much time on screens as you do in school.

More than the red line (10 hours)?
This is longer than you spend asleep!

2. List a few fun things you can think of doing instead of screen or social media time:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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
Have more energy
More time for sports
Eat less unhealthy food
Better sleep
Concentrate better in school
Do more things that matter

More benefits you can think of:

________________________________________________________________________

BioDot Activity: “Colors” of Stress and Relaxation

What is a BioDot?
A biodot is a small heat-sensitive dot you can put on your skin. The dot changes color when your skin changes temperature.

How to use a BioDot?
You can put it on other spots of your hand too.

How to read a BioDot?
Check the color of your biodot after your relaxation activity:

<table>
<thead>
<tr>
<th>Color</th>
<th>It Means...</th>
<th>Skin Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purple</td>
<td>Very relaxed</td>
<td>94.6</td>
</tr>
<tr>
<td>Blue</td>
<td>Calm</td>
<td>93.6</td>
</tr>
<tr>
<td>Green</td>
<td>Stressed</td>
<td>91.6</td>
</tr>
<tr>
<td>Orange</td>
<td>More stressed</td>
<td>89.6</td>
</tr>
<tr>
<td>Black</td>
<td>Very stressed</td>
<td>87.0</td>
</tr>
</tbody>
</table>

Please note: This BioDot activity is meant to be a fun way for you to learn about stress and relaxation. As far as we know, there has been no strong science behind the temperature readings for showing the body’s stress level.

Handout updated 12/10/2020.
Activity Sheet

Faces of Stress

Stress can be a hard and often uncomfortable feeling to go through. It can happen when we lose confidence in our ability to cope with a difficult situation, like loss of a loved one including a pet, an illness, an upcoming test at school, and many other situations.

- Draw faces of stress or write down signs of stress in the chart below.
- If you choose to draw, please visit https://www.gograph.com/vector-clip-art/stressed-out.html or Google “cartoon faces of stress” for an idea of how to draw faces of stress.

<table>
<thead>
<tr>
<th>Draw: Face of Stress</th>
<th>Draw: Face of Stress</th>
<th>Draw: Face of Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Write: Sign of Stress</td>
<td>Write: Sign of Stress</td>
<td>Write: Sign of Stress</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- What can you do to balance your daily life well? How do you keep stress down so it does not get in your way of living a healthy life? Write down 1-2 goals or strategies:

  For example: Starting this Saturday I will do a 10-minute deep breathing activity at least 3 times a week.

  ____________________________________________

  ____________________________________________

  ____________________________________________

Updated 12/10/2020.
You can Learn Coping Skills to Control Stress

Signs of Stress

All human beings have stress sometimes. For students, it might be before a final exam or during studies. What causes stress for you may not be stressful for someone else. Sometimes stress is helpful — it pushes you to get things done to meet a deadline. But long-term stress can increase the risk of diseases like high blood pressure, anxiety, depression, heart disease and a long list of other physical and mental health problems. Common signs of stress can include but not limited to:

- Anger and moodiness
- Back pain, head and body aches
- Being touchy
- Difficulty with concentration
- Dry mouth and throat
- Feeling out of control
- Low self-esteem and worry a lot
- Nausea and abdominal pain
- Overeating, craving for unhealthy food, like sweets that give short-lived “feeling-good”
- Skin problems like breakout of acnes
- Difficulty falling and staying asleep

You can Control Stress and Train Your Mindfulness

- Get up and get moving! Exercise helps reduce stress according to research.
- Breathe deeply, as you have just learned from Stay in Shape.
- Tell someone you trust or write down your feelings.
- Practice mindfulness. Try this: Choose a piece of music you love and have heard many times before. Listen to it again but in a way you never have before.
- For every negative thought, find two positive ones to be on the winning side.
- Learn to accept things that are not perfect by looking at it in a different way.
- Break large tasks into smaller ones. Plan breaks into your busy study schedule. Don’t hesitate to take more breaks during stressful times to help your mind focus.
- Stay away from caffeine, alcohol, illegal drugs and smoking / vaping — none of them helps!
- Give each of the above suggestions more thoughts, so you understand their benefits and will make a plan to try a few activities, especially deep breathing.
- Be more willing to use your coping skills to control daily stress. Instead of fighting with stress head-on, give yourself an opportunity to face it. The goal is to control stress in a healthy, effective way and feel great!

When these activities do not help you relax and you continue to feel down, it is very important for you to reach out to your parents and doctor. There is lots of help out there if you take action.

Adapted from MGH Revere iFit! Program Curriculum. Updated 12/14/2020.
SLEEP WELL! You Are Worth It!

About 58 percent of middle school students and 73 percent of high school students report not getting enough sleep on an average school night. Some of them sleep less than 5 hours a night. (Centers for Disease Control and Prevention)

**Signs of Not Enough Sleep**

- Difficulty waking up in the morning
- Unable to concentrate during the day
- Falling asleep in class
- Feeling tired, moody, stressed, anxious, and even depressed

**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 acne, colds, and the Flu
- Make you eat too much or crave for unhealthy foods, a risk for unhealthy weight gain or Make it much harder to maintain a healthy body weight
- Can put you at risk for many mental health conditions and problem behaviors

Child health experts say teens need more sleep.

**Sleep goal for teens: 9-10 hours per night**

<table>
<thead>
<tr>
<th>Age</th>
<th>Recommended Amount of Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborns</td>
<td>16-18 hours a day</td>
</tr>
<tr>
<td>Preschool-aged children</td>
<td>11-12 hours a day</td>
</tr>
<tr>
<td>School-aged children</td>
<td>At least 10 hours a day</td>
</tr>
<tr>
<td>Teens</td>
<td>9-10 hours a day</td>
</tr>
<tr>
<td>Adults (including the elderly)</td>
<td>7-8 hours a day</td>
</tr>
</tbody>
</table>

(Centers for Disease Control and Prevention)

**Good night, sleep tight!**

**Helpful Tips**

- Organize your daily life to prioritize sleep. Make it a **top priority every night!**
- Eat healthy and balanced meals every day; avoid eating 2 hours before your bed time. Try not to drink coffee, tea, and soda late in the day. Caffeine in these drinks may be why you can’t sleep.
- Make the same bed and wake time for yourself and keep it up throughout the week.
- Keep screen time at healthy limit and avoid it 2 hours before your bed time.
- Practice relaxation skills. A relaxed mind and body help improve your sleep efficiency - fall asleep quicker and stay asleep during the night.
- Be physically active. Exercise helps.
- You can’t fake awake - no pills can replace a natural, good night’s sleep.


Activity Sheet – Sleep Hygiene

Circle any picture below 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 is ______.

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: _______

Student Handout

Understanding Stress and Relaxation

Stress
- Stress is a real health concern even before the COVID-19 pandemic. Today more and more adults and children are feeling stressed out because of existing worries plus worry about the pandemic.
- Too much stress over time can take a terrible toll on your body, mind, and soul. It puts you at a higher risk for catching diseases.

To live a healthy life, you need to control your daily stress well—This is just as important as eating healthy, staying physically active, and sleeping well at night.
- Stress can sometimes make you become more organized and creative. For example, Feeling stressed can push you to get your school work done well and on time.
- You can make use of your stress experience and make something good out of it. This means that you recognize stress and know that you can control stress, feel relaxed, and become resilient.

Relaxation
- Everyone should and can relax. Relaxation through deep breathing (Or other activities you like to do), when you do it regularly, can help you feel great, healthy and strong.
- Relax your mind and body through deep breathing is a simple skill and an easy way to control daily stress. It works for people of all ages.
- It is easy to do a deep breathing exercise. Just follow these 3 simple steps:

  1. Breathe through your belly. Breathe in slowly through your nose (Feel that your belly rise), then breathe out slowly through your mouth (Feel that your belly goes down). Continue to breathe this way for a few minutes.
  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 by saying “Oh Well” silently, let it pass, and return to your breathing.

More Tips on Deep Breathing

- Turn down the light in your room. Sit comfortably and with your back straight in a chair or on the floor, close your eyes – or make a soft gaze at a spot. Again, the idea is to help you focus on breathing.
- 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 around.
- 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 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.

Based on Clinical Training in Mind/Body Medicine, Harvard Medical School, June 2006. Updated 12/9/2020.
Activity Sheet

Breathe Deeply to Relax

You are surrounded by natural beauties all the time. Look at the pictures or close your eyes to imagine that you are at a beautiful place right now. Begin to take in a deep and slow breath through your mouth and let it out slowly through your nose. You can count 1, 2, 3, 4 with your in-breath and 4, 3, 2, 1 with your out-breath, slowly. Do this activity for 5 minutes. Deep breathing is effective and fun to do. We hope you will make a daily habit out of it.

Remember: When you are relaxed, you can use your mind in the very special way.
Stay in Shape

Nutrition Education
Student Handout

The Right Attitude about Food, Eating, and Your Body

- Be proud of the fact that we all come in different shapes and sizes. Try not to compare yourself to the models and actresses in magazines, social media or on TV. Change your negative thoughts about your body by talking about or writing down all nice qualities you have and how much you like about yourself. Make friends with people who have a healthy attitude about food, weight, and the body.

- Remember that food is only your body’s fuel like gas for cars. Try not to fall for emotional eating.

- Choose one entire food group over another is not smart. You will miss out on important nutrients your body needs. Balanced Plate means in part that you eat different kinds of food. Variety matters, so practice Balanced Plate.

- **Start your day with a healthy breakfast.** Your body and brain need nutrients that help you do well in school in the morning. Skipping breakfast can make you eat more and faster at the next meal time. This can make staying at a healthy weight harder.

- Cut back on drinking juice to just 1 small glass a day, if you like juice. Go easy on other sugary drinks and sports drinks. **Water is a healthy drink for people of all ages.** Drink plenty of water throughout the day.

- All foods can fit in with healthy eating. It is up to you to balance it well. There is nothing wrong with treating yourself to something special if you do it only once in a while.

- Never be fooled by fad diets like weight loss pills or other quick “fixes” — they do not work for most people long-term.

- Try and get your hands on food shopping and cooking. Enjoy making and eating family meals at home.

- Practice the skills about smart portion control, which you have learned or will learn more in the program.

- Eat mindfully – Take your time, notice food’s color, texture, taste, and don’t forget to chew each mouthful thoroughly. Eat for enjoyment, happiness, and health!

- Be physically active your way - Remember your goal is to achieve an average of one hour of exercise every day. It is a fact that regular physical activity helps us eat better, control stress better, and sleep better!

Handout created by Jennifer M. Vetre, MS, RD, LDN, MGH Department of Nutrition and Food Services, 2008.
What's in Them - Fruits & Vegetables – for Us?

**Color, Texture, and Taste**
Fruits and veggies bring natural color, texture, and taste to your plate. They are loaded with nutrients our body needs to stay healthy. They are certainly good food choices for people of all ages to enjoy.

**Low in Calories**
Fruits and veggies are naturally low in calories.

**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 healthy and happy.

**Vitamins & Minerals**
Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.

**Variety**
There are a lot of different fruits and veggies around the world. There is always something new to try!

**Quick, Natural Snack**
Many of us like to eat a snack between meals. Fresh fruits and veggies are nature’s treats and easy to grab for a snack. They are much better snack choices than processed foods.

**Fun to Eat and Fun to Grow**
Some crunch, some squirt, some you peel ... and some you can grow right in your own backyard or your school’s garden!

Divide your plate into 3 compartments like the picture above. The largest compartment (or half a plate) is for fruits and vegetables. One of the smaller compartments (a quarter of a plate) should have protein-rich foods like fish, lean meat, beans and nuts, and eggs. The other quarter plate is for foods in the grain and rice group. You are much better off to choose foods with more fiber from this group, such as whole-wheat or multi-grain bread, pasta, and brown rice. My Plate is a well-balanced plate. It also means...

- Eat from all five food groups – Variety matters.
- Eat in small portions – Practice portion control.
- Eat slowly and enjoy the food – practice mindful eating.
- Eat **happily** for a healthy body, smart brain, and resilient mind!

Updated 12/22/2020.
A Guide to Eating in Small Portions
Remember: Portion control is part of mindful eating.

<table>
<thead>
<tr>
<th>Hand Symbol</th>
<th>Equivalent</th>
<th>Foods</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fist</td>
<td>1 cup</td>
<td>Rice, pasta</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fruit</td>
<td>75</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Veggies</td>
<td>40</td>
</tr>
<tr>
<td>Palm</td>
<td>3 ounces</td>
<td>Meat</td>
<td>160</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fish</td>
<td>160</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Poultry</td>
<td>160</td>
</tr>
<tr>
<td>Handful</td>
<td>1 ounce</td>
<td>Nuts</td>
<td>170</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Raisins</td>
<td>85</td>
</tr>
<tr>
<td>2 Handfuls</td>
<td>1 ounce</td>
<td>Chips</td>
<td>150</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Popcorn</td>
<td>120</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pretzels</td>
<td>100</td>
</tr>
<tr>
<td>Thumb</td>
<td>1 ounce</td>
<td>Peanut butter</td>
<td>170</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hard cheese</td>
<td>100</td>
</tr>
<tr>
<td>Thumb tip</td>
<td>1 teaspoon</td>
<td>Cooking oil</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mayonnaise, butter</td>
<td>35</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sugar</td>
<td>15</td>
</tr>
</tbody>
</table>

Image credit: [www.prevention.com](http://www.prevention.com)
1. Draw a line between the listed foods and the “handy” portion sizes you learned that support healthy eating through better portion control:

- Butter
- Sugar
- Ground beef
- Nuts
- Chips
- Peanut butter
- Strawberries
- Grapes
- Salad
- Potatoes
- Carrots
- Pineapple
- Pasta
- Cheese
- Chicken
- Rice
- Pop corns
- Mayo

2. Write down some of your favorite foods in each part of My Plate:

   **FRUITS AND VEGGIES**

   **FRUITS AND VEGGIES**

   **MEATS AND PROTEIN**

   **GRAINS AND RICE**

   **Grafs + veggies:**

   ________________________________________________________________________

   ________________________________________________________________________

   **Grains + rice:**

   ________________________________________________________________________

   ________________________________________________________________________

   **Meats + protein:**

   ________________________________________________________________________

   ________________________________________________________________________
3. Write the name of a fruit or a veggie for each color of the rainbow:

Red
____________________
____________________

Orange
____________________
____________________

Yellow
____________________
____________________

Green
____________________
____________________

Blue
____________________
____________________

Violet
____________________
____________________

Indigo
____________________
____________________

4. Are the fruits and vegetables you wrote down your favorite to eat? If yes, why? (You can describe color, shape, texture, taste, or nutrition benefits as reasons.)

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Trans Fats: What You Should Know

Facts about trans fats
- Trans fats are artificial fats (partially hydrogenated fats) made of vegetable oil and hydrogen gas. Some fried and baked foods have trans fats.
- Trans fats make foods taste better and last longer. They also provide the desired textures in baked goods. That's why trans fats are a favorite with food makers including restaurants.
- When a Food Label lists “0 trans fat”, it does not mean this food is trans fat free. By law, “0” can be listed as long as the food contains less than 0.5 gram of trans fats per serving.
- Americans eat an average of 6 grams of trans fats a day. That's almost 5 lbs a year. Too much to be healthy!

Possible harms of eating trans fats
- Our body can't break down and use tran fats.
- Trans fats lower good cholesterol (HDL) and increase bad cholesterol.
- Eating trans fats put us at risk for high cholesterol, obesity, diabetes, heart diseases, and even cancer.

Check trans fat out in the Food Label
- Seeing words like “0 trans fat” or “Trans fat free” on the Food Label is not enough. Go on to check the section of Ingredients.
- Look for Partially Hydrogenated Fat in Ingredients. If you see it listed, this food item is not trans fat free. Partially Hydrogenated Fat is trans fat. Be smart with making your food choices.

Going for the Healthy Fats
- Unsaturated (Mono- and Poly-unsaturated) fats, such as Omega 3 fats from cold-water oily fish (e.g. Salmon), nuts, and other plant-based foods.
- Our body is naturally very good at breaking down and benefiting from the healthy fats. So it is an excellent idea to eat fish and nuts.
- Be sure to also include plenty of fruits and vegetables in your meals!
### Nutrition Facts

**Serving Size** Check the suggested serving size. Use this information to guide you to good portion control.

**Servings per container:**
Check number of servings in the whole container.

*Tip:* Nutrition information on a food label is for 1 serving. If you eat more than 1 serving, remember to multiply.

- **Calories** Check calories per serving
  - **Tips:** Know the following rules of thumb:
    - 40 calories/per serving: Low in calories
    - 100 calories/per serving: Medium in calories
    - 400 calories/per serving: High in calories
  - Watch for calories from Fat - it should be less than 30% DV.
  - **DV:** Percent Daily Value
  - It is a guide to the nutrients in 1 serving of food, e.g. If the label lists 15% for calcium, it means that 1 serving of this food provides 15% of the calcium you need each day.

- **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.
  - **Tip:** Low saturated fat means 2 grams or less fat per serving.

- **Cholesterol** Look for low cholesterol
  - **Tip:** Low cholesterol means 20 milligrams or less per serving.

- **Sodium** (in salt) Look for low or low sodium
  - **Tips:** Less salt is better for your health.
  - Low sodium means 140 milligrams or less per serving.

- **Carbohydrates** Mainly sugars and starches
  - **Tips:** 1 gram of carb = 4 calories
  - **Dietary Fiber:** Look for more fiber per serving.
  - **Tips:** Good source of fiber means at least 3 grams per serving.
  - Excellent source of fiber means 5 or more grams per serving.
  - **Sugar:** Look for low or no sugar; watch for added sugar.
  - High sugar means 7 or more grams of sugar per serving.
  - 1 teaspoonful of sugar = 4 grams of sugar.

- **Protein** Proteins are the building blocks of life in every cell in the human body. They are very important for children's health and growth.
  - **Tips:** 7 grams (1 oz) protein = 1 serving; 1 gram protein = 4 calories
  - Compare with Fat: 4 - 5 grams (1 oz) fat = 1 serving
  - 1 gram fat = 9 calories

**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.
- Understand Percent Daily Values (DV): 5% is low; 20% or more is high.
- Eat less sodium and avoid too much added sugar in your meals, snacks, and drinks.
- Make sure you are getting enough healthy fats, fiber, protein, vitamins, and minerals.

For more information about Food Labels in English and other languages, visit [www.fda.gov](http://www.fda.gov). Updated 12/18/2020.
Student Handout

Food Labels

Take a look at the Food Labels below. The one on the right is the new label now being used since March 2020. Please keep in mind:

- Information on a Food Label is based on 2,000 calories a day, a standard for most adults. There is a lot of information on a label. Because of this reason, Stay in Shape recommends that students take small steps in learning to read Food Labels. As a beginner, you can focus on looking at:
  - Total servings and serving size
  - Calories per serving
  - Trans Fat
  - Sodium
  - Sugars, especially Added Sugars

Gradually you can build up your reading skills to read and understand every line.

- Food Labels help us make healthier food choices. Reading labels makes a great healthy-living habit. Go for it!

**Original Label**

<table>
<thead>
<tr>
<th><strong>Nutrition Facts</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size 2/3 cup (55g)</td>
</tr>
<tr>
<td>Servings Per Container 6</td>
</tr>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories 230</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat 8g</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 160mg</td>
</tr>
<tr>
<td>Total Carbohydrate 31g</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
</tr>
<tr>
<td>Sugars 12g</td>
</tr>
<tr>
<td>Protein 3g</td>
</tr>
<tr>
<td>Vitamin A</td>
</tr>
<tr>
<td>Vitamin C</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Iron</td>
</tr>
<tr>
<td>*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs. Calories 2,000 2,500</td>
</tr>
<tr>
<td>Total Fat Less than 65g</td>
</tr>
<tr>
<td>Saturated Fat Less than 20g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol Less than 300mg</td>
</tr>
<tr>
<td>Sodium Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate 300g</td>
</tr>
<tr>
<td>Dietary Fiber 25g</td>
</tr>
</tbody>
</table>

**New Label**

<table>
<thead>
<tr>
<th><strong>Nutrition Facts</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size 2/3 cup (55g)</td>
</tr>
<tr>
<td>Amount per serving</td>
</tr>
<tr>
<td>Calories 230</td>
</tr>
<tr>
<td>% Daily Value*</td>
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<td>Total Fat 8g</td>
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<tr>
<td>Saturated Fat 1g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 160mg</td>
</tr>
<tr>
<td>Total Carbohydrate 31g</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
</tr>
<tr>
<td>Total Sugars 12g</td>
</tr>
<tr>
<td>Includes 10g Added Sugars</td>
</tr>
<tr>
<td>Protein 3g</td>
</tr>
<tr>
<td>Vitamin D 2mcg</td>
</tr>
<tr>
<td>Calcium 260mg</td>
</tr>
<tr>
<td>Iron 8mg</td>
</tr>
<tr>
<td>Potassium 235mg</td>
</tr>
<tr>
<td>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice</td>
</tr>
</tbody>
</table>

1. The serving size now appears in larger, bold font and some serving sizes have been updated.
2. Calories are now displayed in larger, bolder font.
3. Daily Values have been updated.
4. Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

Screen shot from https://www.fda.gov/media/135197/download
Research shows that foods and drinks with added sugar do not make to the list of healthy foods. Candy, cookies, and soda can have a lot of added sugar in them. Sugar can also hide in foods that aren't even taste that sweet! Here's what to look out for to avoid added or hidden sugars.

Granola bars are a quick and easy snack, but next time you reach for one, check the ingredients for molasses, malt extracts, and any word that ends in “-ose”, “syrup” or “saccharide”. These are sugars hiding in your “healthy” snack! It's pretty tough to find granola bars without a lot of added sugar that don't taste like cardboard, so a healthier—also quick, filling, and delicious—snack would be trail mix. You can make it yourself by mixing your favorite nuts, seeds, and bits of dried fruits!

Yogurt has calcium, protein, and probiotics that keep your digestive system healthy, but watch out for ingredients that end in words like “syrup” and “concentrate,” because these are added sugars.

Don't like plain, unsweetened yogurt? Try mixing in fresh fruit like banana, grapes, and others you like. It sweetens the yogurt without any added sugar.

Juice & Sports Drinks Do you play a team sport, run or weight train? That's awesome—keep it up! But put away the Gatorade and Vitamin Water. These drinks can have over 20 grams of sugar per serving, and a lot of these bottles contain more than one serving!

If you train and sweat a lot for a long period of time and you want to use sports drinks, that may be fine. But please know that most people only need water to stay hydrated during exercise. Electrolytes in sports drinks are mostly sodium and potassium, so a couple crackers and some banana for your workout can do the job without 20+ grams of added sugar.

Dressings & Sauces What?! These foods aren't even sweet! It's true though. Check the label on your spaghetti and barbecue sauces and favorite salad dressings. If you see sugar or high fructose corn syrup on the ingredients list, you've got yourself some added sugar.

There are many ways to flavor up your meat, pasta or salad without added sugar. Instead of BBQ sauce, try a sugar-free dry rub on your chicken. Many brands of dressings and sauces are made without sugar—It just takes an extra look at the Food Label to know.
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 them down:

__________________________  ________________________
__________________________  ________________________
__________________________  ________________________

Warning from health experts:
No more than 6 tspf. of sugar a day.
On average, US youth (14-18 yrs) have up to 34 tspf. of sugar a day. Pause at this fact and think for yourself: What can you do to eat healthier?

Great job! Be sure to let this activity help you make better decisions in choosing foods and drinks. Remember, the Food Label shows added sugar. All you need to do is to take a look, so you know to stay away from foods and drinks containing too much added sugar.

Updated 12/10/2020
Quick and Healthy Breakfast Ideas

Have you been skipping breakfast? Do you know that skipping breakfast can hurt your health in many ways? Skipping breakfast can also hurt your school grades.

Here are a few suggestions to jump-start your morning with a quick and healthy breakfast. The key is good time management in the morning to make eating breakfast a priority. Choose something from each of the four food groups - grain, dairy, fruit / vegetable, protein, and healthy fat groups - to eat 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
- ¼ cup cereal with sliced banana and low fat milk
- ½ 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
- 1 low sugar breakfast bar with a piece of fruit and a yogurt
- ½ bagel with 1 tsp of regular peanut butter and a small glass of orange juice
- Baggie of trail mix and a carton of skim or low fat milk
- Smoothie - Mix yogurt, fruit, and milk.
- A hard boiled egg with an apple and a slice of wheat bread
- Granola bar with an orange and a slice of cheese
- A hard-boiled egg (Tip: Boil it the night before and store it in the refrigerator so you save time in the morning), a small or medium-sized banana, and a glass of water
- Leftovers from yesterday? Absolutely!
- There is no such a thing as breakfast food. Be creative. You can certainly eat any of the yummy and healthy food choices from your home country for breakfast!

Healthy Drinks for Children and 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 and juice, drink:

<table>
<thead>
<tr>
<th>Human Body</th>
<th>Water %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brain &amp; Heart</td>
<td>73%</td>
</tr>
<tr>
<td>Lungs</td>
<td>83%</td>
</tr>
<tr>
<td>Whole Body</td>
<td>60%</td>
</tr>
</tbody>
</table>

Much of the human body is made of water. What about cats, dogs, and other animals? We leave this for you to google out.

**Water is life for every living thing on the planet. Let's drink water to keep our body energetic and healthy.**

What about milk and juice?

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

- **Fat-free or low-fat plain milk.** Drink some milk for calcium and other nutrients like Vitamin D and protein. But remember: flavored milk (chocolate, strawberry) has added sugar. Milk is not the only food that has calcium. Seeds, dark green vegetables, and fish like sardines and canned salmon also have calcium. Regular exercise also helps build strong bones.

- **100% fruit juice.** 100% fruit juice has nutrients like vitamins and minerals, but you must know the limit: **1 small cup (4 – 8 oz) a day**, because Juice has lots of sugar.

**Water is the best drink for children, youth, and everyone. You can make drinking water fun and healthy by adding your favorite fruits, vegetables, and herbs to it – Just chop and slice them a bit and mix. Try it today!**

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:

A. How many servings of Takis are there in this bag? 
   
B. How many grams of Fat does 1 serving of Takis have? 
   
C. How much Trans Fat does 1 serving have? 
   
D. How much sodium (salt) does 1 serving have? 
   
E. How much fiber does 1 serving have? 
   
F. Is Takis a healthy food choice for breakfast? Circle your answer:
   
   Yes  No

---

**Nutrition Facts**

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 260</th>
<th>Calories from Fat 120</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>13g</td>
<td>20%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>5g</td>
<td>25%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium</td>
<td>660mg</td>
<td>28%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vitamin A %</th>
<th>Vitamin C %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium %</td>
<td>Iron %</td>
</tr>
</tbody>
</table>

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

---

**Activity 2**

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

---

---

Why did you circle Yes or No? Please write down your reason in a few words: Because I 

---

Updated 11/13/2020
Family Meals, Best Meals

Everyone is busy these days. It may be hard for the family to come together at mealtimes. But we encourage everyone to try and plan the time. Family meals are very important and good for you (Please share this handout with your mom and dad).

According to research, when cooking food together and eating family meals, children are more likely to ...

- Eat fruits, vegetables and other healthy foods.
- Try new foods.
- Do better in school because of eating healthy family meals and meaningful connections with the family.

Children are less likely to ...
- Snack on unhealthy foods
- Drink soda and eat fried foods
- Have unhealthy eating habits
- Smoke cigarettes and drink alcohol

Family meals bring everyone together. Here are some tips for your family to start cooking and eating meals together:

- Set a mealtime and make family meals a priority
- Set a goal for everyone to join the family meal time
- Get everyone’s hands-on in meal preparation – make it fun
- Make simple meals so you do not take a long time to prepare or clean up. This will give you more time to enjoy eating together.
- A family meal can be breakfast, lunch or dinner
- Make your table pretty! Add flowers and other decorations. Be creative!
- Turn off the TV when having a family meal. Use the time for a great family conversation. Get everyone to talk about their day at a family meal time.

You can certainly talk about Stay in Shape and what you have learned from the program!

Cooking and eating together may not be easy at first, but give it more time. It is a healthy habit and great family ritual to have. It can help everyone, especially children, in the family stay healthy and happy.
- Have a conversation about the colors, texture, and taste of these fruits and vegetables.
- Add more fruits and vegetables you like to eat to the list.

Eat the "Rainbow" of Fruits and Vegetables
Go for a total of 5 – 9 servings a day!
(Image credit: Google Image Search)

What other fruits and vegetables do you like to eat? Please write down their names:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Updated 11/13/2020.
Eat for a Healthy Heart!

It’s never too early to think about your heart health. It is important to start and keep heart healthy habits at a young age. Your heart will thank you forever!

Words to learn:

Saturated Fat – The not so healthy fat. It is usually from meat. It hardens at room temperature.

Unsaturated Fat – The healthy fat. It is from a plant-based foods. It stays a liquid at room temperature.

Cholesterol - A waxy, fat-like stuff in the body. Your body makes it naturally and you can also get it from the foods you eat. Too much cholesterol can hurt your heart health.

Dietary Fiber – It is in plants, like fruits, vegetables and grains. Your body can’t digest it and it passes. Fiber makes you feel full.

Your daily need for fiber: “Your age+5” grams

A serving of food that has 3 or more grams of fiber makes it a fiber-rich food or a good source for fiber.

10 plus Foods Your Heart Loves

1. Fresh fruits and vegetables
   They make that beautiful and delicious “rainbow”, remember?

2. Nuts
   The good fat in nuts keeps your heart happy and healthy.

3. Whole grain foods
   High fiber helps you feel full longer and lowers cholesterol.

4. Fish
   Omega 3 Fats keep your heart healthy.

5. Berries
   Antioxidants and Vitamins in berries support good heart health.

6. Flax seeds
   Omega 3 fatty acids, fiber and other nutrients in Flax seeds help boost heart health. Sprinkle ground Flax seeds over cereal, oatmeal, yogurt and other of your favorite foods and enjoy!

7. Beans and peas
   Another great way to fiber up your meals!

8. Fat free or low-fat milk products
   Calcium also counts!

9. Extra virgin olive oil
   The good fat in olive oil is healthy.

10. Water. Remember, water is the best!

11. A pair of walking shoes
    No, you can’t eat shoes 😐, but daily exercise – for up to 60 minutes - is so much fun and a healthy choice for you. It keeps your heart healthy and happy. Go for it and exercise safely!

More Tips for a Healthy & Happy Heart

- Eat less unhealthy fats; eat no trans fat
- Go easy on salt – less is better
- Eat small portions and eat mindfully
- Eat less sugar, esp added sugar
- Drink water
- Exercise every day for at least 60 minutes
- Sleep well
Foods - and Other Daily Health Habits - for Healthy Skin, Hair, Nails, and Teeth

Eating healthy food benefits every part of our body. Here are 8 tips to help keep your skin, hair, teeth and nails looking healthy and beautiful.

1. **Drink plenty of water** This is key to a healthy body. Experts recommend drinking 6 - 8 cups of water (1.5 – 2 liters) a day. Do not wait to feel thirsty before drinking water, because by then your body is already dehydrated. Take frequent water breaks throughout the day, especially in summer or at times of playing sports. Fruit and vegetables bring water to your body too. This is another reason that you should eat enough of them every day.

2. **Eat the “rainbow”** Fruits and vegetables protect skin. Bright and dark colored fruits and vegetables like berries, plums, carrots, broccoli, and sweet potatoes have lots of Vitamin A. Vitamin A helps keep skin, hair and nails healthy. **Eat up to 5 servings of fruit and vegetables a day!**

3. **Eat lean protein** Vitamin D, Iron, Zinc in lean meats help make hair, skin and nails shine. Lean meats like chicken and turkey provide protein, so do eggs and nuts.

4. **Eat whole grains** Whole wheat bread, brown rice and wheat pasta are better than refined or white bread, rice and pasta. Whole grains have more fiber and Vitamin B, good for the health of your hair, skin and nails.

5. **Eat healthy fats and oils** Good fats in nuts and some fish and Flax Seeds help keep cells healthy and strong. Healthy cells keep hair, skin and nails look beautiful.

6. **Eat low-fat dairy** Calcium and Vitamin A in milk products help make nails strong. The good bacteria in yogurt help keep skin healthy. Just remember to go for low-sugar yogurt. You can add nuts – unless you are allergic to nuts - and fresh fruit to yogurt so it tastes even better.

7. **Keep stress under control** Stress can be a big risk for developing skin problems, like acne, eczema, hives, and also hair loss. Find ways, like **deep breathing**, to relax your skin, muscles, and most of all, your mind so you feel healthy and look great.

8. **Sleep well Catch enough Zzzzs!** Skin is the body's largest organ. Everyone needs sleep to stay healthy and strong. Not getting enough sleep can make your skin more easily catch breakouts and rashes. It can make your skin, hair and nails look dull and unhealthy. 9 - 10 hours of sleep every night is your goal. We challenge you to reach this goal, starting tonight!

Physical Activity & Education
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.

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 normally 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, but not too much. To do a stretch, you hold the position for 30 seconds and repeat 2-3 times. Breathe normally as you go. Stretch safely: Avoid bouncing or pushing too hard.

What is a Cool-Down?
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
- Try to add 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 loose fitting clothes to allow you to move freely and safely.
- Never exercise through pain. Remember to pace yourself during any activity and be safe!

Cloud art created by Clark Avenue Middle School Stay in Shape students, Chelsea, 2014 – 2015 School Year

Student Handout: A Fun Activity of Stairwell Climbing

Climb to the Top of Your Favorite Mountain in ______ weeks
Choose to Start Climbing Your Favorite Mountain!

First, decide how many floors you want to climb a day. Then, use your math skills to figure out how many weeks (If you stick to your plan of climbing every day) it will take you to reach the top of a mountain. You can certainly take as long as you wish to reach the top of your favorite mountain. We encourage you to create a simple log and use it to keep track of the number of floors you climb each day. Feel free to skip a day if you need a break. Just remember to keep the log, so you don’t lose track of your progress. Safe and fun climbing!

✓ Mount Everest, Nepal – 29,028 feet or 1,451 floors

For example, if you want to climb 10 floors a day, you will need roughly 21 weeks to reach the top of Mount Everest.

Figure out how many floors a day you will need to climb in order to reach the top of Mount Everest in 25, 30, 35 ... weeks:


✓ Mount Rainier, Washington – 14,410 feet or 721 floors

Figure out how many floors a day you will need to climb in order to reach the top of Mount Rainier in 15, 20, 25, 30 ... weeks:


✓ Mount Washington, New Hampshire – 6,288 feet or 315 floors

Figure out how many floors a day you will need to climb in order to reach the top of Mount Washington in 15, 20, 25, 30 ... weeks:


✓ Mount Pelee, Martinique – 4,582 feet or 229 floors (Where is Mount Pelee?)

Figure out how many floors a day you will need to climb in order to reach the top of Mount Pelee in 15, 20, 25, 30 ... weeks:


Be a Stay in Shape champion and help make regular exercise a way of life for yourself, friends, and family members!
Other Materials

Home Assignments
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name of fruit or vegetable:</td>
<td>Name of fruit or vegetable:</td>
<td>Name of fruit or vegetable:</td>
<td>Name of fruit or vegetable:</td>
<td>Name of fruit or vegetable:</td>
<td>Name of fruit or vegetable:</td>
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<td>1</td>
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Adapted from "Your Weekly Log – Growing Up Healthy and Strong Is as Easy as 5-2-1!" Jump Up & Go, Blue Cross Blue Shield Massachusetts
Home Assignment: Essay of Positive Body Image

Essay Writing: Positive Body Image: What Does It Mean to You?
Goal: To build a positive body image through essay writing that defines body image in your own words
How long: No limit. You can write as long or as short as you wish.

Instructions:
- Body image is about our mental health. Having a positive body image is an important part of living a healthy life for people of all ages.
- Read at least 3 Stay in Shape Body Image Brochures out of the total of 6, included in the Student Handout Book, for inspirations to complete your own essay. The brochures are made up of selected quotes from the essays written by the past Stay in Shape students.
- You can write about your appearance, personality, or your feelings about yourself. You can also write about your cultural background or how you choose to live a healthy life. Any other things that help you understand and practice positive body image are welcome too.
- You can check out these websites for more information about body image:
  www.youtube.com/watch?v=n-Do8S0Sog (14 min)
- Turn in your completed body image essay to your teacher. We’d love select quotes from your essay to make the next Stay in Shape Body Image Brochure. For this reason, please write down your first name and the name of your school. Thank you in advance for your contribution!

We hope that this writing assignment will help you re-think of and re-define body image. Everyone is different. No one is perfect. You are unique the way you choose to live a healthy life!

Your First Name: __________________________ Your School: ________________________________

Body Image Essay:
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Body Image Essay: ________________________________________________________________

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**Body Image: Redefining What's Beautiful and Healthy**

**What is Body Image?**
Body image is how we perceive the appearance of our body.

**What is Negative Body Image?**
Negative body images give a distorted perception of body shape and size. This leads to comparing other bodies and feelings of shame and anxiety.

**What is Positive Body Image?**
When a person has a positive body image, he or she has a real perception of their size and shape and feels comfortable with his or her body.

**Stay in Shape helps girls develop a positive body image.**
Positive body image leads to a healthy lifestyle and a sense of pride, happiness, and love of oneself.

**What does Body Image mean to you?**

"I know I am beautiful in my own way..." -Rodrigo, Cort Ave Middle

"All of society places a huge emphasis on clothes, hair, and make-up, and girls feel the pressure to always need to look their best, or like what they see in the magazines. If they don't, they start to feel bad about themselves, and this leads to low self-esteem, which affects all other parts of their lives." -Collin, Chelsea High

"The more comfortable I become with myself, the better I will feel and the higher my self-esteem will be. I don't need to live up to anybody's standards but my own." -Lorissa, Chelsea High

"I don't care what people say about me. I only care what I think about me." -Kaylee, Eugene Wright

"Everybody has imperfections and isn't perfect. We aren't Barbie dolls." -Adele, Cort Ave Middle

"I love myself and I really think my body is perfect." -Nyoni, Chelsea High

**Being Proud...**

"I'm really proud of myself and I'm very sure with my steps in life." -Rosy, Warren-Prescott

"I love my culture and being proud about what I am." -Kenya, Warren-Prescott

"I love my body and it makes me who I am and I love being a girl." -Jasmine, Eugene Wright Middle

"The most important and special thing in the world is my tradition and my heritage. I love it because it's my own way of doing something in the world and to be different but still blend in with people and learn new traditions or cultures too." -May, Clark Ave Middle

"My heritage is something I like about myself. It's common at school, Hispanic. But it's where you come from and that makes you different from other people." -Ruth, Clark Ave Middle

"I like my personality and my features on my body. I like a lot of things about myself because I am me!" -Ariagbel, Eugene Wright

"I love myself and I really think my body is perfect." -Nyoni, Chelsea High
**What Is Body Image?**

Body Image is how we look at and feel about ourselves.

**What Is Negative Body Image**

When you have a positive body image, you have a real view of your body size and shape and feel comfortable with your body. A positive body image gives you a poor image of yourself—body size, shape and your whole being. This can hurt your self-esteem. It can make you feel bad about yourself.

**What Is Positive Body Image?**

A negative body image gives you a poor image of yourself—body size, shape and your whole being. This can hurt your self-esteem. It can make you feel bad about yourself.

**Stay in Shape helps girls and boys develop a Positive body image that supports a healthy lifestyle and a sense of pride, happiness, and love of yourself.**

**What does Body Image mean to you?**

I think a healthy body is having a good weight. - Yarelis, Clark

"Body Image is the way you look at yourself. People have different ways to look at themselves. Body image means to me is to be grateful for the body you have." - Ariana, Clark

"A healthy body image to me is very important. Without the right foods and activities you could become obese and get diseases which could lead to death someday." - Jenny, Clark

"To me my body image is important. It takes self-confidence and yourself. Because you need to be happy with who you are and not what you what other people think you should be." - Katy, Clark

It is very important to have a positive body image. I like my appearance. I love my hair because it's really long and it flows. I'm also smart in math and history and that is going to help me to be the president because that's my goal." - Katelyn, Eugene Wright

"To me body image is like how a person feels about their body. It's also like seeing yourself in the mirror or when you picture yourself in your mind. Body image means liking your body and appreciating it." - Dowley, Chelsea High

**Being Proud**

I am also very proud of my culture. I am Italian American and like to learn about my ancestors. - Katerin, Eugene Wright

"I am very happy with my culture because I like my family and my family foods. One meal I like when my family makes dinner is nachos." - Yetzuel, Eugene Wright

"I like about me is my culture. I spend as much time I could with my amazing family. My family and I are communities and most families aren't. I'm really glad to be so positive with my body image." - Katelyn, Eugene Wright

"I am proud of writing this essay because it helped me express myself and makes me feel good. Also this essay teaches me to always feel good and nice about myself." - Yemifer, Eugene Wright

"I love my family. My family is crazy but I love them." - Joseline, Clark

"A personality I like about myself is being creative. I'm also caring. I care about my friends." - Eugene Wright

"I like to do special activities. Celebrate different holidays and eat food with my family. I like to share my background with my friends so they learn about my family." - Anthony, Eugene Wright

"I am also very proud of my culture. I am Italian American and like to learn about my ancestors. - Katerin, Eugene Wright"
**What makes us unique...**

"No two bodies or personalities can be the same. I think that is what makes each of us our own person." - Karla Clark

"I love my personality because I think having a different way of thinking is ok. I'm unique and I love that about me!" - Raychel Eugene Wright

"I have curly hair, a great personality and I have pretty eyes. These are all characteristics of me and I love being me!" - Eugene Wright

"It feels so great to be happy with myself. I am so happy with my style, my musical talent, and my art skills. I am also very good at sports. All of these things come together and make me who I am!" - Eugene Wright

"I'm always smiling because smiling is the best make-up. Your smile can brighten anyone's day!"

---

**Being in Control**

"Your body image states who you are. No one can take that from you." - Tatiana Clark

"Someday when I grow up I want to share my laughter with others and be a guidance counselor or social worker. Helping children in need makes me feel really special!" - Justin Eugene Wright

"I know that getting a good education is important for my future, so I am going to keep doing my best to learn all that I can!" - Eugene Wright

"I am an individual and no one can change that!" - Eugene Wright

"I like to be funny because it makes people laugh and puts a smile on their face!" - Edith Eugene Wright

"Stay in Shape is a great program because it has helped me think about what makes me feel proud and what I can do to continue to feel happy with myself!" - Eugene Wright

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**Stay in Shape**

**POSITIVE BODY IMAGE:**

What is Positive Body Image

3rd Edition, with essays written by students from Clark Avenue Middle School and Eugene Wright Science &

Phone: 781-485-5400
Email: stayinshape@partners.org
Web: www.massgeneral.org/cchi
(Look for Stay in Shape)
Stay in Shape: Redefining What's Beautiful and Healthy

What does Body Image mean to you?

"If I take good care of myself, eat healthy and exercise I will grow up to be a strong and beautiful woman!" - Eugene Wright

"Body image is how we look and feel about ourselves. I love my body because it's my own and I'm beautiful just the way I am." - Katherine, Clark

"I was born this way. Sure, I have insecurities, but who doesn't? I'm proud of myself and I love myself no matter what." - Karla, Clark

"I'm perfect just the way I am. I don't care what people think of me. Whether they think I'm fat or skinny - to me those words do not exist. That's what body image means to me and I love my body!" - Becca, Clark

"As I grow up, I am learning new things about myself that make me proud and look at myself in a positive way. I know that I need to keep looking at myself in a positive way into the future so that I can be successful and happy." - Suzani, Eugene Wright

"Body image means that you love yourself for who you are." - Clark

Being Proud....

"It is really important for everyone to feel proud of themselves like I do. Feeling proud helps you live a long and healthy life!" - Eugene Wright

"I like how smart I am because people always compliment me on my intelligence and it makes me feel AWESOME!" - Eugene Wright

"I know that I have worked hard this year and I will take what I have learned and continue to make choices that will make me proud of who I am." - Branden, Eugene Wright

"I am really proud of my background and culture. I get to try new foods from Honduras that I've never tried before and celebrate holidays that most people don't. I like to share my background with my friends so they can learn about me and my family." - Anthony, Eugene Wright

"I'm proud to be Honduran and I think everyone should be proud of their culture too!" - Stephanie, Clark

"I'm proud of my athletic abilities and I hope one day it helps me get a scholarship to college!" - Clark

Stay in Shape helps girls and boys develop a positive body image that supports a healthy lifestyle and a sense of pride, happiness, and love of yourself.
Fiber Up!

Home Assignment: Mini Research Paper on Fiber

Goal: To learn more about fiber-rich foods for a better understanding of the health benefits of fiber.

Instructions:

Please answer the following 3 questions in your mini research paper. You can review what you learned from Stay in Shape to write your paper. We also encourage you to research more from the link below to complete your paper. Have fun!

Your daily need for fiber is your age + 5 grams a day. For example, if you are 14 years old, your daily need for fiber would be 19 grams. You can visit www.kidshealth.org/teen/food_fitness/nutrition/fiber.html to learn more before you start writing your paper.

1. What foods have more fiber? Give 3 examples.

__________________________________________________________________________

1. Make a list of 5 – 10 fiber-rich foods that are your favorite to eat. Then describe some of the health benefits fiber in foods can give us.

__________________________________________________________________________

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Health Benefits of Fiber: ____________________________________________________

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11 Best Daily Health Habits: How Many Do You Have?

1. **Eat a healthy breakfast every day**
   A healthy breakfast jump-starts your body and brain in the morning. It keeps you active and smart during the school day so you. A healthy breakfast also helps from overeating at the next meal.

2. **Eat 5 or more servings of fruits and vegetables every day (US national campaign since 1991)**
   Fruits and vegetables help cut down risk of getting many diseases, including cancer and heart diseases. Remember to practice My Balanced Plate to eat plenty of fruits and vegetables. Fruits and vegetables are great snack choices too.

3. **Exercise for 60 minutes every day**
   There are so many benefits from daily exercise. 60 minutes is your goal. Get moving every day and stay in shape for life!

4. **Always Read the Food Labels**
   Reading the labels helps you make smarter food choices. You can avoid buying and eating unhealthy foods especially foods with too much added sugar and salt since you now know better from reading the labels.

5. **Limit entertainment screen time to no more than two hours a day**
   The less entertainment screen time, the better! Try not to turn the TV on at family meal time. Have a conversation among families members instead.

6. **Find time to relax every day**
   Managing daily stress well is just as important as eating healthy and exercising daily. Remember to do deep breathing regularly, the simple and effective skill you have learned. You can certainly do other things to relax, like playing sports, going for a walk, getting up for a stretch, listening to music, doing work of arts and crafts, taking a nap .... Your goal is to keep daily stress well under control!

7. **Have a good night’s sleep**
   Your body does all kinds of repairs for you when you are asleep. A good night’s sleep helps a fever to drop, an ear-ache to calm down, and a wound to heal. Your daily sleep goal is 9 – 10 hours. Sleep well, you are worth it!

*There are four more good daily health habits we hope you will remember to practice, even though we did not have the time to talk about them at Stay in Shape:*

8. **Stay away from vaping and using other tobacco products, alcohol, and other drugs**
   Vaping is smoking. Each cigarette contains more than 4,000 harmful chemicals that cause diseases including many types of cancer. Just like smoking, using alcohol or drugs is a health risk for addiction.

9. **Stay in close touch with nature every day**
   Take a minute to enjoy your natural surroundings – listen to the wind, rain; look at flowers, leaves, watch birds and hear them sing .... Do you know that you are part of this natural beauty too?

10. **Choose respect**
    Practice healthy and respectful communication skills. Be kind, thoughtful, and respectful at all times.

11. **Connect heart to heart with a loved one or a close friend**
    Relationship is also key to staying in good health. Find time every day to connect with a loved one or a close friend. Sharing your inner thoughts and feelings with someone you trust creates an opportunity for you to let out stress and get support at the same time.
Acknowledgments

We wish to thank:

Public health and nutrition student interns who help teach the program, update the curriculum, create Student Handouts, Activity Sheets, and other teaching tools;

Those past Stay in Shape students who wrote the Body Image Essays, selected for inclusion in the curriculum, to inspire new participants every year to write their own body image essays;

The Stay in Shape students in Clark Avenue Middle School, Chelsea, 2013-2014 and 2014 – 2015 school years, for creating the art of clouds with Stay in Shape key messages. Some of the cloud images were selected to visually enhance the curriculum;

CirclePoint Bullying Prevention Program and the program’s founder Ari Magnusson for providing not only the two booklets on bullying prevention Ari authored, but also opportunities for students to meet Ari and listen to him talk about bullying prevention;

The MGH Clay Center for Young Healthy Minds for their self-care videos; and

The Life Skills Program operated by MGH Charlestown Coalition for program collaboration. Since 2016, Stay in Shape and Life Skills have been combined to offer students in Charlestown a unique opportunity to learn health and other youth developmental skills together;

CDC Healthy Schools (Characteristics of an Effective Health Education Curriculum) used to assess and improve this version of the Stay in Shape Curriculum and hosts of all other web-based resources including selected links for facilitating discussion. Use of such information is for the sole purpose of health education on living a healthy life among youth in vulnerable communities.

The Stay in Shape program would not have been possible without the support and expertise of those mentioned above and all working behind the scene at schools, school departments, MGH HealthCare Centers, MGH School-Based Health Centers, MGH Community Health Associates, MGH Center for Community Health Improvement.

Thank you!

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