



***Eat It \* Move It \* Live It***

# **STUDENT PROGRAM NOTES**

The following information is for student use and review with the *Healthy For Life - Eat It! Move It! Live It!* Assembly Program. This program is designed to offer students knowledge and information, while creating awareness to the alarming and growing health, fitness and obesity concerns to school age students.

Most of us have unhealthy or overweight people that we love and are very close and special to us. If you have people with weight problems in your family, you could very likely have a chance of being overweight and having weight problems yourself, regardless of how you may be right now. **If your parents are overweight, there is a 64% likelihood that you too could become overweight.**

The Facts Are Astounding:

1 of every 4 kids in the United States are overweight. This is a problem of epidemic proportions.

During the last two decades, the number of overweight youths has *doubled* and the number of overweight teens has *tripled*.

**There is something that you can do to fix this problem.**

*Healthy For Life* offers you the information you need to know to change this...to make a difference.

This is not about dieting, diets don't work. It's about healthy eating habits, staying active and making good choices - **..Eat It, Move It, Live It!**

**This is not only a problem and concern for overweight people, it is just as important for every one of us. This includes you!**

**Becoming unhealthy and overweight usually occurs without us even being aware that it's happening.**

Only you can change these bad habits and replace them with new healthier habits that will prevent you from being unhealthy or overweight.

### **It All Begins With Your Mindpower**

All of the things we do and the choices we make all start in our mind. Our mind is really what controls what happens to us. Our weight and health habits all begin in our mind - with the choices and decisions we make. It's this same Mindpower that can also control and change poor choices and eating habits to better, healthy choices and habits.

Your mind controls your body. In order to make a physical change, you must make a mental change. You must change your mindset.

### **Choices**

Your mind decides when to eat, what to eat, how much to eat, where to eat, when to stop eating...these are all decisions and choices you make each and every day, each and every time you eat.

To make the right choices you need to know the right information, This all begins by making Healthy Eating Choices.

### ***EAT IT!***

Simply put...You are what you eat! If you eat fatty, unhealthy foods, more than likely you will become fat or unhealthy. The most important part of being healthy is the foods you eat.

### **Breakfast - The Most Important Meal Of The Day**

A good breakfast gives you the fuel and energy to operate properly and efficiently through out the day. It revs your metabolism and keeps it going strong. It also makes it less likely that you will overeat later in the day. Yet, as important as this is, 19% of students skip breakfast every day and 40% don't eat breakfast regularly.

Just eating breakfast is not enough, it's also important to eat the right foods for breakfast.

#### Healthy Breakfast Choices Include:

Sugar-free Cereal  
Oatmeal  
Grapefruit  
Strawberries  
Whole Grain or Wheat Toast  
Egg Whites  
Orange Juice  
Skim Milk

#### Unhealthy Breakfast Choices Include:

Sugary cereal  
Doughnuts & pastries  
Pop Tarts  
Fast Food  
Bagels  
Waffles  
Pancakes

## **Water**

Water is one of the most important things you can eat or drink. Your body needs water to live. Not drinking enough water will leave you under-hydrated or even dehydrated.

Water offers many benefits to your body and your health. Nearly every part of your body depends on water to function properly. The human body is about 70 percent water.

You should consume a minimum of 64 ounces a day, That's eight 8 ounce glasses of water a day.

## **Moderation**

Too much of anything is not good for you. Moderation means to use or do something in a practical, safe and reasonable amount.

## **Balance**

Balance in life is very important. Like moderation, you must be sure to always have balance in the foods you eat. Just as your body needs water to function properly, you also need protein, dairy, fruits and vegetables, and grains. Make sure you are getting a balanced amount of foods throughout the day from all the different food groups to allow you to become healthier and keep your body in top shape.

## **Portion Control**

One of the reason for the increase in obesity in America today is due to increased sized portions. Portion sizes have doubled and tripled over the past several decades. Portion control is extremely important with high calories and high fat foods. Larger portions directly result in greater calories, fat and sugar intake and increased risk of disease and weight gain. You should always watch and remain in control of your portion size of any type of food.

A good way to determine the proper portion size is by using your hand. The proper portion size of protein (meat) at any meal should be about the size of the palm of your hand. The proper portion size of green vegetables and salad greens could be the size of two fists, while starchy items like potatoes, pasta, rice or corn should be served in a portion about the size of one tightly clenched fist.

Eating portion sizes bigger than this is considered over eating. Only put the proper portion sizes on your plate, as any more will tempt you to overeat. Do not eat until you are stuffed.

If you are eating out in a restaurant and receive portions larger than the proper portion size, only eat the proper size portions and take the rest home for later or share with someone else, maybe splitting an order.

## **The Food Equation**

The most important part to *Healthy For Life* is to replace bad, unhealthy food choices with good, healthy food choices that taste just as good to you.

There are several key areas that determine whether a food is good or bad for you. This also is part of the equation that can allow you to stay healthy and fit, or become unhealthy, overweight and obese.

The main areas to focus on are:

Calories	Carbohydrates (sugars & starches)
Fat	Sodium (salt)

These things will determine your metabolism which is the rate your body burns fat and uses energy. How much fat your body stores, how much energy your body burns.

## **Become A Food Detective - Labels**

To be a good food detective, you have to get the facts. You can get the facts by reading the labels on foods. Check amounts of calories, fat, sodium, carbohydrates and sugar to determine if a food is good or bad for you.

Pay close attention to serving size information at the top of the label. A serving size is usually not for the entire amount of food but rather a single serving size. All of the numbers and information is based on this serving size.

## **Good Foods & Bad Foods**

Bad foods are the enemy, they must be eliminated. These include foods high in sugar, salt, fat, and white flour. Almost every bad food can be replaced with a similar better, healthy food. It's up to you to know the difference.

*Unhealthy Foods* - chips, candy, doughnuts, fast food, sugary cereal, soda pop, sugary drinks, white bread, cakes and pastries, fried foods, processed foods

*Better Healthy Foods* - fruits, vegetables, oatmeal, non-sugary cereals, diet soda, sugar-free drinks, chicken, turkey, nuts, baked, broiled and grilled foods

Sugar-free, fat-free, low sodium (salt), low carbohydrates foods are all better for you,

## **Make smart, healthy choices from each of the major food groups at each meal**

### **Grains**

Eat this:

Brown rice, whole grain bread, whole grain pasta, rice pasta, corn tortillas, oatmeal

Not that:

White rice, white bread, pasta, muffins, flour tortillas, pancakes, waffles, heavily sweetened cereal

### **Vegetables**

Eat this:

Carrots, celery, lettuce and salads, green beans, mixed greens, peas, onions, mushrooms, peppers, cucumbers, tomato sauce, salsa, homemade guacamole, sweet potatoes, spinach, steamed broccoli, vegetable medley

Not that:

French fries, potato chips, onion rings

### **Fruits**

Eat this:

Apples, grapefruit, pineapple, cantaloupe, oranges, pears, peaches, plums, bananas, berries

Not that!

Sugary fruit juices and fruit juices from concentrate, fruit slushies & freezes, fruit syrups

The antioxidants in fruits and vegetables add luster to skin and hair.

### **Dairy**

Eat this:

1 or 2 percent, fat-free or skim milk, string cheese, cottage cheese, soy cheese, plain yogurt sweetened with fresh fruit

Not that:

Chocolate, whole milk, ice cream, hot cheese dip

### **Meat, Poultry, Fish, Eggs, and Beans**

Eat this:

Grilled chicken breast, roast pork tenderloin, sirloin steak, scrambled, boiled, or poached eggs, stewed black beans, almonds, unsweetened peanut butter

Not that:

Chicken fingers, crispy chicken sandwiches, cheeseburgers, strip or rib-eye steak, peanut butter with added sugars

### **Fats and Oils**

Eat this:

Healthy fats: olive oil, canola oil, monounsaturated fats from nuts, avocado, salmon

Not that:

Unhealthy fats: Stick margarine, butter, lard, anything with partially hydrogenated oil

Ask to go grocery shopping with your parents for healthier choice foods, and be sure to read the labels!

### **Brainfoods**

Students with healthy diets and regular physical activity do better in school and enjoy better grades. The following 'brainfoods' can help boost your brain, memory and mindpower;

Oatmeal, Salmon & fish, berries, walnuts & almonds, whole grains, yogurt, tomatoes, spinach, bananas, olive oil, broccoli, granola, water

Also the proper amount of rest and sleep are just as important to keep you sharp and alert.

### **Healthier Choices For Snacking And Meals**

Whether it's for snacking or for meals, we break down your food choices into two categories... "**Everyday Foods**" and "**Every-Once-In-A-While Foods**"

**Everyday Foods** are foods that you can eat or snack on regularly and safely. These can be utilized as snacks or as part of healthy meals. These include:

Fruits - apples, oranges, bananas, watermelon, cantaloupe, grapefruit, pears, peaches, plums, pineapple, strawberries, blueberries, raspberries

Vegetables - Carrots, celery, sweet potatoes, tomatoes, green beans, cucumbers, onions,

Popcorn (unsalted), Jell-O (sugar-free), Pudding (sugar-free), trail mix (unsalted), sugar-free Popsicles, granola bars, oatmeal, salads, string cheese, yogurt, soups

Chicken (not fried), fish (not fried), turkey, eggs, (whites), soups, diet soda, juices (non-sugary, non-concentrate), walnuts, almonds, water

### **Every-Once-In-A-While-Foods**

These are all foods that are only good for you once in a while - in moderation:

cakes, pies, donuts, cookies, pastries & baked goods, pizza, tacos, ice cream, chips, french fries, onion rings, pancakes, waffles, french toast, sugary cereals, chicken nuggets, cheeseburgers, soda pop, sugary flavored drinks,

Also any fried foods, high fat, sugar, sodium or carbohydrates content foods, butter and condiments (sauces which may be high calorie or bad high content amounts of fat, sodium, sugars, etc.).

### **Keep A Healthy For Life Journal**

Our Healthy for Life Journal that can help you become healthier and monitor your choices and progress in all the areas of our program. It allows you to see proof of your accomplishments while reaching your personal goals.

Set your own (multiple) personal goals in each area - eating, physical activities and commitment.

Always be specific and realistic when setting your goals You want goals to be challenging, but attainable. Write them down. Put them where you see them everyday.

Log what you eat each day staying within your goals, even your “every-once-in-a-while foods” or poor choices, also log your physical activity each day

Use the Healthy for Life Journal, let it help you. There is no better feeling than when you reach your goals. You are a winner!

### **Tips**

Always remember moderation, balance and portion control

Eat from each of the food groups at every meal

Replace healthy snacks for unhealthy snacks

Chewing - chew your food longer (more flavor, while eating less)

Eat slower, enjoy your foods

Our craving and taste buds only taste and remember only the first and last bites

Don't eat while watching t.v. (unless your are eating predetermined portions)

Keep your food journal monitor and stay within your daily guideline amounts

Drink Plenty of water

Get the proper amount of sleep

### ***MOVE IT!***

Move It! Does not necessarily mean fitness workouts.

Limit video games, computer use and cell phones/texting to no more than two hours each day - use in moderation.

### **Be sure you are getting at least one hour of physical activity 5 days a week!**

Physical activity helps our bodies in several very important ways:

To reach peak performance

To reduce health risks like cardiovascular problems, heart disease, diabetes and obesity

Helps in building overall strength, strong bones, healthy joints and muscles

Helps you to sleep better

Reduce stress levels

Perform better in school

So What Physical Activities Counts As “Move It”?

Anything you can think of that includes movement, gets your heart rate up and works your muscle groups. So you're sure to find several you like from this list or create your own.

## **MOVE IT! Activities**

Aerobics	Fishing	Pilates	Surfing
Badminton	Frisbee	Racquetball	Swimming
Baseball	Golf	Rock Climbing	Table Tennis
Basketball	Gymnastics	Roller Skating	Tennis
Baton Twirling	Hiking	Rope Jumping	Track & Field
Bicycling	Hockey	Rowing	Trampoline
Bowling	Horseback Riding	Running	Volleyball
Boxing/Kickboxing	Horseshoe Pitching	Scuba Diving	Walking
Calisthenics	Household Tasks	Skateboarding	Water Aerobics
Canoeing	Inline Skating	Skating	Water Jogging
Cardio Machines	Juggling	Sledding	Water Skiing
Tennis	Kayaking	Snorkeling	Weight Training
Cheerleading	Lawn Mowing	Snowboarding	Whitewater Rafting
Children's Games	Martial Arts	Snow Shoveling	Wind Surfing
Cross Country Skiing	Motor Cross	Soccer	Wrestling
Dancing	Mountain Biking	Softball	Yoga
Diving	Mountain Climbing	Stationary Bike	
Figure Skating	Nintendo Wii (Sports)	Stretching	

## **LIVE IT!**

### **Sleep**

Besides your eating choices and physical activity, another key component to being healthy is getting the proper amount of rest and sleep each night. This allows your body to recycle and rejuvenate itself. Sleep is just as important to you health as eating and activity.

Most kids and teens need between 10 and 11 hours of sleep each night to allow your body and mind to properly recycle and perform at it's best. Teens need between 9-10 hours per night.

### **It's Time To Live It - Make The Commitment**

Now that you have the knowledge and information about healthy food choices and getting the necessary amounts of physical activity, and rest to allow your body to function at it's best, it becomes time to put it into action as part of your daily life.

***Understand this...you will not make the changes or become healthier doing this just once in a while, it takes the proper effort and commitment.***

Remember, being Healthy For Life is not a diet, it is a healthy way of life, a healthy lifestyle that you must incorporate into your life. It requires the right healthy and smart choices every day, everywhere - at home, at school, in restaurants, - everywhere.

### **You Can Be The Teacher**

Now with this information you've learned here today, not only can you make healthier choices, eat better, and enjoy physical activity, but you know have the information to teach and share this information with others including parents, family, friends and anyone else you know or meet. Help educate parents and others.

**The following are examples of healthy meal choices:**

#### **Breakfast**

Grapefruit  
Oatmeal  
Sugar-free Cereal  
Wheat Toast  
Egg Whites  
Yogurt  
Orange Juice  
Low-fat/Fat-free Milk

#### **Lunch**

Turkey Sandwich  
P, B & J Sandwich  
Ham Sandwich  
Grapes  
Apples  
Oranges  
Wheat Bread  
Soup

#### **Dinner**

Green Beans  
Carrots  
Potatoes (mashed, baked)  
Meat  
Chicken Plain  
Salad  
Vegetables  
Fish

#### **Snacks**

Carrot sticks  
Apples  
Bananas  
Yogurt  
Popcorn  
Oranges  
Fruits  
Vegetables

## Healthy Choices

Lean and Extra Lean Meats  
Chicken  
Turkey  
Pork  
Fish  
Fruits  
Vegetables  
Almonds  
Walnuts  
Peanut Butter(unsalted)  
Jam and Jelly (sugar-free)  
Whole Grain and Wheat Breads  
Egg Whites  
Yogurt  
1% Low Fat Milk  
Skim Milk  
Oatmeal  
Cereal (sugar-free)  
Salads  
Soups (low sodium)  
Sweet Potatoes  
Brown Rice  
Rice Pasta  
Whole Grain Pasta

## Healthy Snacks

PopCorn (unsalted)  
Carrot Sticks  
Celery  
Nut or Granola Bars  
Protein Bars  
Sugar-free Cookies  
Jell-O (sugar-free)  
Pudding (sugar-free)  
Nuts (unsalted)  
Trail Mix (unsalted)  
String Cheese  
Popsicles (sugar-free)  
Apples  
Bananas  
Berries  
Pineapple (fresh)  
Strawberries  
Plums,  
Pears  
Peaches  
Cantaloupe  
Tomato  
Water

## Healthy For Life - Personal Journal

*Objective:* to record and monitor your eating habits, food choices and amount of physical activity on a daily basis. To utilize healthy food choices from all of the food groups for a well balanced meal, healthier lifestyle.

Make a copy of the Journal Page for each week.

Make a list of your Personal Goals in each area, *Eat It - Move It - Live It*

Always be specific and realistic when setting your goals, and focus on you (not comparing yourself to others). Here are a few goal setting tips:

You want goals to be challenging, but attainable. Once a goal is reached you can always set a new goal.

Short-term Goals: Set goals that you can begin immediately

Write Down All Of Your Goals:

Write down your goals and put them somewhere you can see them every day. Be sure to include what you need to do to accomplish the goal. Each goal should be restricted to one thing.

Examples of well-written goals:

- \* I will play basketball or soccer with my friends for 60 minutes each day for a week.
- \* I will increase my activity time by 5 minutes each week until I reach 60 minutes a day.
- \* Each week, I will spend 2 days practicing a new activity I want to learn (jumping rope, playing tennis, etc.).
- \* I will only spend one hour at a time watching t.v., playing video games and using the computer, no more than two hours a day
- \* I will give my parents a grocery list of my healthier choices
- \* I will only eat Every-Once-In-A-While-Foods only three times a week.

Review your Worksheet on the last day of Week 1 and acknowledge areas where you made healthier choices and changes. Also determine any areas that still need improving and set goals to make healthier choices to improve these areas in Week 2.

For additional benefits keep a video journal each day, every couple days or each week

Name \_\_\_\_\_

Date \_\_\_\_\_



1. List each food item you eat followed by it's food group in the ( ). Use M - Meats, V-Vegetables, F-Fruits, G-Grains, and D-Dairy.
- 2.. List each physical activity separately. Include amount of time you did each activity
3. Be sure to also include how many hours of sleep each day.
4. In Notes section explain healthier choices and changes you've made, details, and how you feel after making these changes.

**Week 1**

**Personal Progress Journal**

	Breakfast	Lunch	Dinner	Snacks	Physical Activity	Sleep
<b>Monday</b>	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
<b>Notes:</b>	_____					
<b>Tuesday</b>	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
<b>Notes:</b>	_____					
<b>Wednesday</b>	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
<b>Notes:</b>	_____					
<b>Thursday</b>	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
<b>Notes:</b>	_____					
<b>Friday</b>	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
<b>Notes:</b>	_____					
<b>Saturday</b>	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
<b>Notes:</b>	_____					
<b>Sunday</b>	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____
<b>Notes:</b>	_____					



# PERSONAL GOAL SHEET



Use this sheet to make a list of your Personal Goals in each area, *Eat It - Move It - Live It*

Be specific and realistic when setting your goals, and focus on you (not comparing yourself to others). Here are a few goal setting tips:

You want goals to be challenging, but attainable. Once a goal is reached you can always set a new goal.

Short-term Goals: Set goals that you can begin immediately

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- \* I will only eat Every-Once-In-A-While-Foods only three times a week.

Long Term Goals:

These are the results you want to achieve and maintain on a long-term or continual basis.

## Short Term Goals

### ***Eat It!***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### ***Move It!***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### ***Live It!***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Long Term Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_