FOR PARENTS and ADULT CAREGIVERS

FACTS

Tips

► Every teen needs to know that he or she is accepted, loved, and appreciated at any and all weights. The best way to do this is to focus on a teen’s health and positive qualities, not on his or her weight.

► Focus on slowly improving your entire family’s physical activities and eating habits. It helps teens when the entire family is involved and supportive.

► A healthcare provider can help with information on how to improve your teen’s physical activity, healthier eating, and body image.

Facts about WEIGHT in teens

► Adolescent overweight is usually caused by physical inactivity (including watching television and playing computer/video games) and/or unhealthy eating habits. Children (especially girls) become less active during adolescence.

► According to overweight teens, the main problem of overweight is social discrimination. Overweight is related to low self-esteem and depression.

► Overweight teenagers often realize that they are overweight. As with all teens, they need support, acceptance, and encouragement from their parents and adult caregivers.

► Staying at a healthy weight as teens is important because overweight teens have higher rates of type 2 diabetes and a greater risk for developing heart disease than those who are within a healthy weight range.

► Overweight teens have a 70-80% chance of being overweight adults.

► Doctors and health care professionals are the best people to decide if your teenager is at a healthy weight. They will consider his/her weight, height, age, gender, growth patterns, and general health.

Facts about WEIGHT LOSS in teens

► Overweight teenagers who are still growing in height may not need to lose weight. If they keep their weight steady or slow down their weight gain, they can “grow into” their weight.

► Any weight loss program for teens should be supervised by a doctor or other health care professional. He or she will help you and your teen plan a safe and nutritious diet.

► Weight loss should be gradual, even with extremely overweight children.

► Crash diets and diet pills can slow growth in height and are not recommended.

► Weight lost during a diet is often gained back unless teens continue eating well and exercising on a regular and ongoing basis.

Adapted from: http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_adolescents.htm

* Available in Spanish, Chinese and Vietnamese at www.ahwg.net
Helping Your Teen Feel Better About Themselves

Caring parents and adult caregivers are the most important role models and teachers that teens have! You have a big role in your teen’s health. These seven tips can help your teen as well as your entire family. Check off the ones you will try.

Make family meals an enjoyable and guilt-free experience. Schedule regular mealtimes and snacks. Encourage your teen to help plan, shop, and prepare meals and snacks. Turn off the TV during meals and check in with each other.

Encourage your teen to eat breakfast. Teens that eat breakfast are more successful in school. They behave and concentrate better, score higher on tests, and remember things better than teens that don’t eat breakfast. The nutrients missed by skipping breakfast are not made up in other meals later in the day. Good breakfast ideas include fruit, whole grain toast, eggs, oatmeal, and nonfat/lowfat milk. Try to avoid sweetened cereals and white bread.

Set a good example. Shop for and eat healthy foods (fruits and vegetables, whole grains, nonfat/lowfat dairy, and meats that have extra fat or skin removed) and read food labels to make sure you choose foods that are low in saturated and trans fats. Be physically active for at least 30 minutes most days of the week. Be active with your teens by including physical activity in your family routine. Start by walking together at a park, school track, mall, or farmer’s market.

Encourage physical activity. Physical activity helps bones grow larger and stronger. Focus on its benefits for health, energy, and stress reduction rather than on exercising to lose weight or burn calories. Your teen should be involved in enjoyable and different kinds of physical activity for 30-60 minutes every day.

Accept people of all body shapes and sizes. Discourage criticism and negative remarks about others. Avoid critical remarks about your own or your teen’s body, and don’t allow others to criticize or tease.

Help your teen feel good and positive about him or herself. Express the pride and love you have for your teen and admire and value his or her skills, talents, creativity, intelligence, and successes.

Be aware of dangerous problems. A teen’s concern about sports or weight may sometimes lead to problems. Teens involved in activities requiring weight management (ballet, wrestling, swimming, running, and gymnastics) may be at greater risk for an eating disorder (anorexia nervosa or self-starvation). Also, teen athletes may be pressured to use steroids or other muscle and energy boosters, which can be harmful. Overweight kids can be picked on and teased resulting in pain and hurt feelings.

MANY PARENTS AND ADULT CAREGIVERS ASK THE FOLLOWING QUESTIONS ABOUT FOOD AND EXERCISE

<table>
<thead>
<tr>
<th>QUESTION</th>
<th>ANSWER</th>
</tr>
</thead>
<tbody>
<tr>
<td>I think my teen is too heavy. What’s the best way for my teen to lose weight?</td>
<td>Check with your teen’s medical provider to find out if your teen is overweight. Encourage your teen to become involved in sports and enjoyable physical activity as a great way to maintain or lose weight. Limit TV, computer, and video game time to less than two hours a day and encourage water rather than soda, sports drinks, and juice drinks.</td>
</tr>
<tr>
<td>My teen has become a vegetarian and will not eat meat. What should I do?</td>
<td>Encourage your teen to include whole grains in combination with high protein and high calcium foods in his/her diet. These include yogurt, cheese, milk, soy milk, eggs, beans, spinach, broccoli, and tofu. Taking a multi-vitamin is also recommended to supplement your teen’s food choices.</td>
</tr>
<tr>
<td>I’m worried my teen has an eating disorder and/or has a negative body image. What are the signs I should be looking for?</td>
<td>Signs of a teen with negative body image and/or an eating disorder are: (1) self-esteem or self-worth based mostly on body size/shape, (2) focus on weight and weight loss, (3) frequent and/or strenuous exercise routine to lose weight, (4) food habits or behaviors that concern you, (5) discomfort around food/meal times, (6) unhappiness with weight and wants a different body. If you notice these things, get help from your medical provider.</td>
</tr>
<tr>
<td>I want to help my teen, but my other family members want to eat food that my teen shouldn’t eat. What should I do?</td>
<td>That’s a great question! The challenge is to get everyone involved in healthy cooking and eating. Try different ways to make family favorites. Some food preparation tips are: choose low or nonfat milk, cheese, or yogurt; broil, grill, bake, steam, or boil food rather than frying; trim the fat from meat and remove the skin from chicken and turkey; use lots of fresh, frozen or canned fruits and vegetables; cook with less fat by using cooking spray or a little vegetable oil; serve fruit for dessert; use herbs, salsa, garlic, chili, or mustard to spice things up; serve small portions of favorite foods a few times a week. Drink lots of water and save the money you would have spent on sodas, sports drinks and fruit juices for a family event or treat.</td>
</tr>
</tbody>
</table>

Remember to write down your questions and discuss them with your own and your teen’s medical provider!

* Available in Spanish, Chinese and Vietnamese at www.ahwg.net
### What Is a Single Serving?

Your body needs different servings (or helpings) of food groups. This chart outlines what a single serving looks like in each group.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>SINGLE SERVING</th>
<th>LOOKS LIKE</th>
<th>SERVINGS PER DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VEGETABLES</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chopped</td>
<td>1/2 cup</td>
<td>1/2 baseball or size of an ice cream scoop</td>
<td>3-5</td>
</tr>
<tr>
<td>Raw Leafy</td>
<td>1 cup</td>
<td>1 baseball/tennis ball or average adult fist</td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td>1/2 to 3/4 cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Juice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dried</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>FRUIT</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole/pieces</td>
<td>1 medium fresh piece or 1/2 cup</td>
<td>1 tennis ball</td>
<td>2-4</td>
</tr>
<tr>
<td>Juice</td>
<td>½ cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dried</td>
<td>1/4 cup</td>
<td>1 scoop ice cream</td>
<td></td>
</tr>
<tr>
<td><strong>GRAINS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pasta, Rice,</td>
<td>1/2 cup of cooked cereal, rice or pasta</td>
<td>1/2 baseball</td>
<td>6-11</td>
</tr>
<tr>
<td>Bread, Hot</td>
<td>1 medium potato</td>
<td>Computer mouse</td>
<td></td>
</tr>
<tr>
<td>Cereal (such as</td>
<td>1 slice of bread</td>
<td>Hockey puck</td>
<td></td>
</tr>
<tr>
<td>oatmeal)</td>
<td>2 handfuls of baked chips or pretzels</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cold Cereal</td>
<td>1 oz., which varies from 1/4 cup to 1¼ cup</td>
<td>(Note: Most bagels sold in stores are equal to about 5 slices of bread—equals 4-6 servings!!)</td>
<td></td>
</tr>
<tr>
<td><strong>MEAT/PROTEIN</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat, Chicken or Fish</td>
<td>3 oz. (boneless, cooked weight from 4 oz raw)</td>
<td>Deck of cards or a checkbook</td>
<td>2-3 (for a total of 6-7 ounces)</td>
</tr>
<tr>
<td>Tofu</td>
<td>3 oz.</td>
<td>Deck of cards</td>
<td></td>
</tr>
<tr>
<td>Beans (kidney,</td>
<td>1/2 cup cooked (about 5 tablespoons)*</td>
<td>1/2 baseball or small handful</td>
<td></td>
</tr>
<tr>
<td>white, split,</td>
<td></td>
<td>A golf ball</td>
<td></td>
</tr>
<tr>
<td>blackeye)</td>
<td></td>
<td>(Limit egg yolks to 4 a week)</td>
<td></td>
</tr>
<tr>
<td>Nuts and Seeds</td>
<td>2 tablespoons peanut butter* or 1/3 cup nuts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td>1 egg*</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DAIRY</strong> (Choose nonfat or lowfat)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup (8 oz. glass)</td>
<td>1 small yogurt container</td>
<td>2-3</td>
</tr>
<tr>
<td>Cheese</td>
<td>1½ ounces</td>
<td>1 oz. looks like four dice put together</td>
<td></td>
</tr>
<tr>
<td>Yogurt</td>
<td>1 cup</td>
<td>2 scoops of ice cream</td>
<td></td>
</tr>
</tbody>
</table>

* equals 1 ounce meat

Adapted from:
1) Severson, Kim. The Obesity Crisis, Perils of portion distortion: Why Americans don’t know when enough is enough. San Francisco Chronicle. 3.7.04.

* Available in Spanish, Chinese and Vietnamese at www.ahwg.net
HEALTHY EATING & SNACKING TIPS

✓ Check out the FOOD LABEL so you know what you are eating!

✓ Before you snack or eat, think about if you're hungry. **If you’re not, hold off!**

✓ Take your time when you eat. Wait 15-20 minutes before eating second helpings. It takes about 15-20 minutes for your stomach to tell your brain that you are full.

✓ Switch to whole grain bread, cereal, pasta, and rice instead of white bread, white rice, and sugar cereal.

✓ Cut back on soda, sports drinks, and juice. Instead try water (eight glasses a day), flavored water, natural tea, lowfat/nonfat milk, and diet soda (if you must have soda!).

✓ Fill up half of your plate with salad or vegetables.

✓ Try fruit for snacks and dessert instead of candy and cookies. If you are going to have sugary foods, sweets, desserts, or candy, eat only a small serving at the end of the meal or share a portion with someone else.

WHAT ABOUT FAST-FOOD RESTAURANTS?

Fast foods can be okay, but watch out for portion sizes, how they’re made (baked, grilled, fried, etc.) and toppings.

WHAT ABOUT SNACKS?

There are a lot of healthy snacks, just remember to pay attention to serving sizes!

- A handful of pretzels
- A handful of dried fruit
- Frozen 100% juice bars
- Microwave low fat popcorn
- Cut up vegetables - plain or with low fat dressing
- Low sugar cereal (plain or with low/nonfat milk)
- Fruit (fresh, frozen, or canned in juice/light syrup)
- Low fat or nonfat yogurt or cottage cheese
- Rice cakes
- Cup of soup
- Nuts/trail mix
- Half a sandwich

Can you believe the difference in the calories?*

<table>
<thead>
<tr>
<th>Instead of ...</th>
<th>Calories</th>
<th>Go for ...</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Mac</td>
<td>590</td>
<td>A regular hamburger</td>
<td>310</td>
</tr>
<tr>
<td>Whopper</td>
<td>760</td>
<td>Small fries (or share a large size with a friend!)</td>
<td>220</td>
</tr>
<tr>
<td>Quarterpounder</td>
<td>530</td>
<td>Small shakes (12 oz.)</td>
<td>430</td>
</tr>
<tr>
<td>Large fries</td>
<td>520</td>
<td>Small sodas (12 oz.)</td>
<td>110</td>
</tr>
<tr>
<td>Large shakes</td>
<td>1120</td>
<td>Small shakes (12 oz.)</td>
<td>430</td>
</tr>
<tr>
<td>Large sodas</td>
<td>310</td>
<td>Small sodas (12 oz.)</td>
<td>110</td>
</tr>
<tr>
<td>Fried/fillet chicken sandwich or nuggets</td>
<td>510</td>
<td>Grilled chicken sandwich</td>
<td>400</td>
</tr>
<tr>
<td>Hamburger with secret sauce, cheese, and mayo</td>
<td>530</td>
<td>Hamburger with lettuce, tomato, ketchup, and mustard</td>
<td>400</td>
</tr>
<tr>
<td>One slice of deep dish pizza with pepperoni</td>
<td>275</td>
<td>One slice of thin crust pizza with veggies</td>
<td>142</td>
</tr>
<tr>
<td>Small french fries</td>
<td>220</td>
<td>Side salad with light dressing</td>
<td>70</td>
</tr>
</tbody>
</table>

*Calories measure the amount of energy your body gets from food. You need energy to be physically active and for your body to grow and function. The current daily recommended teen calorie levels are: 2500 for males 11-14 years, 3000 for males 15-18, and 2200 for females 11-18.
FOR YOUTH

Building Your Plate for a Better Meal

**DAIRY & MILK ALTERNATIVES**

Nonfat and lowfat
Milk, yogurt and cottage cheese
Soy milk

**WHOLE GRAINS**

Whole grain bread
Whole wheat pasta
Brown rice
High-fiber cereal
Whole wheat tortillas
Whole wheat soba noodles
Rice wheat buns

**FRUITS & VEGETABLES**

Vegetables and Salads — Lettuce, collard greens, bok choy, watercress, coriander, bamboo shoots, baby corn, kale, mustard greens, Mexican cactus, yams, chilies, squash, jicama, sweet potatoes, carrots, green peppers, broccoli, cauliflower, eggplant, zucchini, green beans, mushroom, spinach, corn, and potatoes (reduce or avoid french fries)

Fruits — Apple, banana, strawberry, orange, kiwi, mango, grape, pineapple, watermelon, peach, pear, guava, cherimoya

Essential fats
Use olive or canola oil for cooking and dressing on salad


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Adolescent Provider Toolkit

E-23
Healthy Weight

Why is staying at a healthy weight good for you?
A healthy weight means that you feel healthy in your body and mind, and that you are decreasing your chance of getting diseases such as heart disease, diabetes, and high blood pressure. A healthy weight allows you to be physically active so you can run up and down hills, participate fully in sports and P.E., and help out with family chores. Staying at a healthy weight as a teen will improve the way you feel about yourself and your body and help you manage your weight for life.

How can you get to or stay at a healthy weight?
If you want to lose some weight, try being more active and eating fewer calories each day. Here are some things to try:

- **Be active almost every day to burn extra calories and get fit.**
  Play sports, walk to school in a group or with a friend/family member, rollerblade, and ride a bike instead of playing video games and watching TV. Being active doesn’t mean you have to exhaust yourself—it’s about moving around for 30-60 minutes everyday. Exercise with friends and try different and enjoyable physical activities.

- **Cut down on calories.**
  Some simple ways to cut calories include:
  1. Drink water instead of soda, juice, or sports drinks. You can cut 100-150 calories every time you do this.
  2. Eat a piece of fruit instead of a candy bar or junk food. You will cut about 200 calories or more.
  3. Eat smaller portions of food and drink lots of water with meals and snacks.
  4. Try some of the ideas in this chart:

| Drink a lot of water throughout your day. Try to drink at least four 16 oz. bottles of water each day. This will help you digest food. | Cut down on foods that are fried, battered and covered in sauces and gravies. |
| Drink nonfat/lowfat milk and eat nonfat/lowfat dairy products (cheese, yogurt) rather than whole milk dairy products. | Cut back on watching TV, playing video games, and sitting at the computer to no more than one or two hours per day. Pick a few favorites and skip the rest. |
| Increase your intake of fiber-rich foods.* They are filling and easily digested. | Avoid eating in front of the TV or computer. While watching TV, you may keep eating, even when you’re not hungry. |
| Eat when you are hungry. Refusing to eat when you are hungry can lead to binging/overeating later. So have a healthy snack if you’re hungry, but WATCH PORTION SIZE. Or, share a snack with a friend. | Don’t eat when you’re not hungry. If you feel like munching but you’re not really hungry, do something else like go for a walk, call a friend, or read a book. If you really want to snack, eat cut-up vegetables or a piece of fruit. |
| Eat slowly. Stretch your meals to at least 20 minutes. It takes 20 minutes for your brain to recognize that you are full. | Walk and talk! When you’re talking on the phone, walk around, do squats, sit-ups, or run in place. |

*Some examples of fiber-rich foods include:
- **Cereals:** raisin and other bran cereals, shredded wheat, frosted mini-wheats, oatmeal, and puffed wheat.
- **Breads and Grains:** corn tortillas, brown rice, graham crackers, brown bread, dark rye bread, multi-grain, whole grain, brown and rye breads.
- **Vegetables:** carrots, broccoli, peas, lettuce, spinach, sweet potatoes (with skin), string beans, corn, jicama, turnips, lima beans, brussel sprouts, swiss chard, kale, collards, winter squash.
- **Fruits:** apples (with skin), berries, raisins, apricots, oranges, figs, blackberries, prunes, pears (with skin), tangerines.
- **Beans, nuts, and seeds:** almonds, cashews, chestnuts, peanuts, filberts, sesame and sunflower seeds, walnuts, yams, lentils, black, garbanzo (chickpeas), kidney, pinto, split, white (such as great northern and navy) and soy beans.

Adapted from: www.weight-loss-information.featherish.com
## Myths and Facts of Dieting

<table>
<thead>
<tr>
<th>Myth</th>
<th>Fact</th>
<th>Better Idea</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Fad diets work for permanent weight loss.</td>
<td>Fad diets are not the best ways to lose weight and keep it off. These diets often promise quick weight loss, but this often happens by cutting out important nutrients from your diet.</td>
<td>To safely lose weight, improve your eating habits and increase your physical activity.</td>
</tr>
<tr>
<td>2. Skipping meals is a good way to lose weight.</td>
<td>Your body needs a certain amount of calories and nutrients each day. Skipping meals can cause increased snacking or overeating at the next meal.</td>
<td>Eat 3 small meals and 2-3 small snacks throughout the day that include a variety of nutritious, low fat, and lower calorie foods. Drink 8 glasses of water every day!</td>
</tr>
<tr>
<td>3. I can lose weight while I eat anything I want.</td>
<td>It is possible to eat any kind of food you want and lose weight, but you still need to limit the amount of foods AND calories you eat on a daily basis.</td>
<td>Burn up more calories than you take in by being active and exercising.</td>
</tr>
<tr>
<td>4. Eating after 8 p.m. causes weight gain.</td>
<td>It doesn’t matter what time of day you eat. It is about how much you eat during the whole day and how much exercise you get that makes you gain or lose weight.</td>
<td>Try not to snack when doing other activities, like while watching television, playing video games, or using the computer.</td>
</tr>
<tr>
<td>5. Certain foods, like grapefruit, celery, or cabbage soup, can burn fat and make you lose weight.</td>
<td>No foods can burn fat.</td>
<td>The best way to lose weight is to cut back on the number of calories you eat and increase your physical activity.</td>
</tr>
<tr>
<td>6. Nuts are fattening and you shouldn’t eat them if you want to lose weight.</td>
<td>Nuts are high in calories and fat, but they are also low in saturated fat (the fat that can lead to high cholesterol and increased risk of heart disease).</td>
<td>Nuts are a good source of protein and fiber, and don’t have any cholesterol. In small amounts, nuts can be a part of a healthy weight-loss program.</td>
</tr>
<tr>
<td>7. Eating red meat is bad for your health and will make it harder to lose weight.</td>
<td>Red meat contains some saturated fat and cholesterol but also has nutrients like protein, iron, and zinc.</td>
<td>Eat lean meat (meat without visible fat on it) in small amounts.</td>
</tr>
<tr>
<td>8. Fresh fruits and vegetables are more nutritious than frozen or canned.</td>
<td>Most fruits and vegetables are naturally low in fat and calories. Frozen and canned fruits and vegetables can be just as nutritious as fresh.</td>
<td>Eat lots of fruit and veggies but avoid cream sauces or sugary syrups.</td>
</tr>
<tr>
<td>9. Fast foods are always unhealthy and shouldn’t be eaten when dieting.</td>
<td>It is possible to make healthy choices at fast food restaurants.</td>
<td>Choose salads and grilled and baked foods. Use small amount of dressings and condiments.</td>
</tr>
<tr>
<td>10. High protein, low carbohydrate diets are a healthy way to lose weight.</td>
<td>In such a diet, most calories come from protein foods (like meats, eggs, cheese) and few from carbohydrates (pasta, bread, fruits, vegetables, rice). These diets can lack important nutrients and the fatty foods in this diet, like bacon and cheese, can cause increased blood cholesterol levels.</td>
<td>Exercise and eat well-balanced and nutritious meals and snacks.</td>
</tr>
<tr>
<td>11. Becoming a vegetarian means you are sure to lose weight and be healthier.</td>
<td>Vegetarian diets can be healthy because they are often lower in saturated fat and cholesterol and higher in fiber. Yet, some vegetarians can eat large amounts of bread and pasta, junk food and snacks.</td>
<td>Work with your healthcare provider to be sure you are getting all of the necessary nutrients throughout the day and don’t forget to exercise.</td>
</tr>
<tr>
<td>12. Low fat, reduced fat, and lite all mean the same thing.</td>
<td>Low Fat: Three grams of fat or less per serving. Reduced Fat: At least 25% less fat per serving than the original food. Lite: At least 50% less fat per serving than the original food.</td>
<td>Check out food labels!</td>
</tr>
<tr>
<td>13. Dairy products are high in fat and should be avoided.</td>
<td>Dairy products are your main source of calcium, which is needed to help your bones grow.</td>
<td>Have 2-3 dairy servings a day. Low or nonfat milk, soy milk, cottage cheese, and yogurt are great dairy options which are low in fat and high in calcium.</td>
</tr>
</tbody>
</table>
Exercise keeps your body and mind healthy and strong. It can also help you feel better, relax, and sleep well. There are many different ways to be active — you don’t have to play a sport or go to the gym to be physically active.

Cut Down On Sedentary (Couch Potato) Activities:
Watching/playing TV, videos/DVDs, computer games, surfing the net, sitting for more than 30 minutes at a time

2-3 Times a Week (at least):
Strength and Flexibility
Pull-ups/push-ups/sit-ups, yoga, ballet/dance, karate, tae bo, pilates, weight lifting

3-5 Times a Week (at least):
Aerobic (at least 20 minutes)
Biking, swimming, jump rope, skating, jogging, hiking, aerobics, exercise videos

Recreation Activities (at least 20 minutes)
Basketball, soccer, skiing, volleyball, capoeira, skating, dancing, tennis

Every Day (as much as possible):
Take the stairs instead of the elevator, ride your bike or walk to school/the store/a friend’s house
Throw a frisbee, walk your or your neighbor’s dog, play basketball/softball, help clean up and/or garden at home or in your community

Ways to Increase Your Physical Activity
- Add an activity. Find a new activity that you enjoy.
- Replace inactive time with active time. For example, take a walk instead of watching TV.
- Do more of what you are already doing. For example, walk for 30 minutes instead of 20.
- Work a little harder. Turn your walks into power walks or jogs. Walk up and down the stairs instead of riding the elevators and escalators.

Exercising with Asthma
- Talk to your medical provider to figure out what exercises and medications are best for you.
- Always have your inhaler nearby when you are exercising.
- Do not begin exercising when you have asthma symptoms. Always stop if you feel bothered by your asthma.
- Use extra caution when you have a cough, cold, or allergy symptoms.
- Take extra time to warm up and cool down.
- Cover your mouth and nose with a scarf when exercising in cold weather. Breathing cold air can make asthma worse.
- Exercise for short amounts of time and more often. Non-stop activities are more likely to affect asthma.
- Take a warm bath or shower after exercising. This may help post-exercise attacks.
What is Body Image?

**Do You Respect Your Body?** (circle True or False)

1. True False I often talk negatively about my body.
2. True False I weigh myself more than once a week.
3. True False I would exercise less if appearance did not matter.
4. True False I often compare my looks or body to others.
5. True False I often feel guilty or anxious after eating a high fat food.
6. True False I cannot accept a compliment about my appearance.
7. True False If I had to, I would do unhealthy things to change my weight (such as fasting, taking laxatives, throwing up, or excessive exercising).
8. True False I feel unhappy or discontent with my life at this time.
9. True False I would panic if I gained a few pounds.
10. True False I am dissatisfied with my current body shape and size.

**Count the number of questions you answered FALSE and read below to see if you respect your body.**

- **8-10** You seem satisfied with your body! Be a role model for others.
- **4-7** You may be too hard on yourself. Look below for ways to improve your body image. Or get more information from an organization near you, such as Body Positive. Visit [www.bodypositive.com](http://www.bodypositive.com).
- **0-3** Are you having a rough time right now? Help is available. Find an adult that you trust to talk to about this, such as a doctor, school nurse, school counselor, or family member.

**BODY IMAGE IS ...**

- How you see yourself when you look in the mirror or when you picture yourself in your mind.
- How you feel about your body and appearance, including your height, weight, and shape.
- How you feel in your body, not just about your body.

**POSITIVE BODY IMAGE IS ...**

- A clear, true idea of your shape—you can see your body as it really is.
- You feel comfortable and confident in your body and appreciate your unique physical qualities.

**How Can You Improve Your Body Image?**

1. **Focus your attention and energy on what you can do:**
   - *Eat well and exercise!* This will help you develop into your natural weight, and balance the natural chemicals in your brain to help you feel happy. It’s never too late to start exercising and eating well.
   - Limit sedentary activity, such as watching TV and movies and playing video/computer games.
   - Choose realistic role models that allow you to feel good about yourself. Remember that advertisers spend tons of money to make you feel there is something wrong with you, so that you will buy their product to “fix” the problem.

2. **Accept what is not in your control.**
   - Understand that bodies develop in ways that you can’t always control. However, having a healthy lifestyle will help your developing and changing body.
Eating, Exercise & Body Image Continuum

This continuum represents the range of eating and exercise behaviors and attitudes towards food and body image. The goal is to function in the *Concerned in a Healthy Way* category, which reflects good physical and emotional health. Throughout life, many people move in this continuum due to many factors such as family, culture, friends, school, sports, health, finances, the media, etc. No matter where you fit, there are resources for you.

<table>
<thead>
<tr>
<th>FOOD IS NOT AN ISSUE</th>
<th><em>CONCERNED IN A HEALTHY WAY</em></th>
<th>FOOD PREOCCUPIED/OBSESSED</th>
<th>DISRUPTIVE EATING PATTERNS</th>
<th>EATING DISORDERED</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am not concerned about what or how much I eat.</td>
<td>I pay attention to what I eat to have a healthy body.</td>
<td>I think about food a lot.</td>
<td>My food and exercise concerns interfere with my school, family, and social life.</td>
<td>I worry about what I will eat and/or when I will exercise enough.</td>
</tr>
<tr>
<td>I feel no guilt or shame about what or how much I eat.</td>
<td>Food and exercise are important but not the major part of my life.</td>
<td>I think and read a lot about dieting, fitness, and weight control.</td>
<td>I use food to make myself feel better.</td>
<td>I follow a strict eating plan and always know how many calories, fat grams, and/or carbs I eat.</td>
</tr>
<tr>
<td>Exercise is not really important to me.</td>
<td>I enjoy eating, but I balance this with my concern for good health.</td>
<td>I sometimes miss school, work, and having fun because of my diet or exercise schedule.</td>
<td>I have tried fasting, diet pills, laxatives, vomiting, or extra time exercising to lose or maintain my weight.</td>
<td>I feel a lot of guilt, shame, and anxiety when I break my diet.</td>
</tr>
<tr>
<td>I choose foods based on cost, taste, and convenience.</td>
<td>I usually eat 2-3 balanced meals daily, plus snacks, to get me through the day.</td>
<td>I divide food into 2 categories: “good” and “bad”.</td>
<td>If I cannot exercise to burn off calories, I worry.</td>
<td>I regularly stuff myself and then exercise, vomit, or use laxatives to get rid of the food.</td>
</tr>
<tr>
<td>I don’t worry about meals; I just eat whatever I can, whenever I can.</td>
<td>I have realistic goals for eating well and being physically active.</td>
<td>I feel guilty when I eat “bad” foods or when I eat too much.</td>
<td>I feel strong when I can cut down on how much I eat.</td>
<td>My friends and family tell me I am too thin, but I feel fat.</td>
</tr>
<tr>
<td>I enjoy eating lots of tasty food when I have a chance.</td>
<td>Sometimes I eat more (or less) than I really need, but mostly I listen to my body.</td>
<td>I am afraid of getting fat.</td>
<td>I feel out of control when I eat more than I want to.</td>
<td>I am out of control when I eat.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BODY IS NOT AN ISSUE</th>
<th><em>BODY ACCEPTANCE</em></th>
<th>BODY PREOCCUPIED/OBSESSED</th>
<th>DISTORTED BODY IMAGE</th>
<th>BODY HATE - DISASSOCIATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel fine about my body.</td>
<td>I pay attention to my body and my appearance because it is important to me, but it is not a huge deal.</td>
<td>I weigh myself a lot.</td>
<td>I spend a lot of time exercising and dieting to change my body.</td>
<td>I often feel as if my body belongs to someone else.</td>
</tr>
<tr>
<td>I don’t worry about changing my body shape or weight.</td>
<td>There are some things about my body that I would like to change, but I’m okay with my positive features.</td>
<td>I spent a lot of time looking at myself in the mirror.</td>
<td>My body shape and size keeps me from dating or finding someone who will treat me right.</td>
<td>I hate my body.</td>
</tr>
<tr>
<td>I hardly ever weigh or measure myself.</td>
<td>My feelings about my body are not influenced by the media or what others think of me.</td>
<td>I often compare my body to others.</td>
<td>I would like to change my body shape and size by surgery.</td>
<td>I often keep away from others.</td>
</tr>
<tr>
<td>My feelings about my body are not influenced by the media or what others think of me.</td>
<td>I know that my friends and family will always love me for who I am, not for how I look.</td>
<td>I have days when I feel fat.</td>
<td>I wish I could change the way I look in the mirror.</td>
<td>There’s not much or nothing that’s okay about my body shape and size.</td>
</tr>
<tr>
<td>I know that my friends and family will always love me for who I am, not for how I look.</td>
<td>My self-esteem is based on my abilities, talents, and relationships — not just my looks.</td>
<td>I accept society’s ideal body shape and size as okay.</td>
<td>I’d be more attractive if I were thinner and more muscular.</td>
<td>I don’t believe others when they tell me I look okay.</td>
</tr>
<tr>
<td>I feel fine about my body.</td>
<td>I don’t worry about changing my body shape or weight.</td>
<td>I feel weak when I cannot exercise to burn off calories.</td>
<td></td>
<td>I hate the way I look in the mirror.</td>
</tr>
</tbody>
</table>

Adapted from Smiley/King/Avey, 96

Sheri Barke, MPH, RD. COC Student Health & Wellness Center
FOR YOUTH

Checklist for a Healthier Lifestyle
This is a list of suggestions you can use to try to improve your health habits.

Try the following: Choose two or three steps to focus on. Once those steps have become part of your daily life, add another new step.

☐ Drink lots (8 glasses a day) of water! Water is the fuel your body needs. Keeping bottles of water around the house and in your backpack makes this easier.

☐ Eat breakfast. Skipping breakfast tells your body to store calories as fat instead of burning them up. You definitely do better in school when you eat breakfast. Start your day with whole grain toast, hard-boiled eggs, nonfat or low fat yogurt or cheese, a piece of fruit, or oatmeal.

☐ Take your own lunch to school. Make your own lunch the night before. A simple sandwich (with lean deli meat, lettuce, and mustard) with a piece of fruit and/or some veggies and a bottle of water is nutritious and quick to make. Your own lunch can be healthier and better tasting than school lunches.

☐ Learn to make your own healthy snacks and meals. Help prepare meals with the person that does most of the cooking in your house. This will give you some control over what you eat.

☐ Eat dinner with your family at a regular time. Studies show that families who eat together eat healthier. Remember to turn off the TV while at the dinner table. Instead, find out how everyone’s day was.

☐ Eat more fiber. Eat whole grain bread and bran cereals instead of white bread and sugar cereals. Fiber helps you digest your food and it also makes you feel satisfied.

☐ Eat more fruits and vegetables. Have at least 3-5 servings of vegetables and 2-3 servings of fruit each day and eat whole fruit rather than drinking juice.

☐ Drink lowfat or 1% milk. Drinking milk builds strong bones (calcium and vitamins). If you are lactose intolerant, you can get just as much calcium by drinking lactose-free milk or soy milk, or taking Lactaid tablets when you eat dairy.

☐ Cut down on soda/juice drinks, sports drinks, chips, and candy. These are empty calories with no nutritional value. Did you know that a 20-oz. soda has almost 20 teaspoons of sugar? Too much soda can make your bones thinner and more breakable, and can cause dental cavities.

☐ Reduce fast food. If you want fast food, make it a special treat and don’t “super size”. Once you cut down on fast food, you’ll find that you won’t really miss it.

☐ Pick a new physical activity. It is important that you pick an activity that you enjoy. For example, join a sports team or league, go fast walking in a group every day, or rent and workout with an exercise video/DVD from the public library. Stick with it for 4-6 weeks because this is how long it takes to form a new habit. Remember: Exercise is as important as what you eat.

☐ Cut back on TV/video game/computer time. Try to watch or play less than 1-2 hours of TV/computer/video games a day—even during holidays, weekends, and summer vacations. Get rid of your remote controls. Every little bit helps!

☐ Do fun things with your friends other than eating. Eating is a fun social activity but do other activities with your friends besides eating. Try walking to and from places together.

☐ Go food shopping. Once you learn how to make healthy food choices, go to the store and pick out nutritious foods. But remember: It is a bad idea to go food shopping when you are hungry. You’ll be tempted to buy junk food.

☐ Notice what causes you to over or under eat. It’s important to take good care of your teeth and gums. Try to brush at least two times a day and floss at least once a day.

☐ Make a list of 3-4 important food or activity reminders and put them up where you’re most likely to see them, like the refrigerator, bathroom, or near your bed.

THINGS TO REMEMBER

► The goal is to be more active, have fun, feel good about yourself, and to eat well.
► Get friends and family to help. It definitely works better when you partner with someone else to make changes in the way you eat or exercise.
► You are NOT on a diet! A “diet” usually means only a short-term change and generally isn’t something that is healthy.
► Limiting foods just doesn’t work and causes you to crave “forbidden” food more often. The goal is to maintain healthy eating and exercise habits as a regular part of life. Avoid over and under eating and find a place somewhere in between.
► Last BUT NOT least: Avoid short-term goals because nothing changes overnight. There will be times when it will be rough to stick to the changes you’ve decided to make. This is okay. Lifestyle change is very difficult for everyone, so try to remain positive and congratulate yourself for the changes you make. Hang in there and take one day at a time! 

13 Adapted from Daniel Delgado, County of Santa Clara