Athlete Handbook

Family Health Education Program

I belong to

_____

UNIVERSITY OF HOUSTON

University of Houston Contacts

Text our team here

(832) - 303 - 1378

Email our team here

specialolympicsresearchuh@gmail.com

Our team of undergraduate students will reach out throughout the program to answer questions, talk about healthy living, and check in with you on how the program is going!

For high priority concerns, please contact our head facilitator directly

Craig Johnston

Phone: (713) - 743 - 0613

Email: cajohn25@central.uh.edu

UNIVERSITY OF HOUSTON

Special Olympics Site Contact

Name: _____

Phone: (___) - ___ - ____

Email: _____

Office:

_____

_____

Weekly Session

Date and Time:_____

Location:_____

Final Data Collection

Date and Time: _____

Location:_____

Meet the Team

Houston Educators

Jessica Kirschmann

I am a graduate student studying human movement. I love to take my dogs on long walks and adventures. I also play tennis and weightlift. My favorite green zone food is strawberries and my goal during these next 8 weeks is to increase my fruit and vegetable intake by 2 servings per day.

Sheida Z.T. Motlagh

I am a graduate student focusing on obesity studies. I love adventure and walking in nature. My favorite green zone food is apples, and I have a plan to add a colorful vegetable onto my plate in every meal during the next 8 weeks.

Meet the Team

Houston Educators

Craig Johnston

I am a professor and researcher at the University of Houston, studying Community Health Promotion. I have four kids who I enjoy picking on and messing with. My SMART goal is to drink 1 less can of soda per day for one week. Go coogs!

Erin Herder

I am a Program Manager in the Health and Human Performance Department at UH. My favorite way to stay active is cardio workouts! My favorite green zone food is a romaine, spinach, and cabbage salad. A SMART goal I will be working on this year is having at least 1 hour of screen-free family time every week.

Meet the Team

Houston Educators

Randi Betts

I am the Director of Research and Academic programs. I have two very active young boys who I enjoy spending time with especially watching their baseball games. My favorite way to keep moving is kickboxing classes. I will be working on increasing my water intake and decreasing my caffeine from coffee.

Stephanie Silvera

I am an Assistant Professor at the University of Texas Health Science Center. I research exercise, diet, and emotional wellbeing among individuals with chronic disabling conditions. I enjoy cross training and hiking to be active. My favorite green zone food is watermelon! A SMART goal I will work on is eating at least 2 green zone foods with each meal.

Meet the Team

Houston Students

Ayaan Saleem

I enjoy watching basketball, weightlifting, and spending time with family and friends. Over the next 8 weeks, my goal is to increase my water and vegetable intake.

Fatima Ullah

I enjoy reading, baking, and rock climbing. My SMART goal for the next 8 weeks is to drink 2 full water bottles each day.

Meet the Team

Houston Students

Racquel Swofford

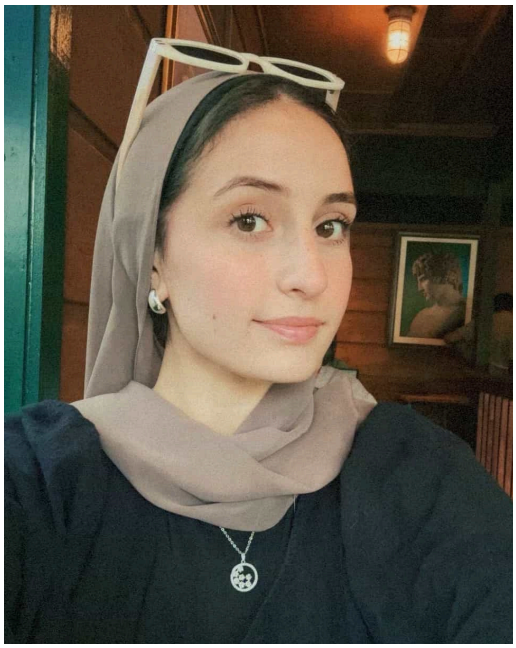
I enjoy cycling, hiking, cooking new recipes, traveling, and playing golf! My SMART goal for the next 8 weeks is 30 min of extra lifting/ cardio and go to the golf range 1-2 times per week.

Olivia McDaniel

I enjoy staying active by lifting, running, or playing volleyball. I also enjoy traveling and exploring new cultures. My SMART goal for the next 8 weeks is to include one fruit or vegetable with each meal.

Meet the Team

Houston Students



Nour Shehata

I enjoy playing my violin and playing volleyball. I have two cats. My SMART goal is to replace soda with water for the next two weeks. I will also do a 15-minute stretch or yoga routine every Monday, Wednesday, and Friday morning.

Eman Loya

I enjoy traveling and spending time with my family! My SMART goal for the next 8 weeks is to eat 1 more serving of green vegetables at each meal.

Meet the Team

Houston Students

Nabiha Khan

I love to travel especially to new places. I also enjoy cooking, baking, and playing tennis. I try to is visit the beach as often as I can. My SMART goal for the next 8 weeks is to encourage others to walk with me twice a week.

Christina Cespedes

I enjoy running, working out, and drinking coffee My SMART goal is to eat at least 2 servings of vegetables and fruits for the next 8 weeks.

Meet the Team

Houston Students

Jordan Chea

I am studying to become a Pediatrician and become a safe place to those who need one. I love shopping and going on walks! And most importantly, I am so excited to be a part of this project!

Christopher Santillan

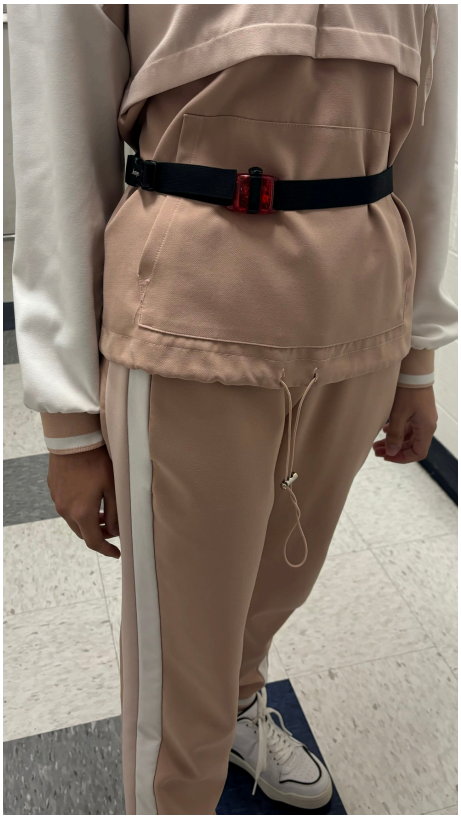
Hi! My name is Christopher Santillan, I am a 4th year Biology major with a minor in Kinesiology. I am planning to continue my education by attending medical school. My biggest hobby is teaching/watching soccer.

Week 0

Introduction

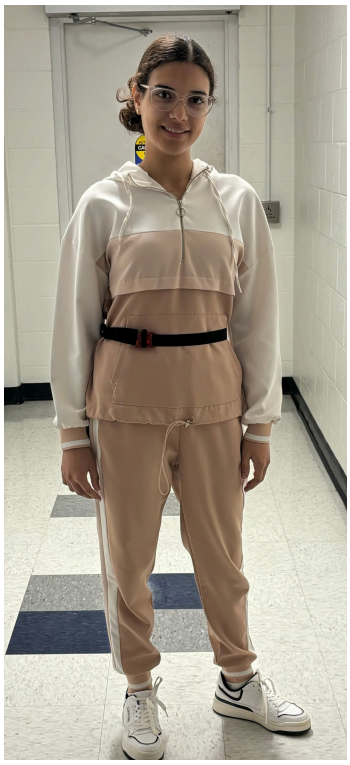
How to wear an activity monitor

Step 1. Make sure the band is unclipped



Step 2. Place the red part on your right hip and

Step 3. Clip the band together.



Step 4. You are all set! Get active!

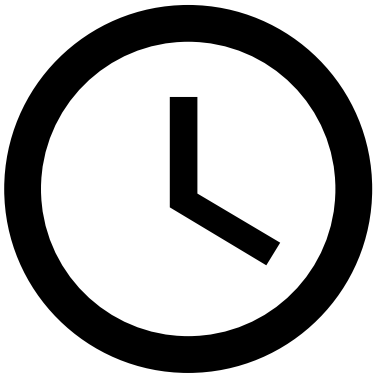
Step 5. After 7 days, please return belt to you Special Olympics staff member

Wear the activity belt when you are awake and out of water. This means you should not wear it while swimming, bathing, or sleeping. The activity belt should be worn for 7 consecutive days from the day it was given to you.

Activity Belt Daily Health Diary

Follow this guide for using the Daily Health Diary survey!

Step 1. Wear the activity belt.



Step 2. Complete the Daily Health Diary the following day by 12pm (noon).

Reminder: do not wear the activity belt while sleeping/in water.

Daily Health Diary

Use the QR code to navigate to the Daily Health Diary.

This survey will ask you to tell us

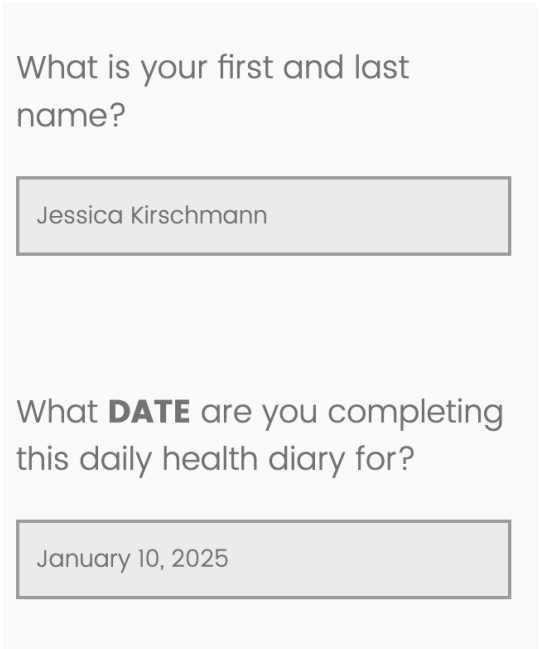
1. What time you went to bed
2. What time you woke up
3. What activities you did
4. What foods you ate

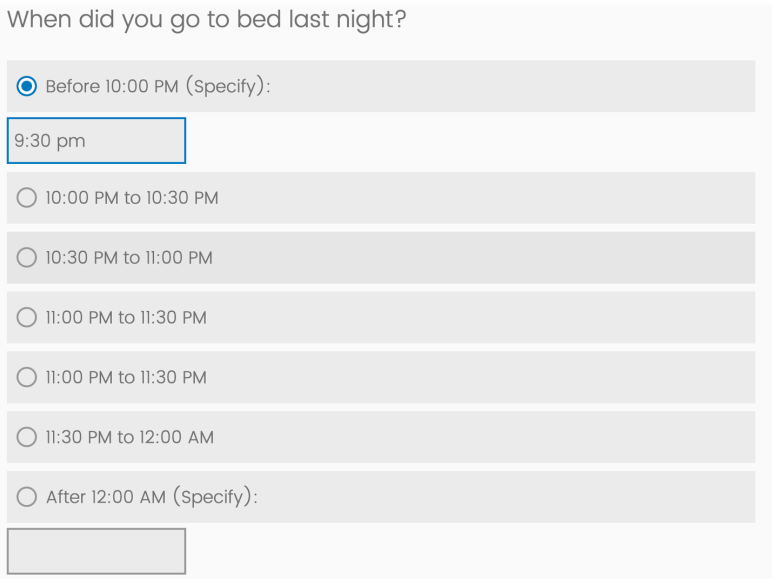
To complete the Daily Health Diary, follow these steps:

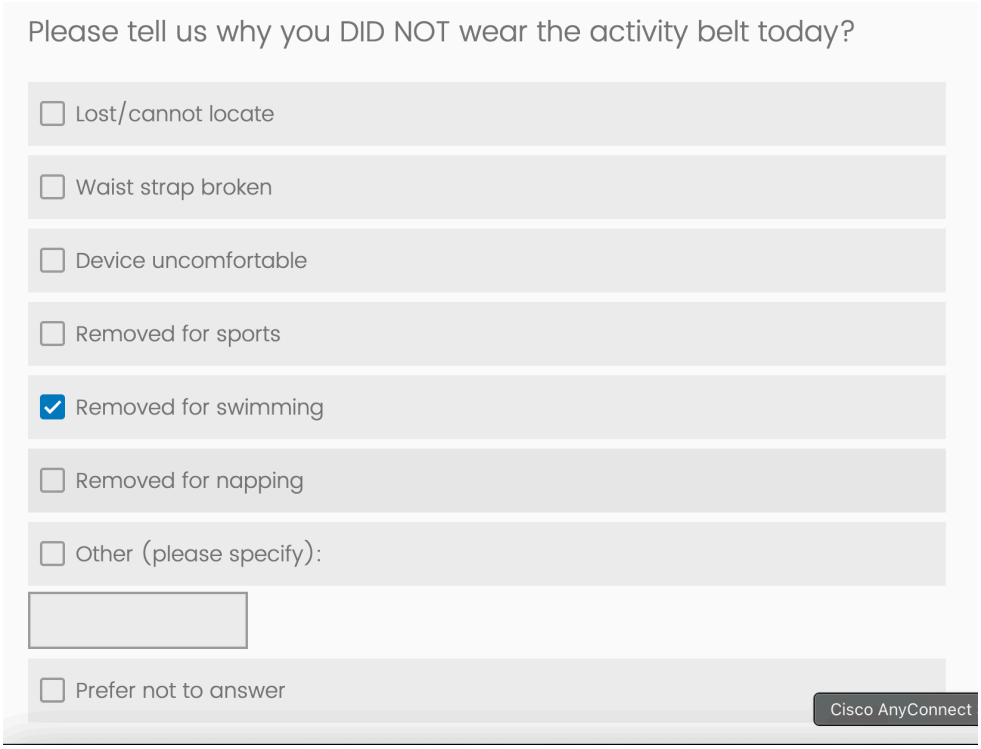
1. Scan the QR code
2. Answer questions about your daily activities, meals, screen time, and physical activity.
3. Indicate the times you wore or didn't wear the activity belt and provide details if not worn.
4. Submit the completed survey by 12pm daily.

Daily Health Diary

Here are some examples of completed questions in the Daily Health Diary







Week 1

Jumpstart into Health

Jumpstart Into Health

Week 1

1

Expectations/Plans

You	Us
Show up weekly, on-time	Show up weekly, on-time
Remain engaged	Educate
Discussion with peers	Celebrate
Encourage others	Encourage discussion

2

Preferred Contact Method

Please contact the UH research team

- Program check-ins throughout the 8 weeks
- Contact the UH research team for questions and/or concerns
- Can send digital copies of materials upon request

3

Preferred Contact Method

PLEASE contact the UH research team

Text: 832.303.1378

Email: specialolympicsresearchuh@gmail.com

4

Celebration

What is one healthy choice you made this week?

5

Learning Objectives

Understand when you are hungry/full

Learn how to avoid overeating

6

"Secrets" to Being Healthy

Eating foods in appropriate amounts

Eating lots of fruits and vegetables

Eating junk food only occasionally

Being active every day!

Less screen time

7

Reasons why people snack and eat

Bored

Stressed/Sad

Tired

Habit

Hungry

Thirsty

8

Hungry Clues

- Being hungry is the only reason we should eat
- Hunger is our body saying, "Hey! I need fuel!"

9

What it feels like to be hungry

For me, when I am hungry...

I feel weak

My stomach growls and aches

I get a headache

10

Healthy Snacks

If you get hungry between meals, grab a healthy snack!

It should consist of:

- Fruits and vegetables
- Not junk food!!

Some of Sheida's favorite healthy snacks:

- Plain yogurt with any fresh fruit (chopped).
- Raw veggies (like carrots) with cheese.

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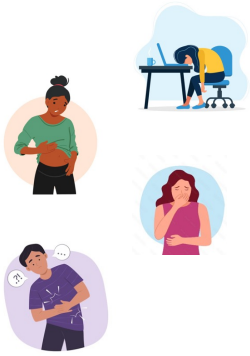
When should I stop eating?

- Full = 10 out of 10 fullness (Think Thanksgiving!)
- Satisfied = 6 out of 10 fullness
- Hungry = below a 3 out of 10 fullness

12

What does being full feel like for you?



When I'm full...

- I get tired
- I become bloated
- I feel nauseous
- My stomach hurts

13

4 ways keep from eating past being satisfied

1) Pay attention

1. Take small bites of an apple or a carrot.
2. Turn off the TV and put away your phone while eating.
3. Sit at a table and focus on your meal.

14

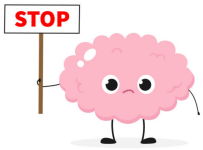
4 ways keep from eating past being satisfied

2) Eat slowly

4. Chew thoroughly and savor the taste and texture.
5. Put your fork or spoon down between bites

15

4 ways keep from eating past being satisfied



3) Stop & think

15 Minute Rule

6. Notice when you start to feel satisfied, not yet stuffed.

7. Wait 15 minutes to see if you're still hungry before grabbing seconds.

16

4 ways keep from eating past being satisfied

4) Drink water first

Drinking a bottle of water before eating supports our body's digestion of the food. Drinking water can also help you feel fuller and more satisfied from your food.

17

Practice (1)

John likes to eat popcorn while watching TV. He never realizes how much he ats until there is no popcorn left and he feels stuffed.

A. Drink water

B. Eat slowly

C. Stop and think for 15 minutes before having more

D. Pay attention

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Practice (2)

Maria thought she was hungry and kept munching on things around her house. She ate until she was full, but she still did not feel satisfied.

A. Drink water

B. Eat slowly

C. Stop and think for 15 minutes before having more

D. Pay attention

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Practice (3)

Fred's mom told Fred that he could watch TV after he ate his food. Fred rushed through his meal and finished in 5 minutes. 20 minutes later his stomach was tight, and he did not feel very good.

A. Drink water

B. Eat slowly

C. Stop and think for 15 minutes before having more

D. Pay attention

20

Practice (4)

Alexa was still hungry after her meal, so she went to get another serving immediately.

A. Drink water

B. Eat slowly

C. Stop and think for 15 minutes before having more

D. Pay attention

21

Discussion

How can you be successful in this program?

- Create a team environment within your support unit
- Support other athletes and caregivers here, we will provide feedback
- You present positive opportunities, and we will celebrate

Any questions or concerns?

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Activity Challenge

Track your hunger

- Rate your hunger levels on a scale from 1 to 10
- Answer the following questions:
  - What food did I eat?
  - Why did I eat that food?
  - How did eating that food make me feel?

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Week 1 Activity Challenge

Tracking your hunger

Use the calendar below to track your hunger before your meals this week on a scale of 1 to 10. Remember, 1 means you are SUPER hungry and 10 means you are too stuffed to eat!

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast							
Lunch							
Dinner							
Snacks							

On the next page, you will see reflective questions about your hunger. Feel free to write your answers or keep them to yourself!

Week 1 Activity Challenge

1. What food did I eat?

2. Why did I eat that food?
    a. Was I sad?
    b. Was I mad?
    c. Was I happy?
    d. Was I nervous?
    e. Was I scared?

3. How did I feel while eating that food?

4. How did I feel after eating that food?

Hunger Scale

1 Too hungry. I feel weak, dizzy, or shakey.

2 Very hungry. I feel grumpy and I have little energy.

3 Hungry. My stomach feels empty. I should eat.

4 Starting to feel some hunger. I am thinking about food.

5 Starting to feel satisfied. I have more energy but I can still eat.

Hunger Scale

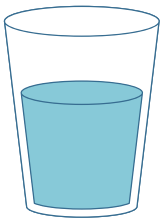
6 Satisfied. My stomach is full and I am not hungry.

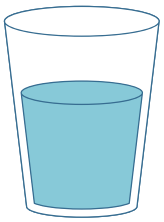
7 Full. I ate a few extra bites but my stomach has no more room.

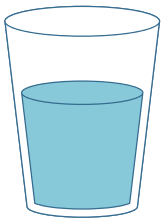
8 Too full. I feel stuffed, heavy, and tired.

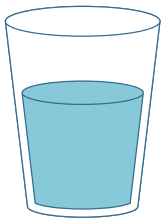
9 Very uncomfortable. My stomach hurts and I feel bloated.

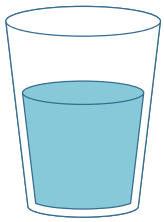
10 Too full. My body is miserable, I feel sick.

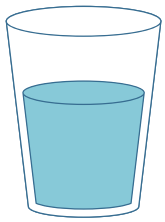


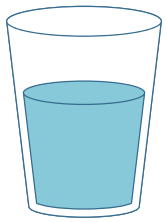


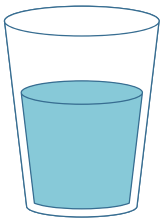


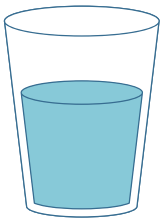


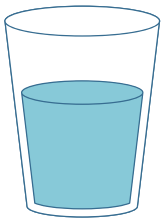


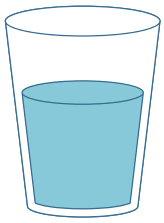


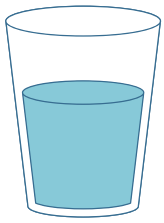


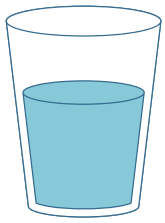


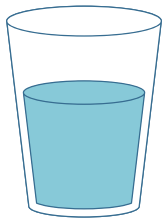


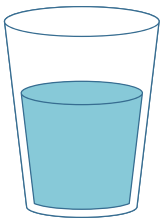


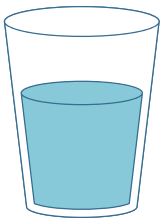


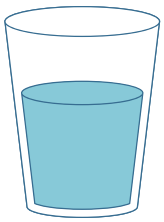


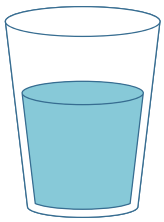


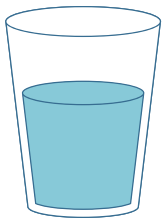


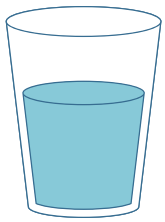


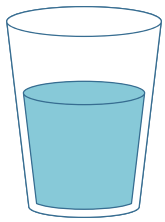


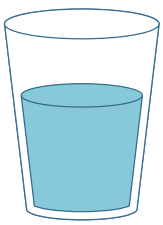


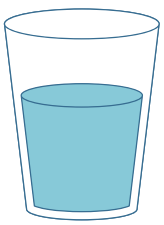


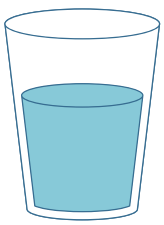


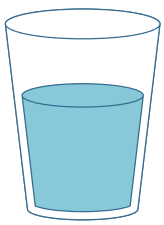


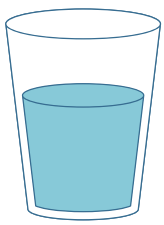


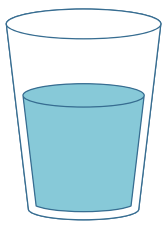


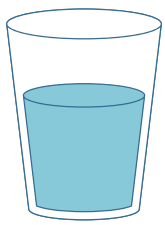


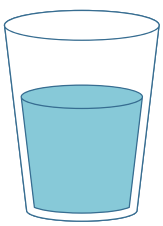


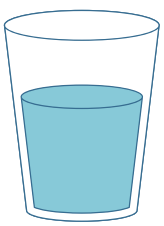


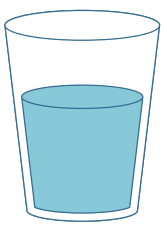


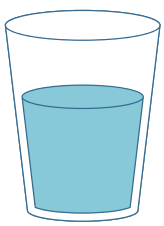


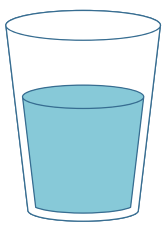


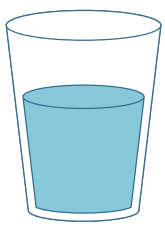


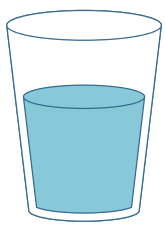


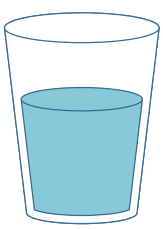


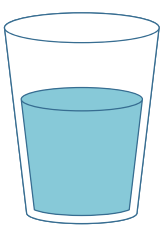


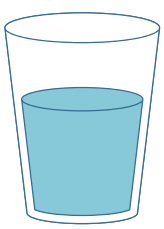


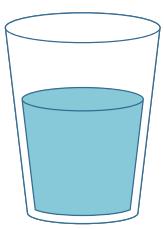


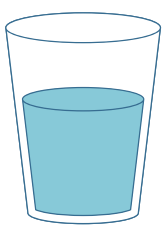












Water Tracker

For each glass of water you have, cross a glass off below on that day of the week.

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

Tear this page out!

Feel free to rip this page out and hang your water tracker on the fridge! This can be a helpful reminder to drink water and reach your goals!

How much water should I drink every day?

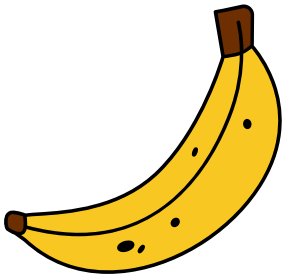
Most glasses are 8 ounces, so we should aim to drink 8 to 10 cups of water each day

Should I ever drink more than that?

Yes! When you...

- sweat more
- in hot or humid environments
- are at a higher elevation than normal
- are being active!

How else can I stay hydrated?



Some foods like bananas, nuts, and seeds contain electrolytes that help our body stay hydrated while we drink water.

Other liquids!

- Coconut water
- Citrus water
- Electrolyte drinks

Fitness Facts

Throughout this booklet, Jessica has included fun fitness facts for you to find!

Jessica's favorite fitness fact is that there is no one right way to be active!

Jessica plays tennis, lifts weights, goes for walks, and MORE to stay active!

Week 2

Food Zones

Zones For Healthy Eating

Week 2

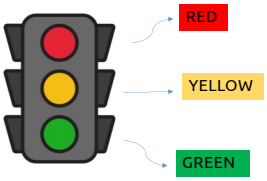
1

Celebration

- What is one healthy choice you made this week?

2

Learning Objectives



Know and understand the three food zones and what types of foods are in each

Understand energy balance and how to maintain your own energy balance

3

Review

What is a "secret" to being healthy?

Eating foods in appropriate amounts

Eating lots of fruits and vegetables

Eating junk food only occasionally

Being active every day!

Less screen time

4

Balance

Change in Physical Activity

Energy Out

Change in nutrition

Energy In

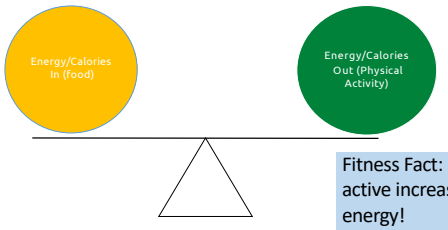
Both physical activity & nutrition

Energy In and Energy Out

5

Energy Balance Scales (1)

Energy/Calories In = Energy/Calories Out



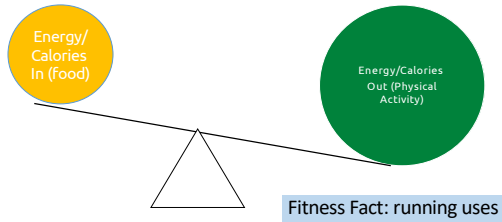
Fitness Fact: being active increases our energy!

Weight is Maintained

6

Energy Balance Scales (2)

Energy/Calories In < Energy/Calories Out



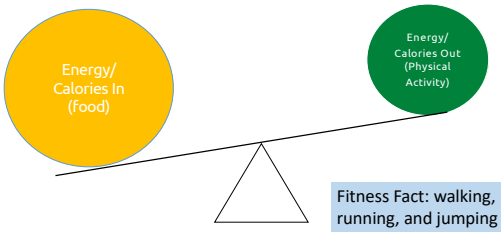
Fitness Fact: running uses more energy than walking.

Weight is Lost

7

Energy Balance Scales (3)

Energy/Calories In > Energy/Calories Out



Fitness Fact: walking, running, and jumping can make bones stronger!

Weight is Gained

8

Green Zone Foods

Nutrients ↑

Calories ↓

- Fruits
- Vegetables
- Water

9

Yellow Zone Foods

Nutrients ↑ Calories ↑

- Low-fat dairy (milk, yogurt, cheese)
- Whol grain breads
- Lean meat and fish that is grilled or baked
- Higher calorie (energy) fruits and vegetables: avocado, potatoes, corn

10

Red Zone Foods (1)

Nutrients ↓ Calories ↑

- Full-fat dairy (milk, yogurt, cheese)
- Fried foods (French fries, fried chicken)
- High fat meats (bacon, hamburgers)
- Chips
- Cake, soda, donuts, candy

11

Red Zone Foods (2)

Red zone foods typically have…

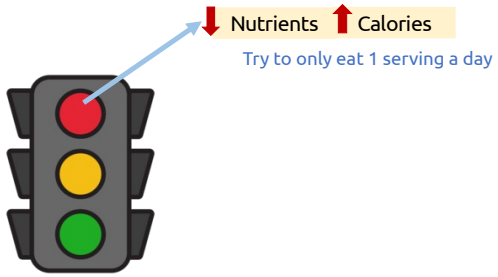
15 grams Sugar

OR

Mostly Fats

12

RECAP



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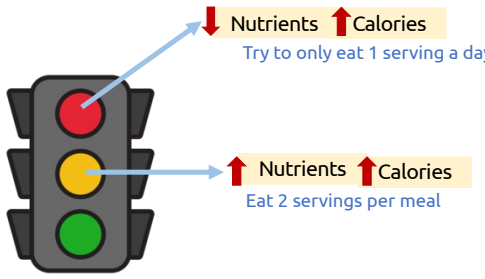
RECAP



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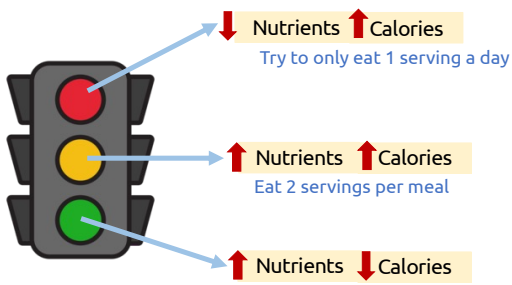
RECAP



15

RECAP

The name of the food zone tells you go, slow, or stop!

16

Practice (1)

MONITORING what we eat is one of the most important things we can do to help our body stay in balance.

			Green Food	Yellow Food	Red Food
Lunch	Pepperoni Pizza	1 slice			X
	Low-fat milk	1 glass		X	
	Grapes	1 handful	X		
	Lettuce, carrots, and tomatoes	Half a plate	X		
	Ranch dressing	2 spoons/thumbs			X

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Practice (2)

			Green Food	Yellow Food	Red Food
Lunch	Bread	2 slices		X	
	Turkey	4 oz, ~size of palm		X	
	Lettuce & Tomato	1 slice of each	X		
	Mayo	Tablespoon, 1 thumb			X
	Chips	1 small bag			X
	Whole milk	1 glass			X

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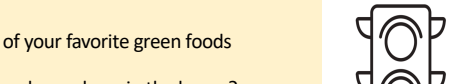
Activity Challenge

1. Make a list of your favorite green foods

- Which ones do you have in the house?
- Which ones should you get more of?



19

Favorite Green Zone Foods

Favorite Green Zone Foods

Which ones do I have at home?

Which ones should I get more of?

Beverages

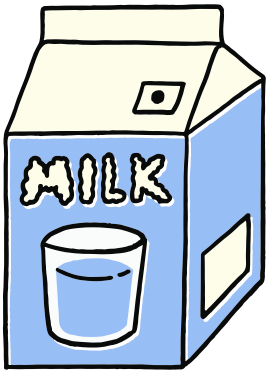
There are many drinks you can choose from, some will support your sport performance better than others. This guide can help you make the best choice to stay hydrated and perform your best.

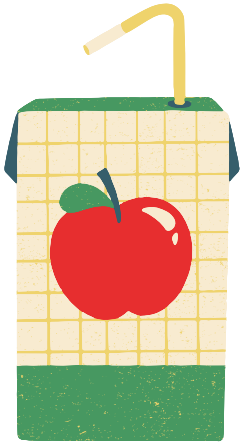
Green Zone: Water

Drink water everyday! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.

Beverages

Yellow Zone: Low-fat Milk, 100% Juice





Low-fat milk and 100% fruit juice are good to have with meals. Keep servings small and have no more than 3 servings of milk and 1 serving of juice per day.

Beverages

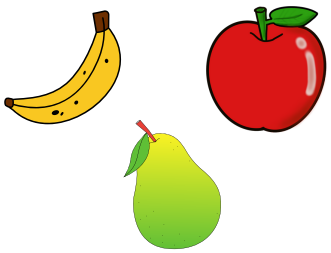
Red Zone: Sodas, Energy and Sports Drinks

Sodas, energy drinks, and sports drinks have extra sugar. Energy drinks and sodas also have caffeine which does not help you stay hydrated.

Serving Size Guide

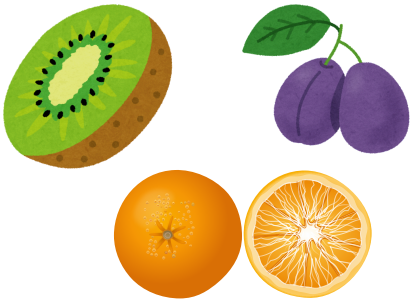
Fruits and Vegetables

1 serving = 80 grams; 5 or more servings per day



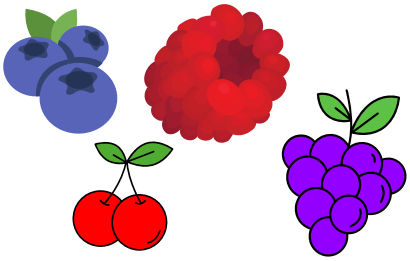
1 medium sized fruit

- Apples
- Bananas
- Pears



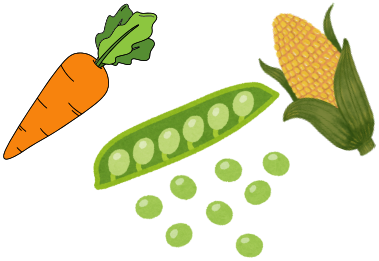
2 or more small fruits

- Mandarin
- Kiwi
- Plums



1 large handful

- Berries
- Cherries
- Grapes



3 tablespoons

- Carrots
- Peas
- Corn

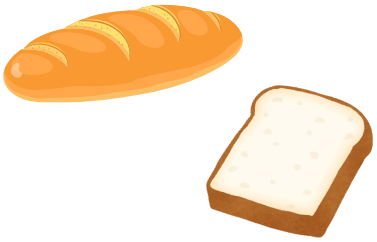
2 overflowing handfuls of greens or salad

Serving Size Guide

Starchy Carbohydrates

3 or 4 servings per day

1 fist sized potato



1 small

- Bread roll
- Slice of bread

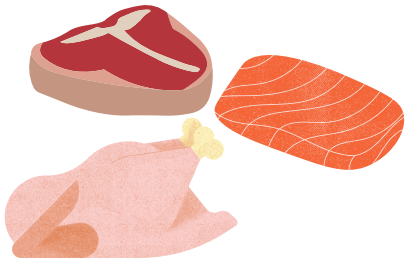
2 handfuls of dry pasta

1 handful uncooked rice

Serving Size Guide

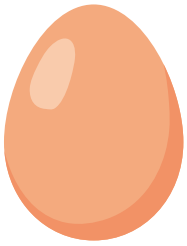
Proteins

2 or 3 servings per day

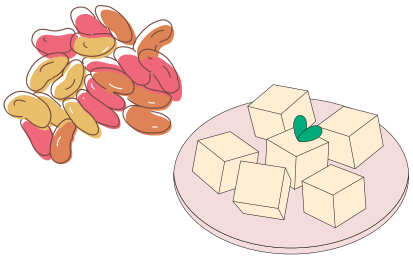


1 palm size (cooked)

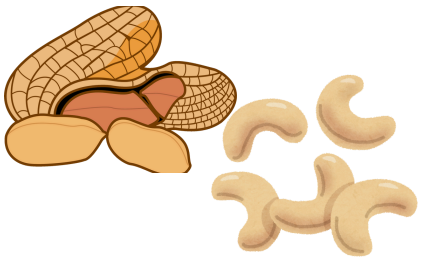
- Meat
- Fish
- Poultry



1 egg



3 or 4 tablespoons of beans or tofu



1 tablespoon of nuts

Serving Size Guide

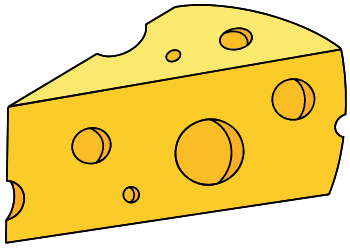
Dairy and Dairy Alternatives

2 or 3 servings per day

1 fist sized glass

- Low-fat Cow's milk (dairy)
- Low-fat Non-cow milk (alternative: almond, soy, oat)

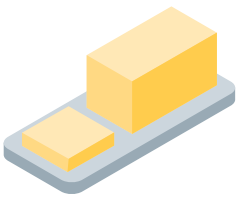
3 tablespoons of yogurt



1 thumb size piece of cheese

Oils and Spreads

Use sparingly

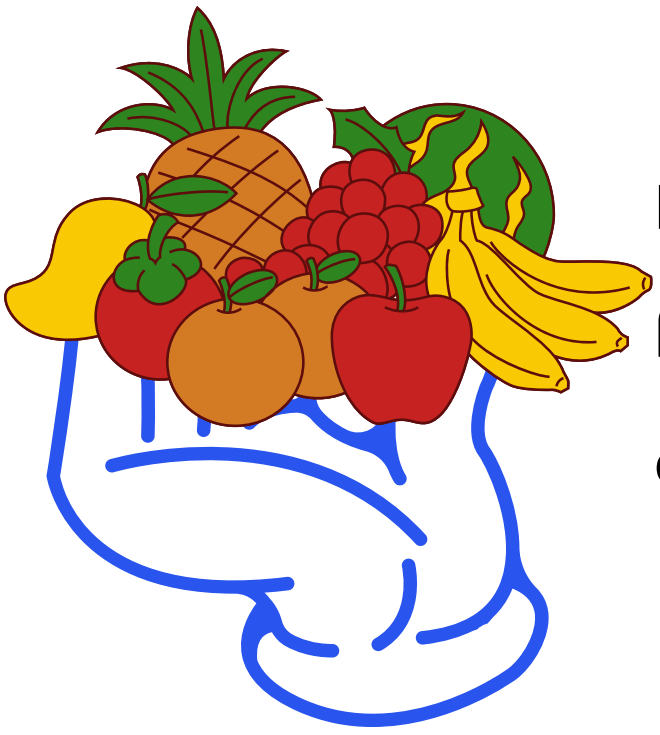


1 teaspoon of oil or butter

Nutrition Tracker

For each day of the week, check, stamp, or mark each box for each serving of fruits and vegetables you ate!

Serving	**Sun**	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
1							
2							
3							
4							
5							



Remember: 1 serving of fruits or vegetables is an overflowing handful!

Week 3

SMART Goals

Goal Setting For Healthy Lifestyle Change

Week 3

1

Celebration

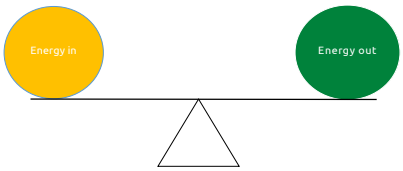
- What is one healthy choice you made this week?

2

Review

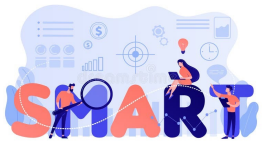
- What is energy balance?

  Maintaining a balance between the energy we consume from food and the energy we use through physical activity



3

Learning Objectives



Be comfortable setting SMART goals.

Be able to say if a goal is SMART or not SMART.

4

Long Term Goal

Maintain a healthy weight and live a healthy lifestyle

In order to do this, we monitor ___physical activity_____ and __nutrition_____

5

Setting Goals

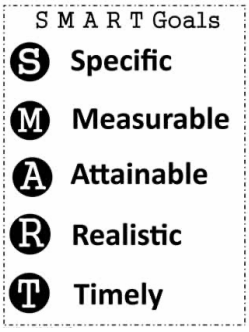
We make goals about eating and physical activity because these things help us be healthy

Make goals about 4 things:

1. Increase green foods
2. Decrease red foods
3. Increase physical activity
4. Decrease screen time

6

SMART Goals



7

SMART Goals

SMART Goals

Jonathon currently eats 4 red foods each day. A SMART goal for him is to eat 3 red foods each day for this week.

Specific: the goal is exactly 1 less red food per day

8

SMART Goals

SMART Goals

Jonathon currently eats 4 red foods each day. A SMART goal for him is to eat 3 red foods each day for this week.

Measurable: Jonathon can count his red foods and know if he met his goal

9

SMART Goals

SMART Goals

Jonathon currently eats 4 red foods each day. A SMART goal for him is to eat 3 red foods each day for this week.

Attainable: He only decreased by 1 at a time

10

SMART Goals

SMART Goals

Jonathon currently eats 4 red foods each day. A SMART goal for him is to eat 3 red foods each day for this week.

Realistic: Jonathon said he would do this for a week not years.

11

SMART Goals

SMART Goals

Jonathon currently eats 4 red foods each day. A SMART goal for him is to eat 3 red foods each day for this week.

Timely: Each day Jonathon is going to do this

12

Are these goals SMART?

My goal is to be healthy in 1 to 5 years.

NO

This goal is not specific or measurable

My goal is to stop eating Red Zone Foods.

NO

This goal is not realistic

My goal is to run the mile in 15 minutes by next Friday. Last week my mile time was 15 and a half minutes.

This goal is specific, measurable, attainable, realistic, and time bound

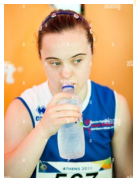
13

Let's Set a Goal!

STEP 1

Pick what you want to work on

Sheida will improve water intake.



14

Let's Set a Goal!

STEP 2

Pick how many foods or how much time would be realistic based on what you currently do!

Sheida will drink 1 more bottle each day than she currently drinks per day.

15

Let's Set a Goal!

STEP 3

Make the goal for this week (so it is timely!)

Sheida will increase her water intake over the next seven days

16

Let's Set a Goal!

STEP 4

REPEAT to make a goal for something to work on AT home

Sheida: I will have 1 more bottle of water each day for the next seven days.

17

Activity Challenge – Set a SMART Goal

SMART Criteria	Example
Specific	I will walk for 10 minutes every day this week.
Measurable	I can mark off on a calendar the days that I walk.
Attainable	I walk for 5 minutes a day now, 10 feels doable.
Realistic	Taking an extra 5 minutes of my day is doable.
Timely	I will make this change this week.

18

Week 3 Activity Challenge

SMART Goal

Write your SMART goal below and use the table to write down how it fits the SMART model.

My SMART Goal this week is to

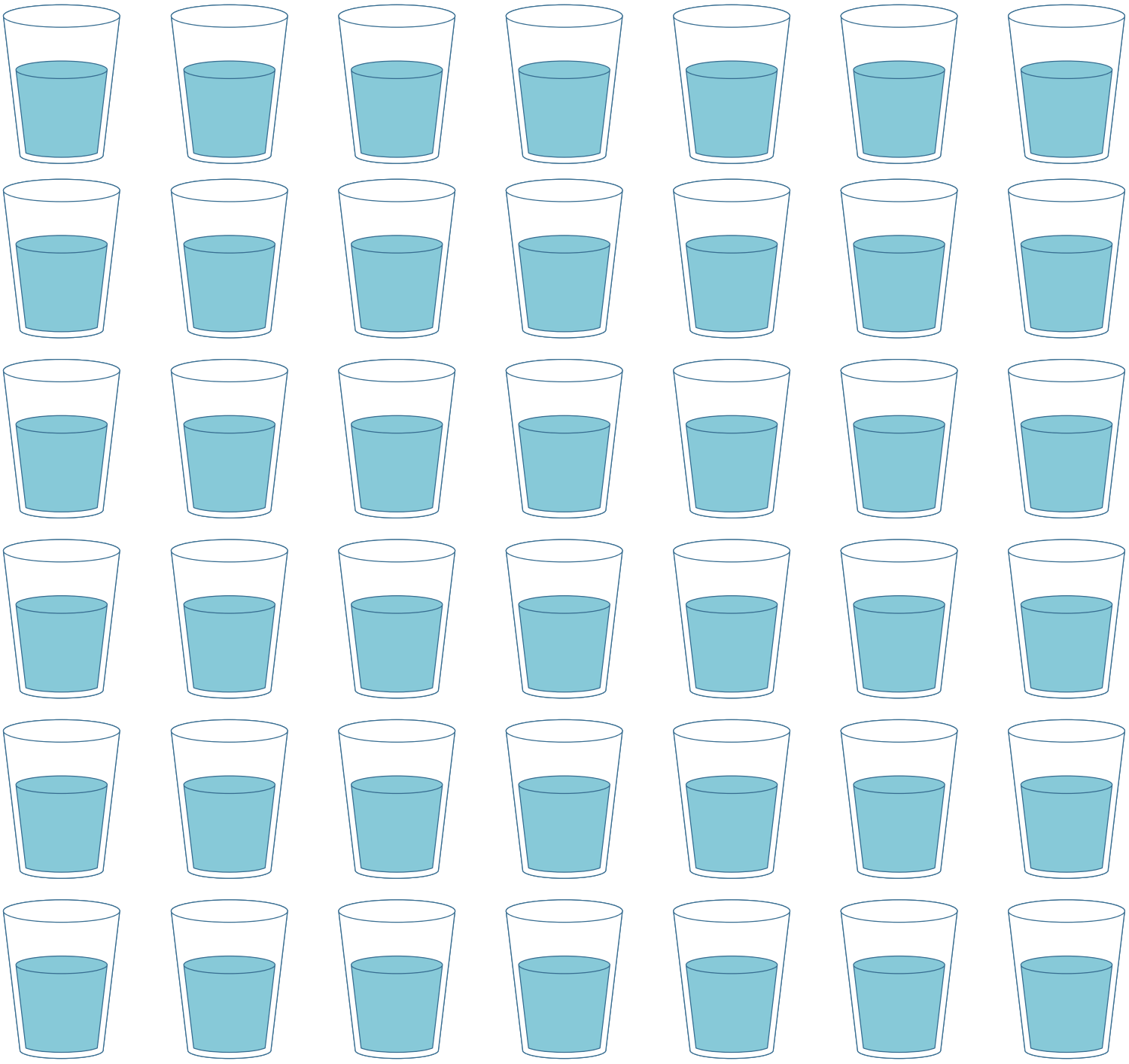
_____.

SMART Criteria	**Does it fit?**
Specific	
Measurable	
Attainable	
Realistic	
Time-bound	

Water Tracker

For each glass of water you have, cross a glass off below on that day of the week.

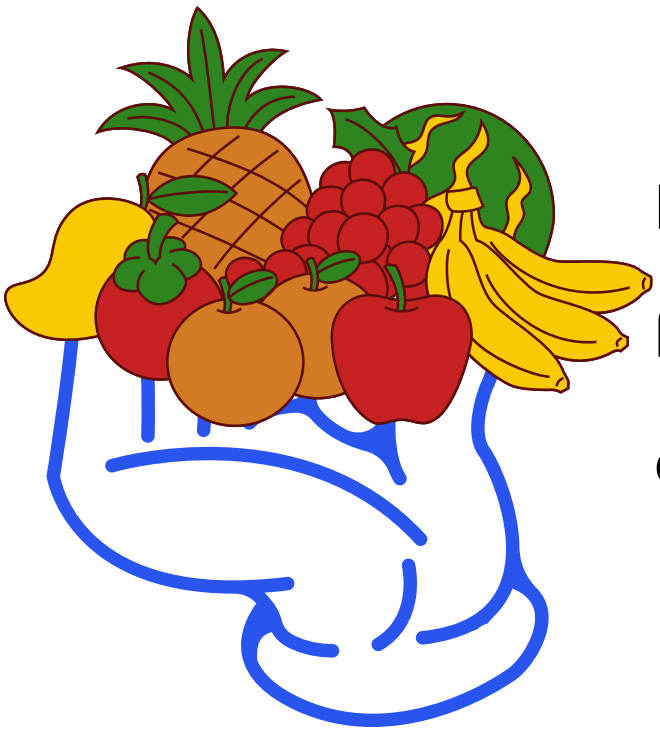
Sun	Mon	Tue	Wed	Thu	Fri	Sat



Nutrition Tracker

For each day of the week, check, stamp, or mark each box for each serving of fruits and vegetables you ate!

Serving	**Sun**	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
1							
2							
3							
4							
5							

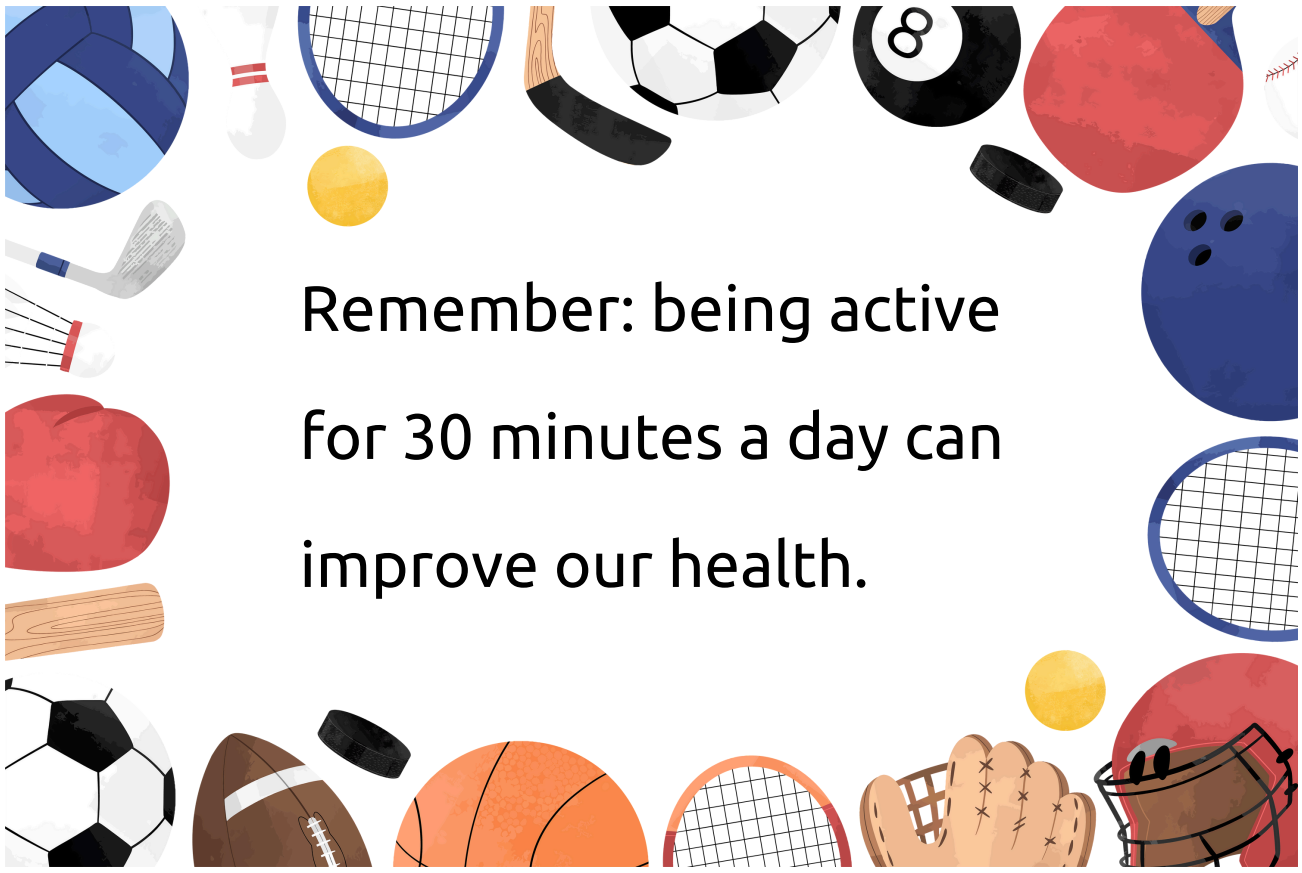


Remember: 1 serving of fruits or vegetables is an overflowing handful!

Physical Activity Tracker

For each day of the week, check, stamp, or mark each box for the number of minutes you were active that day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
😐	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10
🙂	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20
😌	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30
😃	30+	30+	30+	30+	30+	30+	30+



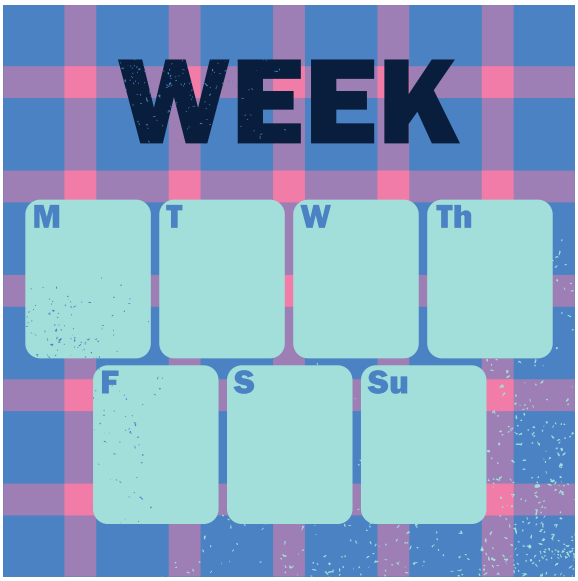
Physical Activity Guide

What is Physical Activity?

Physical activity is moving our body!

Current Recommendations

Adults should get 150 minutes of moderate to vigorous exercise every week!



This is about 20 to 25 minutes EVERY DAY!

Physical Activity Guide

Types of exercise

Flexibility helps our bodies move in all directions!

Stretches that we hold are called static stretches. When we move through our range of motion, we are doing dynamic stretches.

Strength, the ability of our body to do work.

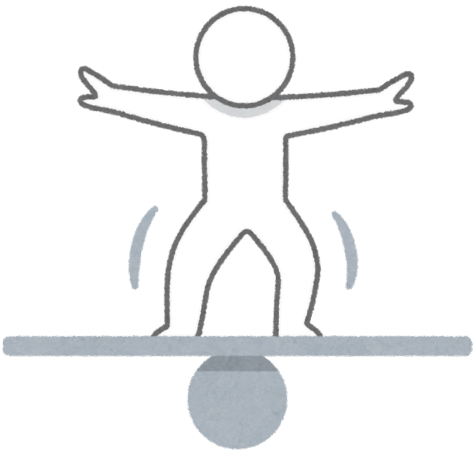
Strength training 2-3 days a week has great health benefits! You can even do body weight strength workouts.

Physical Activity Guide

Types of exercise

Endurance, the ability of our body to move for long periods of time.

Running, biking, dancing, walking, aerobics classes, swimming are all examples of endurance activity!



Balance is the ability of our body to stay upright and in control of our movements.

Practicing our balance skills can help us avoid falling in the future! Give the single-leg stance a try!

Week 4

Portion Sizes

Portion Sizes

Week 4

1

1

Celebration!

- What is one healthy choice you made this week?

2

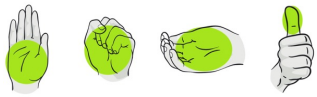
Review!

SMART Criteria
Specific
Measurable
Attainable
Realistic
Timely

1. What was your SMART goal?
2. Did you reach your SMART goal?

3

Learning Objectives



Be comfortable using your hands to measure portion sizes for foods of all kind!

4

Green Zone Foods

Fruits
(strawberries, bananas, grapes, oranges…)
Vegetables
(broccoli, cauliflower, eggplant, cucumber, carrots…)

Serving size
An overflowing handful

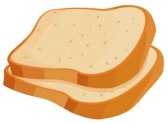
5

Yellow Zone Foods

The 3 main groups of yellow foods are starches and grains, low-fat dairy, **and** lean meats.

6

Starches



Sandwich bread

Serving size

1 slice; about the size of your palm

7

Starches

Pasta, rice, noodles, oatmeal

Serving size

1 cup; about the size of your fist

8

Starches

Starchy Vegetables
(potatoes, corn, peas)

Serving size

One cupped hand

9

Lean Meats

Chicken, pork, fish, shrimp

(baked, boiled, broiled, grilled, steamed)

Serving size

About the size of your palm

(as thick as your hand)

Egg serving size = 1 egg

10

Low-fat Dairy

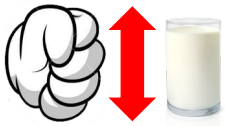
Low-fat cheese

Serving size

1 thumb

11

Low-fat Dairy



Low-fat milk

Serving size

1 glass the height of your fist

12

Milk Options

Skim milk
(0% fat)

Low-fat milk
(1% fat)

13

Milk Options

Low-fat milk
(2% fat)

Low-fat nondairy
milk

14

Tricky Fruits and Vegetables

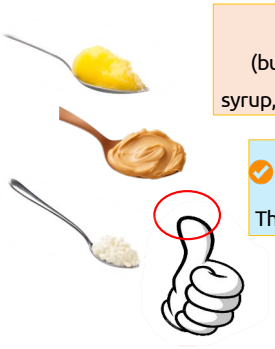
Avocado

Serving size

First knuckle of your thumb (1 tablespoon)

15

Red Zone Foods



Spreads

(butter, oil, mayo, sour cream, syrup, full-fat cheese, peanut butter)

- Serving size

  The tip of your thumb (1 teaspoon)

16

Activity Challenge

1. Portion your meals with your hands!
   - Take a photo of your portions with your hands.
   - Try this with at least 3 different types of foods.

17

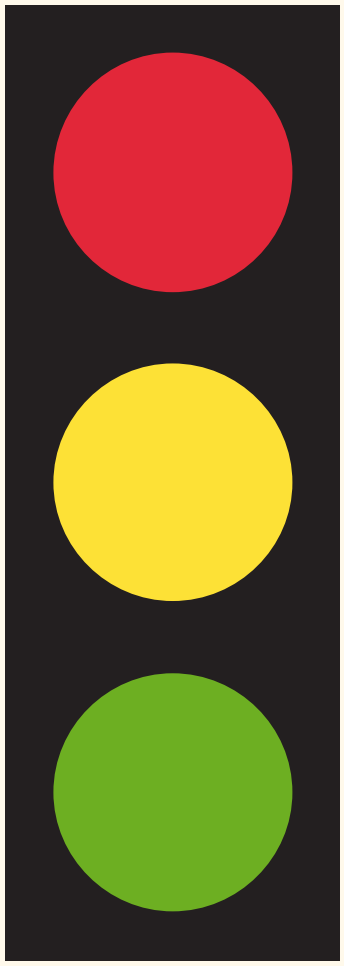
Week 4 Activity Challenge

Portion your meals with your hands!

Take a photo of you portioning out 3 different kinds of foods!

You can send these to the Houston research team or tell us about it in the next session!

Stop Light Food Guide



Green zone foods

Make your body feel and work great! These foods are the most nutritious.

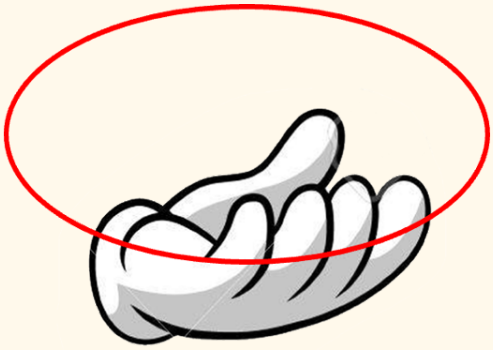
Yellow zone foods

These foods should be limited, try not to eat them too often!

Red zone foods

These foods are highly processed and are not very nutritious for our body. Only eat these foods occasionally.

Fruits



Serving size: Overflowing handful

Green Zone

Fresh, frozen, or canned fruit with no added sugar or fat

- Apples
- Bananas
- Blueberries
- Grapes
- Oranges
- Pears
- Strawberries
- Watermelon

Serving size: 1/2 palm of your hand

Yellow Zone

Reduced sugar preparation

- Dried fruit
- Frozen fruit bar
- Sweetened applesauce
- Canned fruit in light syrup
- 100% fruit juice

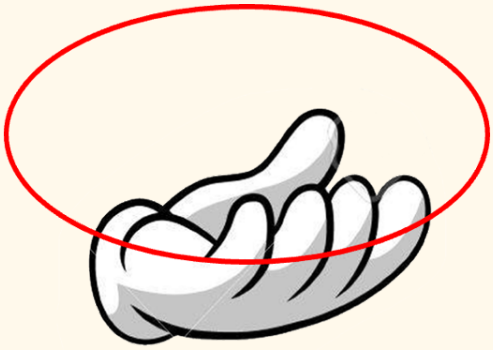
Serving size: Cupped handful

Red Zone

Fruit with added sugar, fat, fried, or candied.

- Fruit cobbler
- Fruit pies
- Canned fruit in heavy syrup
- High fat/sugar fruit chips

Vegetables



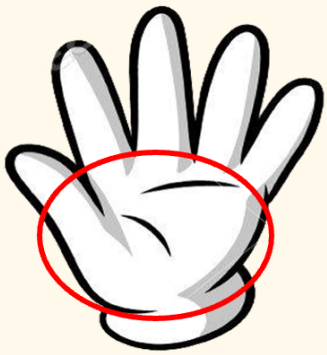
Serving size: Overflowing handful

Green Zone

Fresh, frozen, or canned

Raw, steamed, boiled, or grilled

- Broccoli
- Carrots
- Cucumbers
- Okra
- Spinach
- Green beans
- Lettuce/greens
- Tomatoes
- Peppers
- Cauliflower



Serving size: Palm of your hand

Yellow Zone

With low fat sauces or dressings or cooked in oil

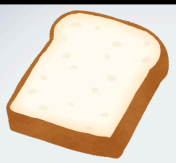
- Potato salad
- Coleslaw
- Sauteed vegetables
- Vegetables with low-fat cheese
- Salad with low-fat dressing

Serving size: Cupped handful

Red Zone

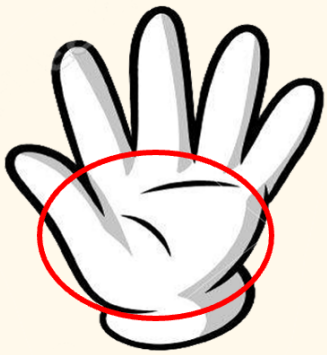
Fried, added fat, high fat sauces (cheese, mayonnaise, cream)

- French fries
- Onion rings
- Hashbrowns
- Salad with regular dressing
- “Loaded” potatoes
- Candied yams



Grains

Serving size: 1 fist



Serving size: Palm of your hand

Serving size: 1/2 palm of your hand

Green Zone

Per serving: 80-100 calories; 2g of fiber; 6g or less of sugar

- Mini bagel
- Plain grits
- Brown rice
- Quinoa
- Plain oatmeal
- English muffin
- Plain Popcorn
- Wheat crackers

Yellow Zone

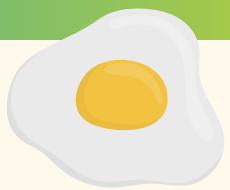
Per serving: 100-200 calories; 2g of fiber; 6g or less of sugar

- Pancakes
- Waffles
- Stuffing
- Noddles
- Tortillas
- Buttered grits
- Flavored rice
- Flavored popcorn

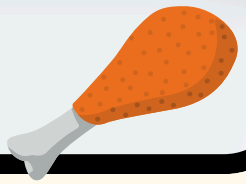
Red Zone

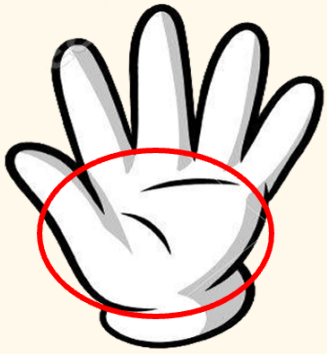
Per serving: over 200 calories; 1g of fiber; over 12g of sugar

- Biscuit
- Croissant
- Donut
- Muffin
- Breadstick
- Hushpuppy
- Fried rice
- Mac & cheese



Protein



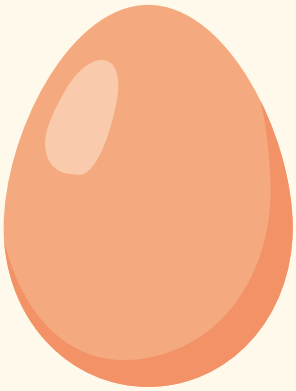


Serving size: Palm of your hand

Green Zone

Baked, grilled, broiled, steamed, roasted, or skinless

- Canned tuna
- Egg whites
- Tofu
- Pinto beans
- Kidney beans
- Chickpeas

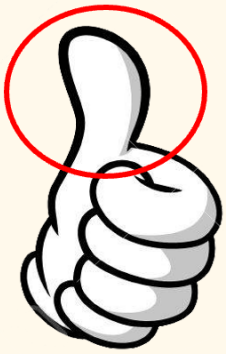


Serving size: 1 egg

Yellow Zone

Sauteed, pan-fried, or with skin

- Turkey bacon
- Whole eggs
- Turkey
- Chicken
- Nuts and seeds
- Baked beans
- Low-fat bologna
- Low-fat hot dog
- Fish

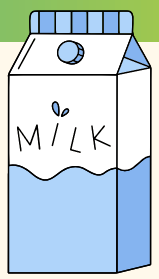


Serving size: 1 thumb

Red Zone

Breaded, fried, fat or lard added, high fat content

- Bacon
- Sausage
- Spam
- Fried Fish
- Peanut butter
- Vienna sausages
- Fried chicken
- BBQ Pork



Dairy

Serving size: 1 glass as tall as your fist

Green Zone

Fat-free and “light” calcium sources

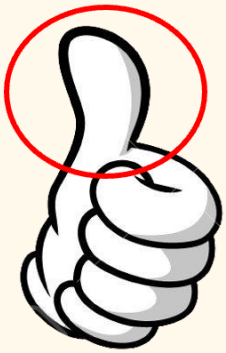
- Skim milk
- Light soy or almond milk
- Fat-free cheese
- Fat-free yogurt
- Fat-free pudding

Serving size: 1 glass as tall as your fist

Yellow Zone

Low-fat calcium choices

- 2% milk
- 1% milk
- 1% chocolate milk
- Low-fat cheese
- Low-fat cheese
- Low-fat yogurt
- Low-fat pudding
- Yogurt drink or squeeze tube



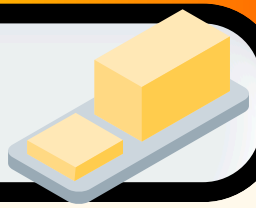
Serving size: 1 thumb

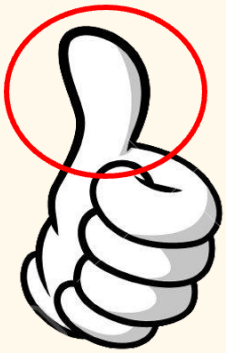
Red Zone

Full-fat or sweetend dairy

- Whole milk
- Regular cheese
- Cheese spread
- Sweet soy or almond milk
- Whole yogurt
- Cottage cheese

Extras





Serving size: 1 thumb

Serving size: 1 tablespoon

Serving size: 1 teaspoon

Green Zone

Fat-free, sugar-free, low-calorie

- Fat-free mayonnaise
- Cooking spray
- Sugar-free syrup
- Lemon juice
- Salsa
- Mustard
- Hummus
- Vinegar

Yellow Zone

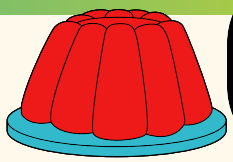
Low-fat, “light,” and reduced sugar

- Low-fat mayonnaise
- Ketchup
- BBQ sauce
- Jelly and jam
- Syrup and honey
- Bacon bits
- Croutons
- Low-fat whipped cream

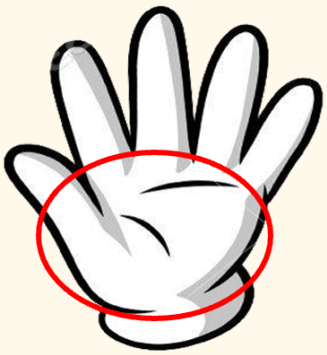
Red Zone

High in fat, sugar, and calories

- Mayonnaise
- Butter
- Gravy
- Cheese dip
- Sour cream
- Nutella



Snacks and Sweets



Serving size: Palm of your hand

Green Zone

Fat-free, sugar-free, low calorie

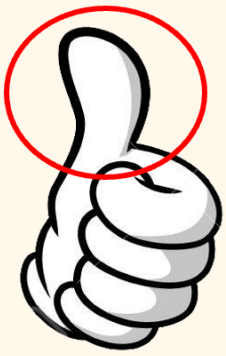
- Sugar-free jello
- Animal crackers
- Fruits
- Plain pretzels
- Low-fat popcorn
- Whole grain crackers
- Sugar-free popsicles

Serving size: Cupped handful

Yellow Zone

Low-fat, “light,” and reduced sugar

- Low-fat crackers
- Trail mix
- Veggie straws
- Beef jerky
- Vanilla wafers
- Graham crackers
- Low-fat frozen yogurt



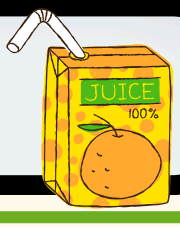
Serving size: 1 thumb

Red Zone

High in fat, sugar, and calories

- Candy
- Honey buns
- Cookies
- Pork rinds
- Poptarts
- Snack cakes
- Fruit snacks
- Salted nuts
- Ice cream
- Caramel popcorn

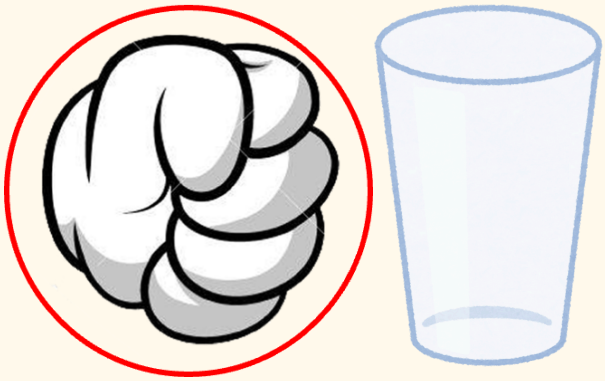
Drinks



Green Zone

0-10 calories in an 8 oz glass

- Water
- Diet juice
- Unsweetened tea
- Sugar free sparkling water
- Natural teas

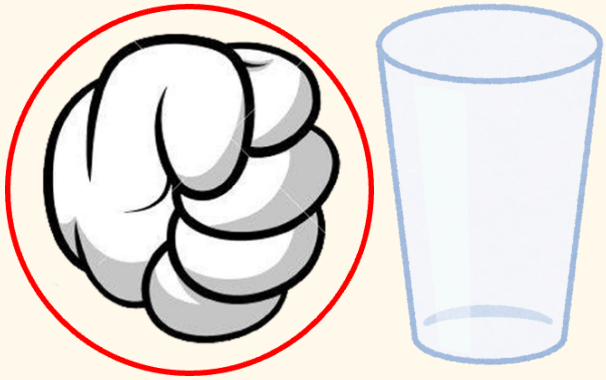


Serving size: 1 glass the height of your fist

Yellow Zone

10-60 calories in an 8 oz glass

- 100% fruit juice
- Kool-aid singles
- G2
- Diet soda
- No-sugar added juice



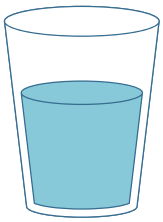
Serving size: 1 glass the height of your fist

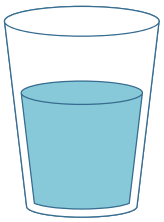
Red Zone

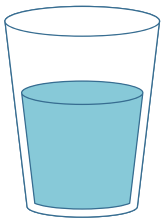
More than 60 calories in an 8 oz glass

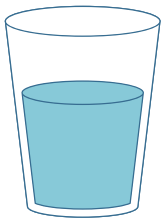
- Soda
- Fruit punch
- Smoothies
- Hi-C
- Sports drinks
- Energy drinks
- Whipped coffees
- Sunny-D

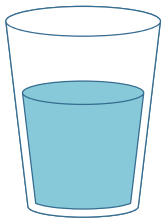
Serving size: 1 glass half the height of your fist

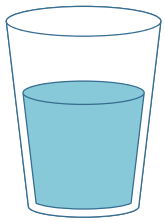


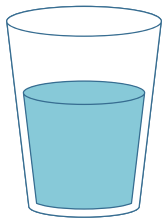


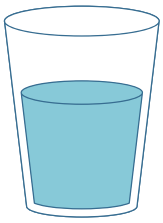


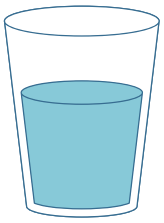


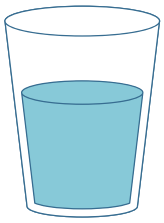


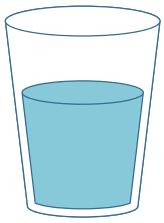


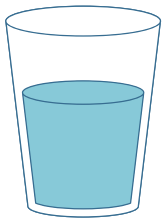


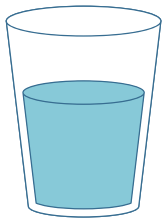


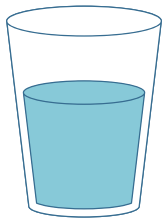


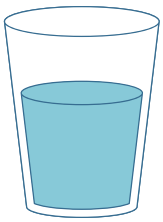


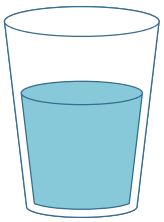


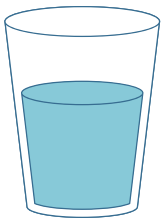


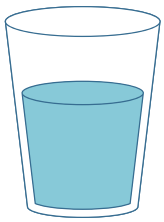


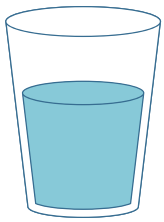


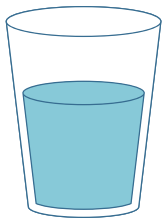


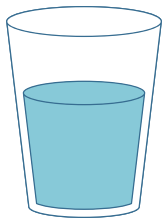


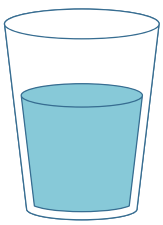


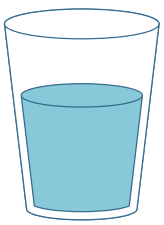


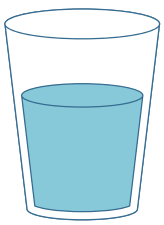


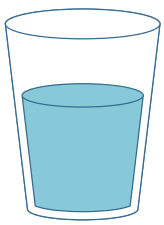


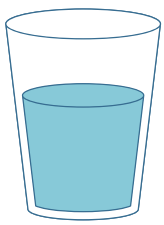


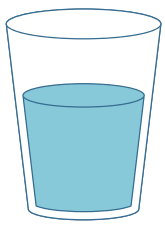


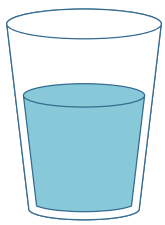


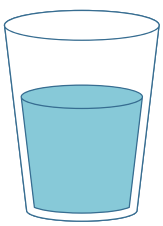


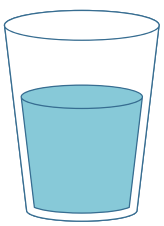


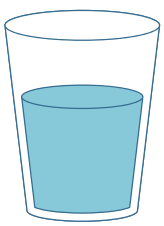


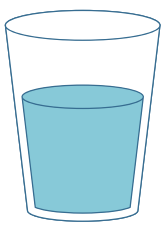


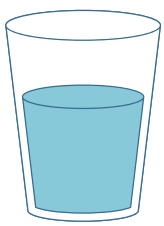


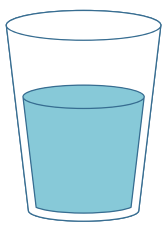


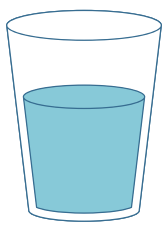


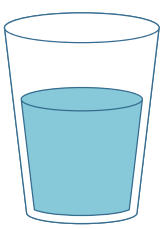


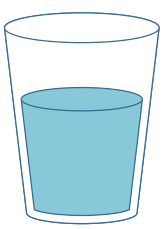


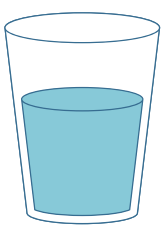


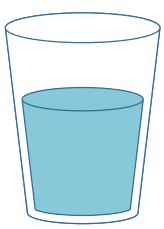


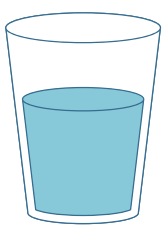












Water Tracker

For each glass of water you have, cross a glass off below on that day of the week.

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

Nutrition Tracker

For each day of the week, check, stamp, or mark each box to count the number of fruit and vegetable servings you ate!

Serving	**Sun**	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
1							
2							
3							
4							
4							

Remember: 1 serving of fruits or vegetables is an verflowing handful!

Physical Activity Tracker

For each day of the week, check, stamp, or mark each box for the number of minutes you were active that day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
😐	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10
🙂	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20
😌	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30
😃	30+	30+	30+	30+	30+	30+	30+

Fitness Fact: being active can improve your sleep by tiring your mind and body.

Goal Setting Card

How many glasses of water do will plan to drink per day this week? (circle or stamp your answer below)

1 glass	2-3 glasses	4-5 glasses	6+ glasses

How many new nutritional foods will you try by the end of the week?

1	2	3	4

Do you think you will try a new physical activity by the end of the week?

yes	no

How do feel going into this week? (check or stamp your answer below)

☐ ☐ ☐

Week 5

Nutrition Labels

Reading Food Labels

Week 5

1

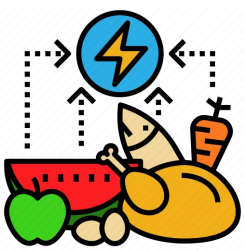
Celebration!

- What is one healthy choice you made this week?

2

Review!

What is the number 1 reason why we eat?



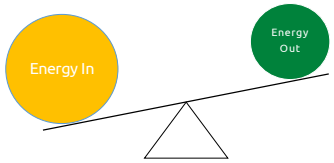
FUEL!!

3

Energy Balance

We need to be careful because too much Energy will cause us to get out of energy balance.

Fitness Fact: Running burns more energy than walking does!

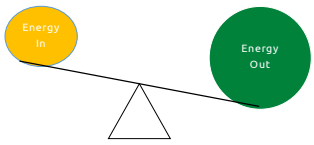


4

Energy Balance

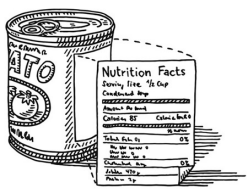
This is harmful to our health because being out of energy balance can cause us to not function correctly.

Fitness Fact: Strengthening our muscles can improve our balance!



5

Learning Objectives



Distinguish between green foods, yellow foods, and red foods by reading a nutrition label

6

Food Label Information (1)

On the nutrition label, Serving Size and Servings per container help us to eat the right amount of the food.

7

Food Label Information (2)

Total Fat (gram) and Sugar (gram) help us know if the food is a Green Zone, Yellow Zone, or Red Zone Food.

8

How to Read Food Label

1) Start here

2) Check Calories

3) Limit these Nutrients

4) Get Enough of these Nutrients

Sample label for Macaroni & Cheese

Nutrition Facts

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

Amount Per Serving

Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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

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

5) Quick Guide

- 5% or less is low
- 20% or more is high

6) Pay attention to Sodium content (less is better)

9

Red Zone Food Label

The food is a Red Food (and should be limited) if it has high fat (compared to protein, carbohydrates) or 15 grams or more of sugar.

10

Food Label (1)

Nutrition Facts

Serving size 1 potato (148g/5.3oz)

Amount Per Serving
Calories 110

% Daily Value*

Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 2g	**8%**
Total Sugars 1g	
Includes 0g Added Sugar	**0%**
Protein 3g	
Vitamin C 27mg	45%
Potassium 620mg	18%
Vitamin B_6 0.2mg	10%
Iron 1.08mg	6%
Calcium 20mg	2%
Vitamin D 0g	0%

The % Daily Values (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.

Baked Potato

Serving size: 1 potato

Total fat: 0 g

Total sugars: 1 g

11

Food Label (2)

Nutrition Facts

Serving Size 1 oz (28g/About 15 chips)

Amount Per Serving

Calories 160	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**16%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Potassium 350mg	**10%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 1g	**5%**
Sugars less than 1g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 10%
Calcium 0%	•	Iron 2%
Vitamin E 6%	•	Thiamin 4%
Niacin 6%	•	Vitamin B_6 10%

Potato Chips

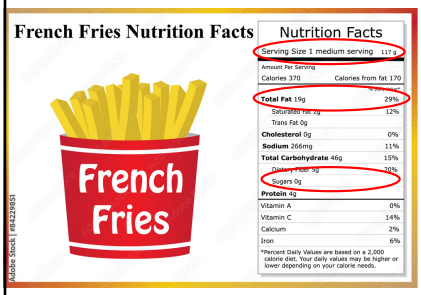
Serving size: 15 chips

Total fat: 10 g

Total sugars: <1 g

12

Food Label (3)



Medium Fries

Serving size: 117 g

Total fat: 19 g

Total sugars: 0 g

13

Food Zone – Cooking Methods

Baking, grilling, steaming, or boiling vegetables keeps them in the green zone!

Baking, grilling, steaming, or boiling yellow zone foods keeps them in the yellow zone!

Frying or cooking any food in oil makes the food a red zone food

14

Food Zone

How you cook and flavor foods can change the food zone!

Topping green zone foods with vegetables, spices, herb seasoning, vinegar, dill pickles, mustard, or hot sauce keeps them in green zone!

Using sweet relish, tomato sauce, buffalo sauce, ketchup, low-fat yogurt, beans, barbeque sauce, or low-fat cheese puts foods in the yellow zone.

15

Food Zone

How you cook and flavor foods can change the food zone!

Caution

Topping foods with bacon, guacamole, butter, sour cream, ranch dressing, cheese sauce, gravy, mayonnaise, alfredo sauce, sweet & sour sauce, blue cheese dressing, full-fat cheese, or syrup puts them in red zone!

16

Activity Challenge

1. What are your favorite yellow zone foods?
- Which ones do you have in the house?
- How can you combine these with green foods at home?

17

Favorite Yellow Zone Foods

1	
2	
3	
4	
5	

Favorite Yellow Zone Foods

6	
7	
8	
9	
10	

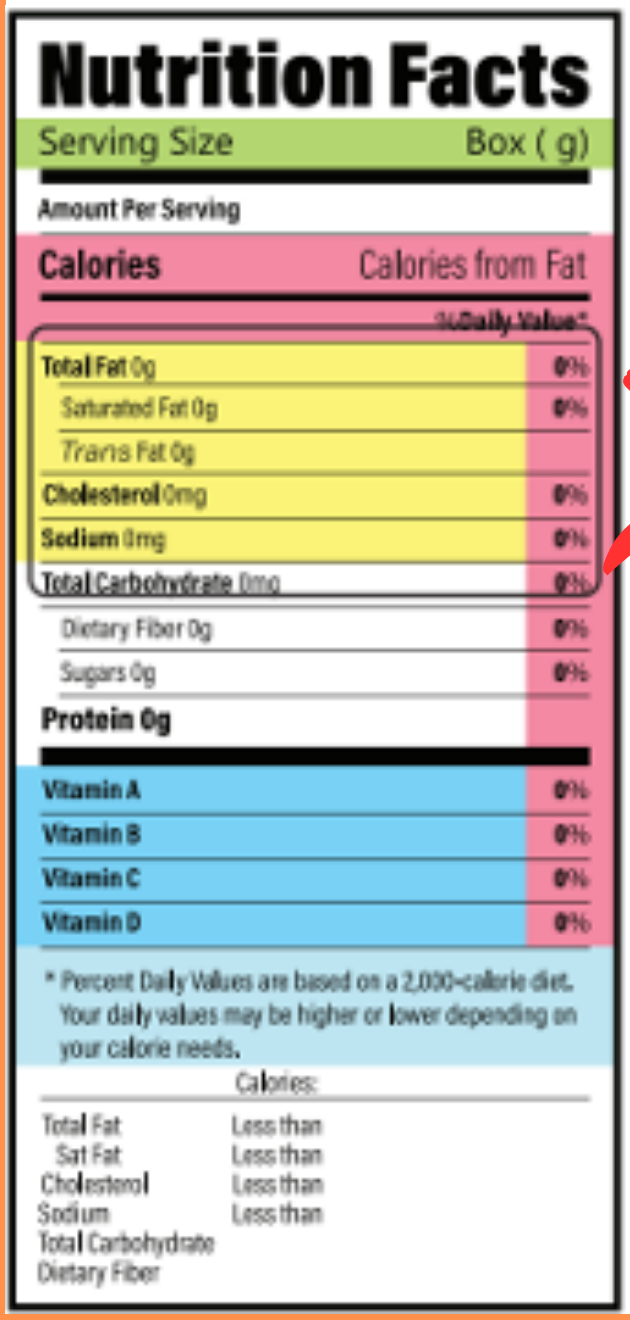
Which ones do I have at home?

How can I combine these with the green zone foods I have?

Grocery Shopping Tips and Tricks

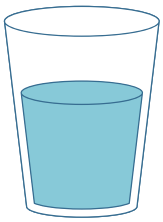
Pay attention to food labels!

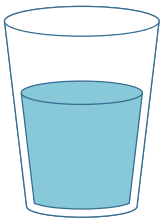
Limit these foods

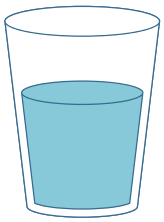


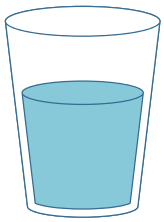
Foods high in saturated and trans fats

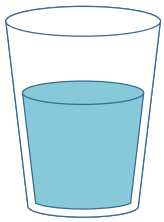
Foods high in sodium (Choose unsalted, reduced sodium, or salt-free options)

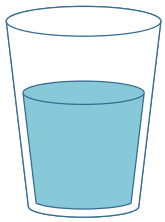


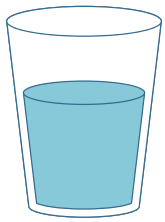


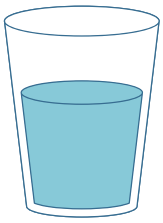


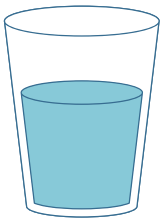


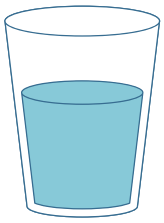


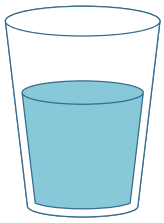


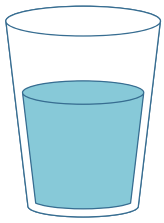


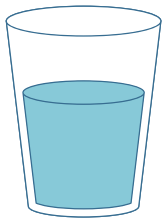


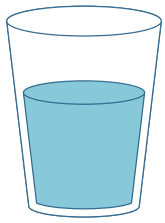


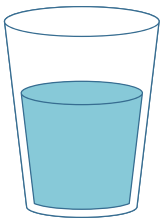


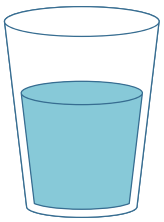


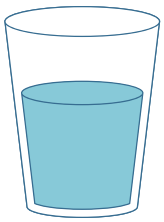


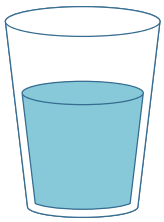


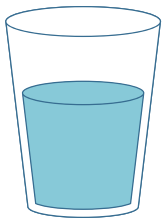


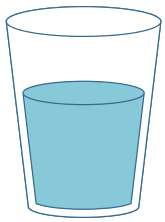


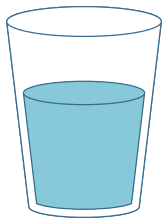


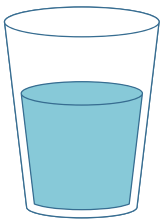


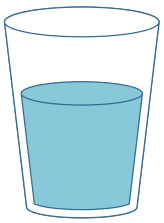


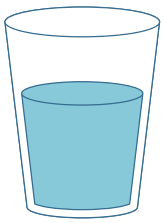


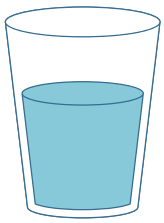


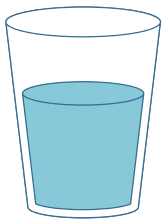


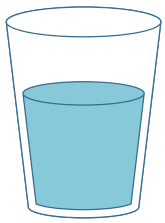


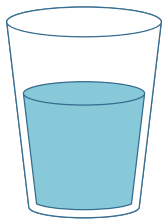


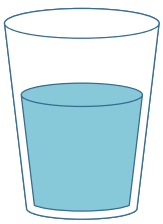


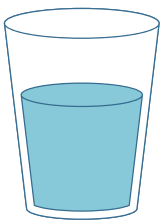


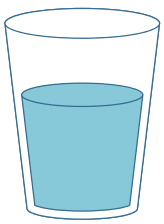


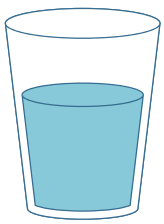


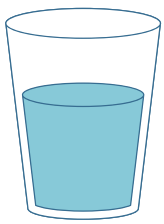


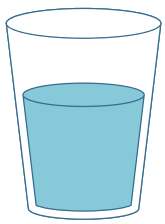


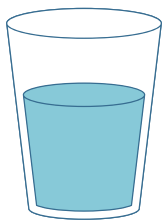


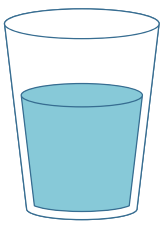


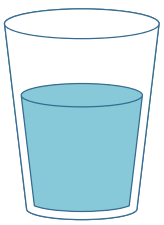


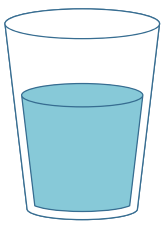


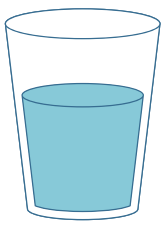


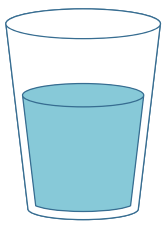












Water Tracker

For each glass of water you have, cross a glass off below on that day of the week.

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

Nutrition Tracker

For each day of the week, check, stamp, or mark each box to count the number of fruit and vegetable servings you ate!

Serving	**Sun**	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
1							
2							
3							
4							
4							

Remember: 1 serving of fruits or vegetables is an verflowing handful!

Physical Activity Tracker

For each day of the week, check, stamp, or mark each box for the number of minutes you were active that day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
😐	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10
🙂	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20
😌	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30
😃	30+	30+	30+	30+	30+	30+	30+

Fitness Fact: dynamic stretching before exercise can help your muscles warm up before activity!

Goal Setting Card

How many glasses of water do will plan to drink per day this week? (circle or stamp your answer below)

1 glass	2-3 glasses	4-5 glasses	6+ glasses

How many new nutritional foods will you try by the end of the week?

1	2	3	4

Do you think you will try a new physical activity by the end of the week?

yes	no

How do feel going into this week? (check or stamp your answer below)

☐ ☐ ☐

Week 6

Meal Planning

Meal Planning

Week 6

1

Celebration!

- What is one healthy choice you made this week?

2

Review!

- What elements should we pay attention to when looking at a food label?

1. Serving Size
2. Total Fat
3. Total Sugars

3

Learning Objectives

Build a healthy and balanced plate

Learn meal prepping strategies

4

Question

Have you ever skipped a meal because you did not know what to eat?

5

Do not skip Meals!

- Breakfast is often skipped because we
  - ✓ **Run out of time**
  - ✓ **Wake up not hungry**
  - ✓ **Don't want to cook**
- When we skip it...
  - ✓ **We overeat later**
  - ✓ **Our brains and bodies don't work properly!**

6

How Can We Solve it?

PLAN

SAVE TIME

SAVE MONEY

SAVE HEALTH

7

Meal Planning Strategies - Basics

- Start with 1-2 days at a time!
- Plan with your family/team (turn off TV).
- Cut up fruits and vegetables for easy grab & go options.
- Have a variety of green and yellow zone foods

8

Where do we start?

You know that fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating.

9

Creating a Healthy Plate

This plate has all the food groups, with some great choices in each group!

10

Where do we go?

Meal Planning Strategies

1. The Rule of 3's
2. Building Blocks
3. Cook and Freeze

11

(1) The Rule of 3's in a Week

- 3 sources of carbohydrates (bread, rice, pasta)
- 3 sources of protein (chicken, fish, eggs)
- 3 sources of fat (avocado, olive oil, nuts)
- 3 different fruits (strawberries, apples, bananas)
- 3 different vegetables (broccoli, carrots, spinach)

12

(2) Building Blocks

- Of your 3 protein sources, pick 1 to start with
- Of your 3 carbohydrate sources, pick 1 that you like to eat with your chosen protein
- Of your 3 vegetables, pick 1 that you like to eat with your chosen protein and carbohydrate

Now, do the same for your other 2 protein sources and try adding in a fruit or a fat source for your next meal.

13

(3) Cook and Freeze

Make large batches of foods that can easily be heated up

- Burritos
- Breakfast sandwiches
- Soups or stews

14

Cook and Freeze - Recipe

Freezer Breakfast Sandwiches

15

Cook and Freeze - Recipe

Freezer Breakfast Sandwiches

16

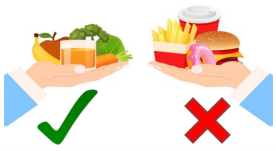
Make It Fun!

- Give your veggies some spices!
- Fresh and Frozen fruits and vegetables can be utilized!
- Add citrus for Flavor, Brightness, Vitamin C

17

Activity Challenge

- Choose 3 proteins, 3 carbohydrates, 3 fats, 3 fruits, and 3 vegetables (remember: rule of 3's!)
- Build a balanced plate with those foods!
- Send the Houston team a photo of your balanced plate!



18

Activity Challenge: Build a Balanced Plate

Let’s start with fruits

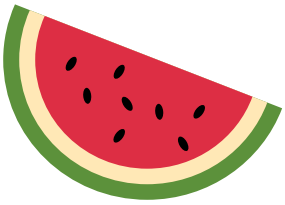
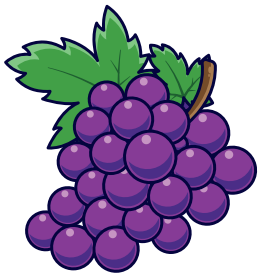
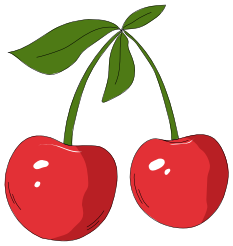
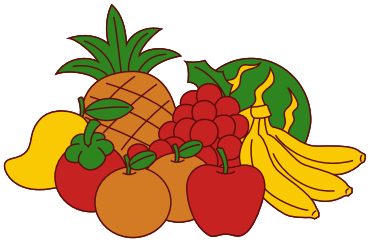
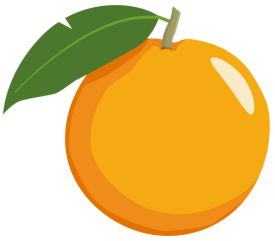
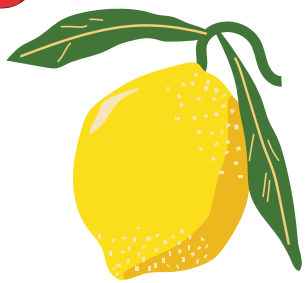
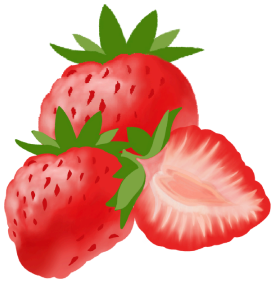
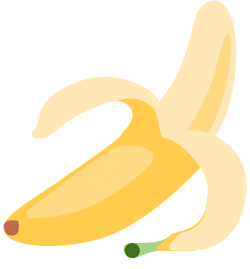
Choose 3 of your favorite fruits,

or ones you have at home!

1. _____

2. _____

3. _____


Activity Challenge: Build a Balanced Plate

Now let's choose some vegetables

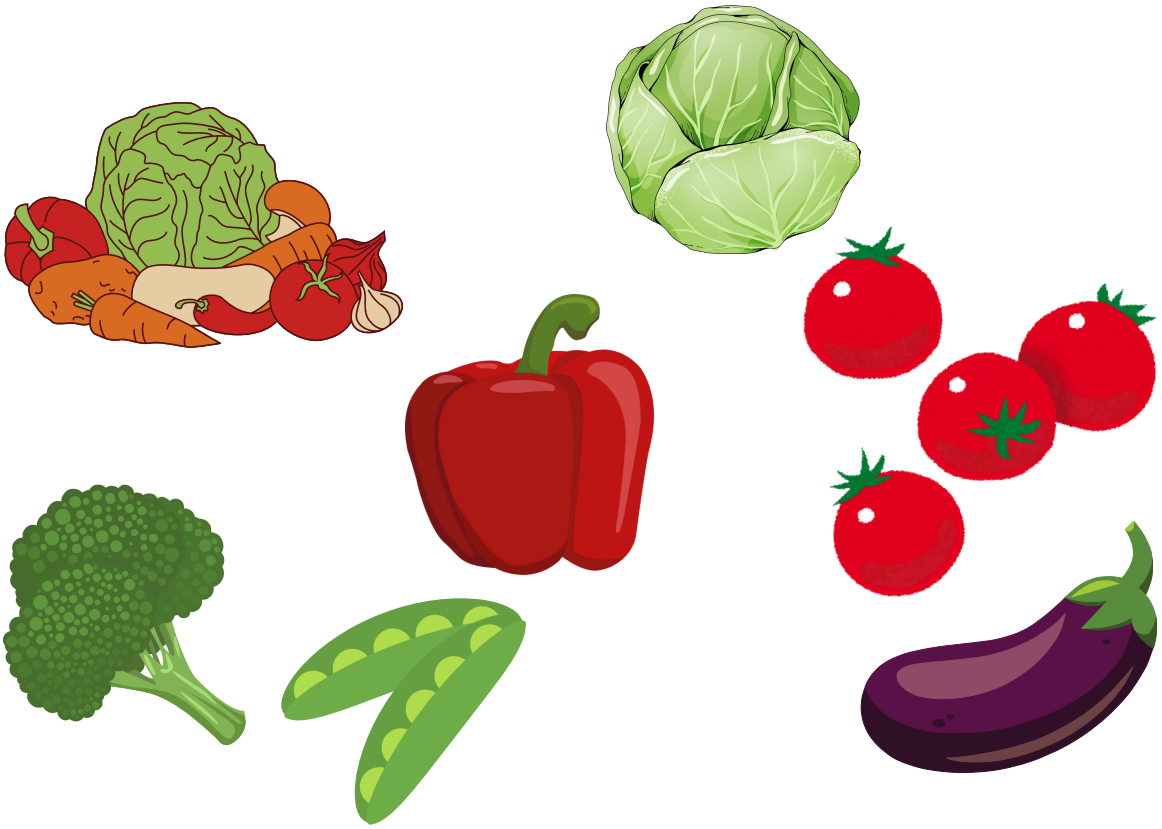
Choose 3 of your favorite vegetables,

or ones you have at home!

1. _____

2. _____

3. _____



Activity Challenge: Build a Balanced Plate

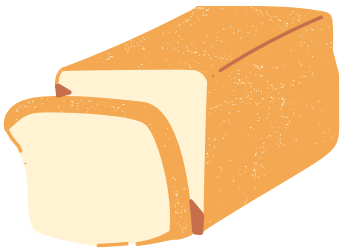
Now let's choose some grains

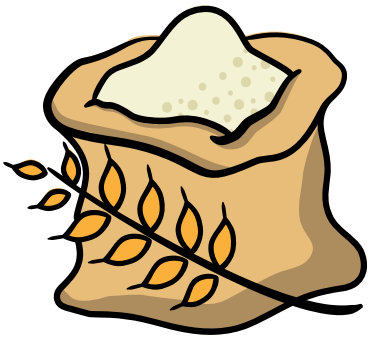
Choose 3 of your favorite grains, or ones you have at home!

1. _____

2. _____

3. _____





Activity Challenge: Build a Balanced Plate

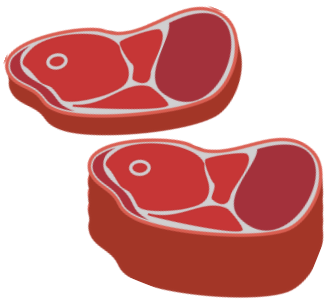
Now let's choose some protein

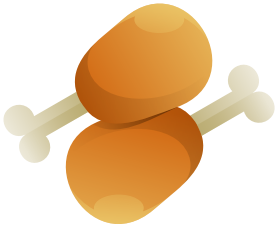
Choose 3 of your favorite proteins, or ones you have at home!

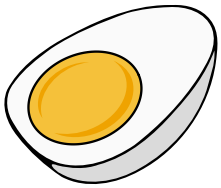
1. _____

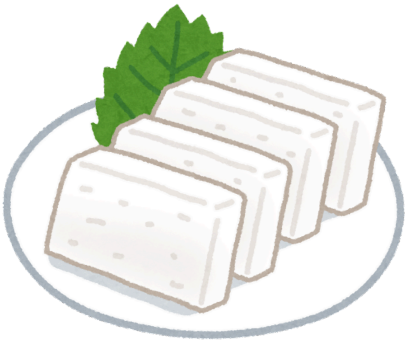
2. _____

3. _____









Activity Challenge: Build a Balanced Plate

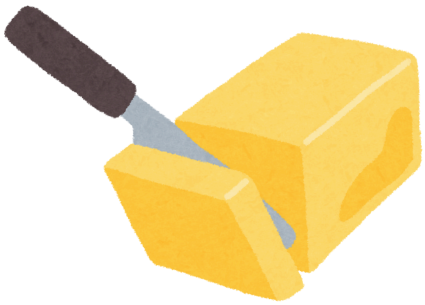
Now let's choose some fats

Choose 3 of your favorite fat, or ones you have at home!

1. _____

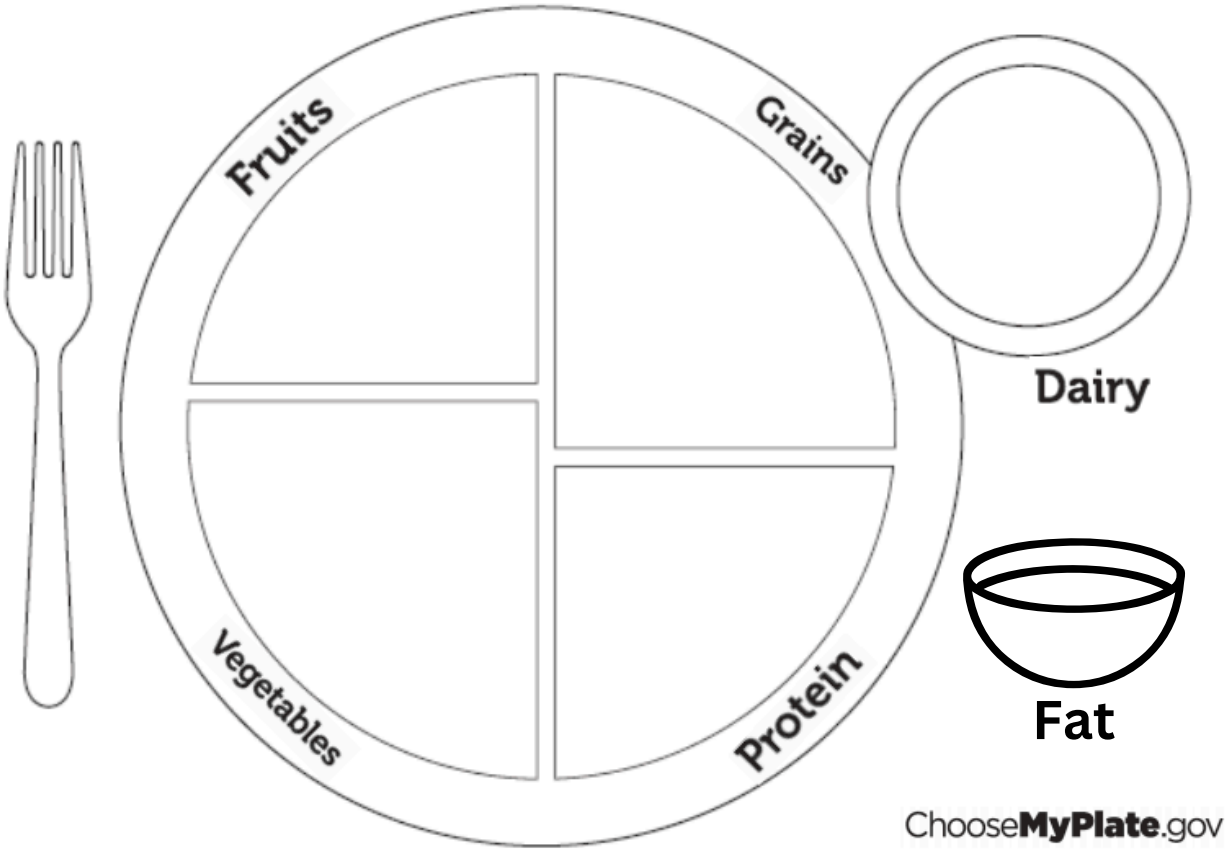
2. _____

3. _____



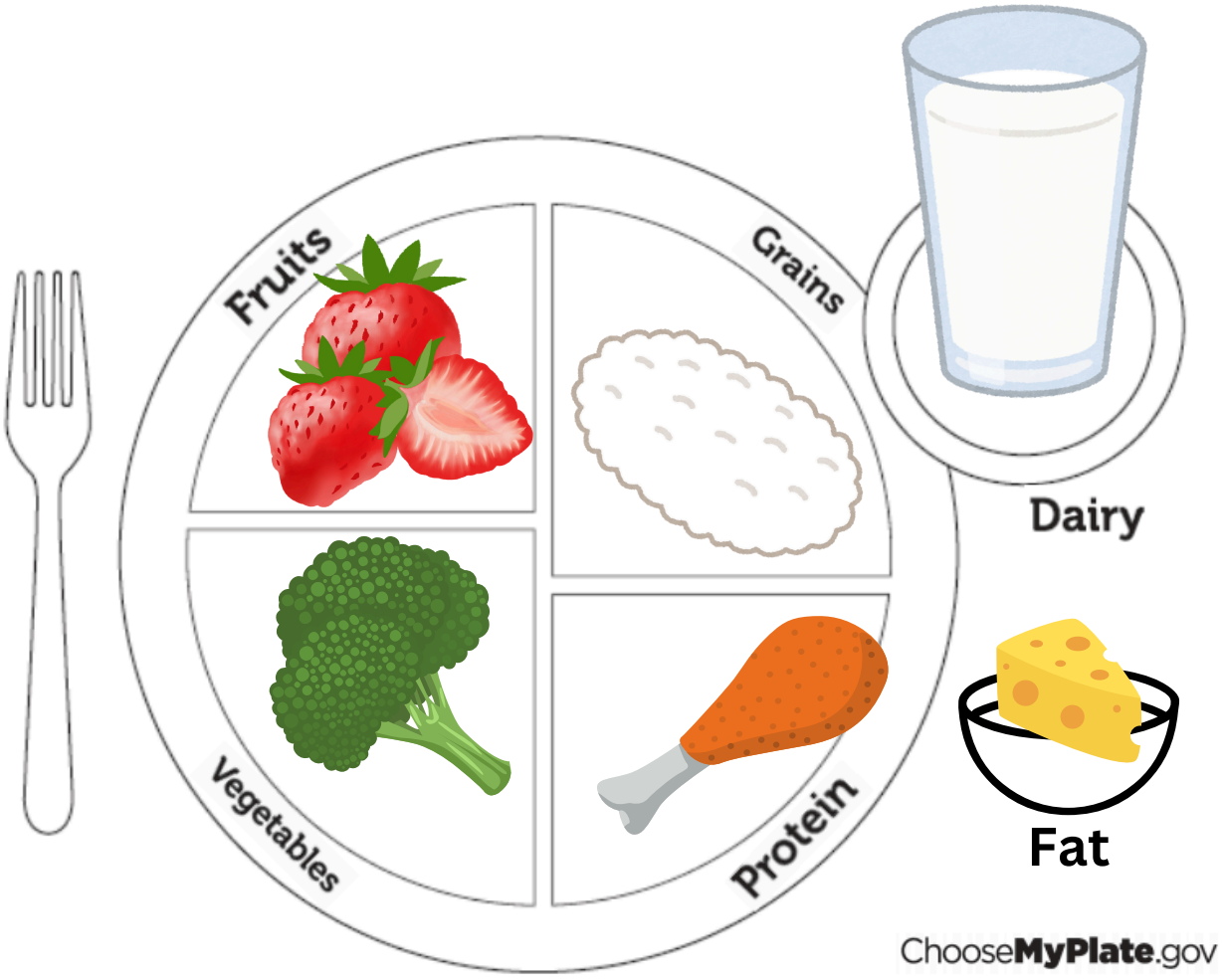
Activity Challenge: Build a Balanced Plate

Ready to eat? Use the plate below to draw your balanced plate, or use real foods to build it!



Activity Challenge: Build a Balanced Plate

Ready to eat? Below you will see the plate that Jessica built, let her know what you think!



Grocery Shopping Tricks & Tips

When to go to the grocery store

- On a schedule (more time spent in store means more unneeded purchases)

  Example: once per week

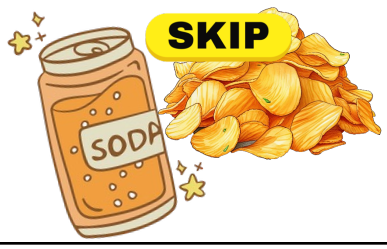
- When you have energy (it's easier to focus on making good choices when you're not tired)
- When your stomach is full (you'll buy fewer snacks)

1

Grocery Shopping Tricks & Tips

When you are there:

- Check out packaged or pre-cut foods like baby carrots or apple slices
- Skip the snack and soda aisle



2

Meal Prepping Tricks & Tips

Make your meals for the week at once

- Prepare your lunches for the week every Sunday. You will eat out less.
- If you're making dinner, plan to make enough for leftovers.

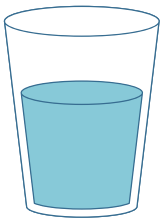
3

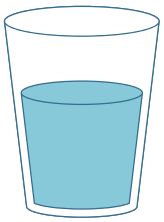
Meal Prepping Tricks & Tips

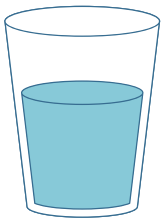
Make your meals for the week at once

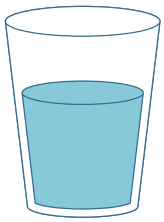
- Pre-cut fruits and veggies once a week, it will save time when preparing dinner
- When you buy meat in bulk, pre-cook or marinate it and then freeze it.

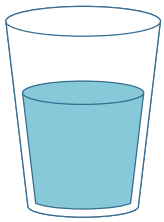
4

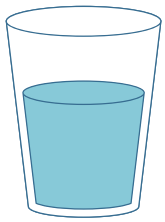


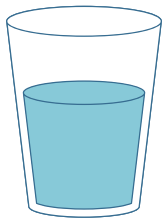


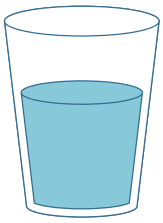


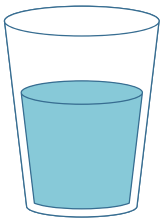


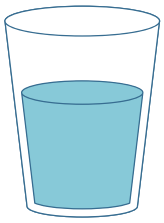


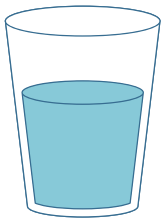


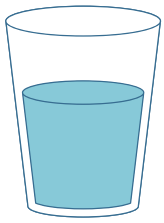


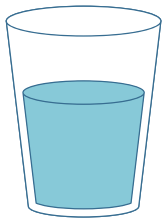


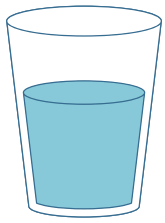


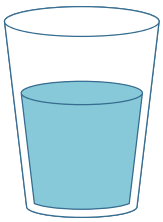


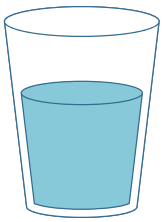


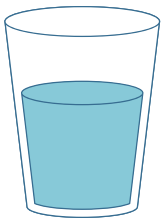


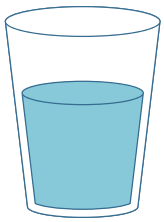


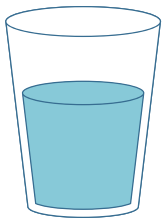


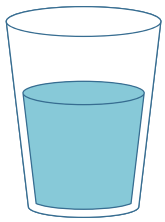


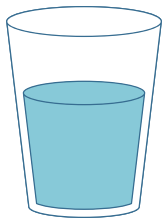


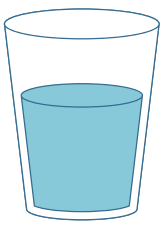


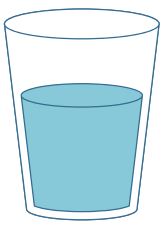


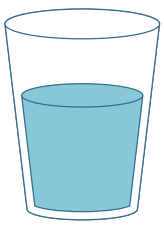


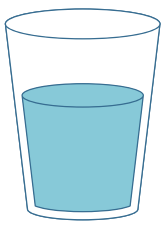


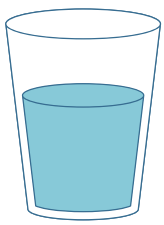


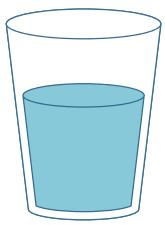


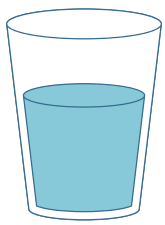


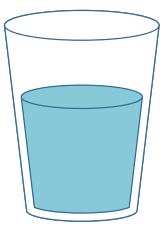


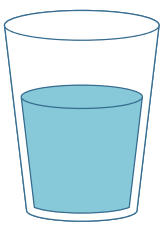


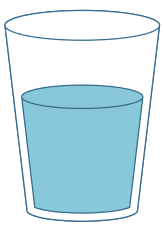


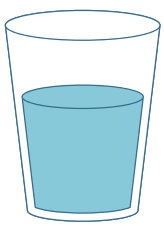


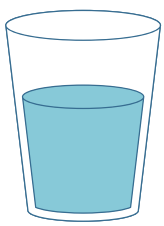


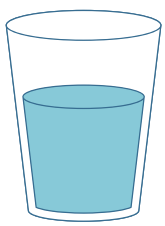


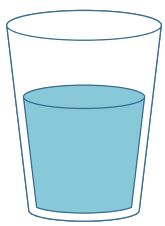


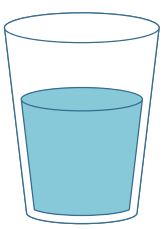


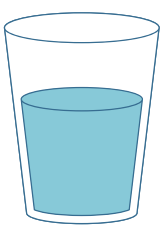


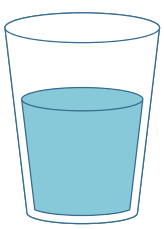


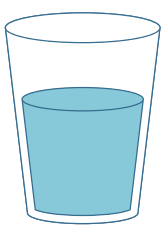


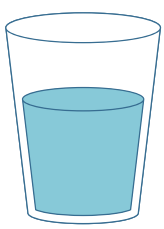












Water Tracker

For each glass of water you have, cross a glass off below on that day of the week.

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

Nutrition Tracker

For each day of the week, check, stamp, or mark each box to count the number of fruit and vegetable servings you ate!

Serving	**Sun**	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
1							
2							
3							
4							
4							

Remember: 1 serving of fruits or vegetables is an verflowing handful!

Physical Activity Tracker

For each day of the week, check, stamp, or mark each box for the number of minutes you were active that day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
😐	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10
🙂	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20
😌	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30
😃	30+	30+	30+	30+	30+	30+	30+

Fitness Fact: physical activity can help us remember things we learn and experience.

Goal Setting Card

How many glasses of water do will plan to drink per day this week? (circle or stamp your answer below)

1 glass	2-3 glasses	4-5 glasses	6+ glasses

How many new nutritional foods will you try by the end of the week?

1	2	3	4

Do you think you will try a new physical activity by the end of the week?

yes	no

How do feel going into this week? (check or stamp your answer below)

☐ ☐ ☐

Week 7

Planning for Success

Planning For Success

Week 7

1

Celebration!

- What is one healthy choice you made this week?

2

Review - What should we do during meals?

A. Turn off electronics

B. Talk with people eating with us

C. Put utensils down between bites

D. All the above

3

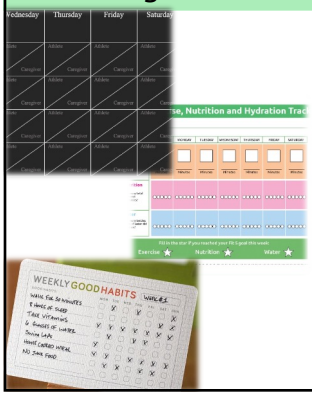
Learning Objectives

Maintain consistency with daily habits

- Nutrition
- Physical Activity
- Sleep
- Water
- Mindfulness

4

Planning For Success



How can we track our goals?

- Health Goal Cards
- Food logs
- Calendars
- Stickers
- Journals or diaries

5

Obstacles

What are some obstacles to healthy nutrition?

What are some obstacles to physical activity?

6

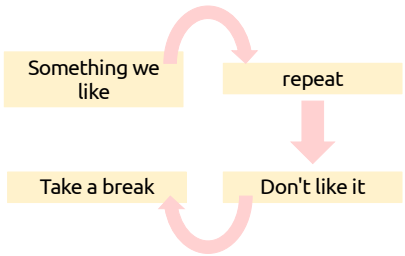
Getting Back on Track

Make observations of current actions!

- Helpful strategies
- Obstacles

7

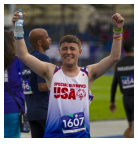
It can be hard...



How do we keep moving forward?

8

1 Time per Week



Try...

- A vegetable you haven't had in awhile
- Talk to someone about health
- Try a new exercise

9

I Need Help With My GOALS

Your support can help!

- Family!
- Friends!
- Athletes!
- Special Olympics staff!
- University of Houston staff!

10

Other Strategies

- Short Walks
- Encouraging Discussions
- Daily Nutrition Logs

Remember the

15 Minute Rule

11

Every Day Habits

Make half my plate fruits and vegetables

Include fruits at breakfast

Include a salad for lunch and dinner

Eat a rainbow of colors

Add vegetable to soups, broth & sandwiches and other foods

12

Activity Challenge

- Submit a recipe for a healthy snack

Apple Slices with Peanut Butter

Ingredients:

- 1 apple, sliced
- 2 tablespoons natural peanut butter

Instructions:

- **Slice the Apple:** Cut it into thin slices.
- **Serve:** Spread or dip the apple slices into the peanut butter.

13

Healthy Snack

Examples of healthy snacks:

- Hummus and veggie sticks
- Fresh fruit and nuts
- Apple slices and reduced-fat cheese
- Trail mix with dried fruit and nuts only
- Whole grain crackers and reduced-fat cheddar slices

14

Week 7 Activity Challenge

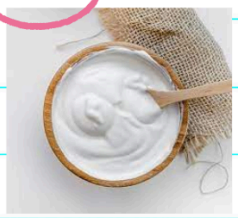
Get ready for the Iron Snack Challenge!

Practice making healthy snacks and let us know what ingredients we should have ready to go for you to compete in the week 8 Iron Snack Challenge

(The next page is where you can write your recipe down!)

Greek Yogurt Parfaits Bites

01 You will Need:



Unsweetened Greek Yogurt

Fresh Berries

Granola

02 Tools:

Bowl

Spoon

Cupcake Tin

03 Steps:

1: Prepare Greek Yogurt

Scoop greek yogurt into bowl

2: Prepare the Berries

Wash the berries

Cut the berries into small peices

3: Layer the Ingredients

In each mini muffin tin mold, add a layer of yogurt.

Add a layer of berries on top of the yogurt.

Sprinkle granola on top.

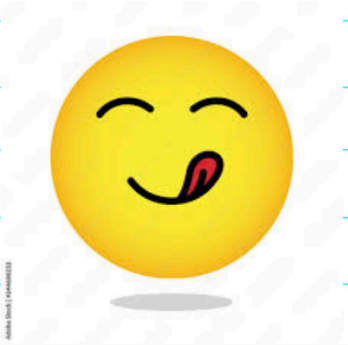
4: Repeat the Layers

Add another layer of yogurt, berries, and granola until molds are filled.

5: Freeze

Freeze for a couple of hours

6: Enjoy!



Remove the parfait bites from the molds and enjoy as a healthy snack!

Snack Recipe

Name of Dish:		
Serves	**Prep Time**	**Cook Time**

PHOTO

INGREDIENTS

DIRECTIONS

Note

Mindfulness

What is mindfulness?

We have talked about it while eating but what about other activities?

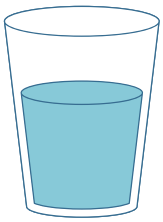
Meditation is a great way to practice being mindful, which can help us stay in the moment throughout our day.

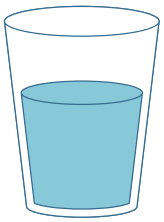
Mindfulness

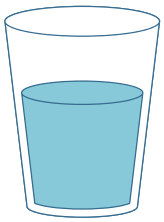
Practice, practice, practice!

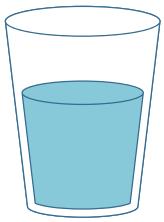
Practicing meditation once a day can improve our focus and our health!

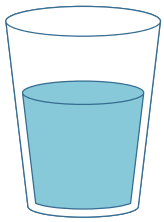
Mindful walking can help us stay focused on the present moment and improve our mood, especially when walking outdoors!

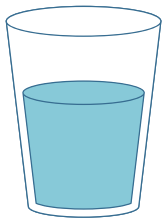


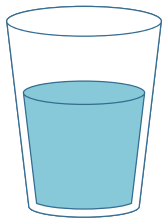


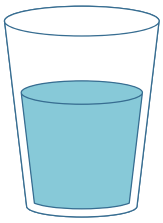


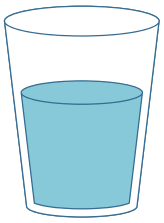


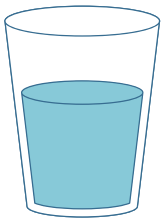


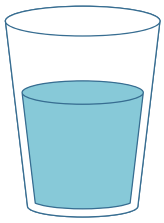


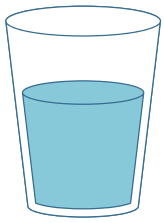


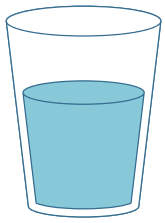


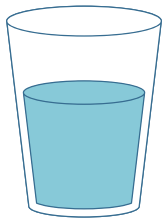


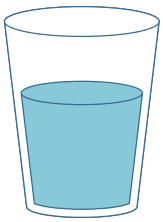


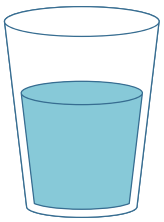


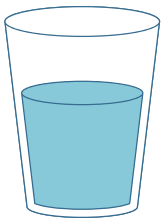


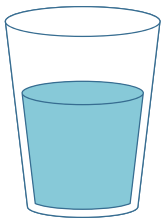


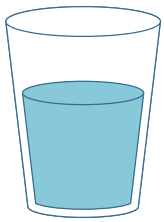


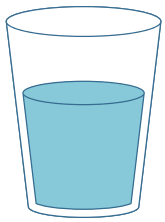


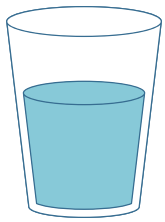


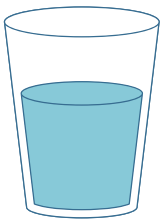


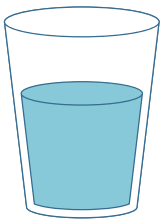


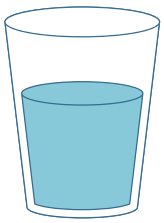


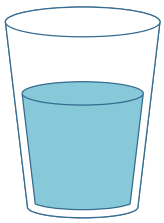


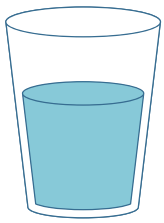


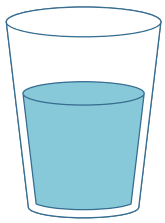


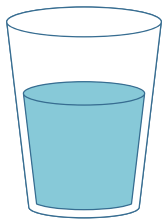


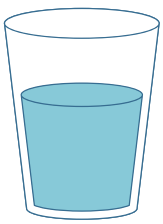


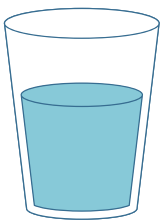


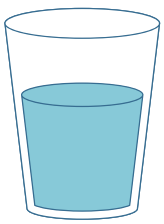


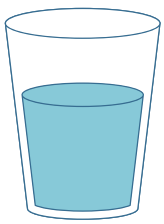


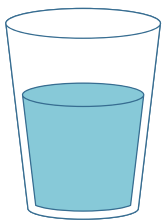


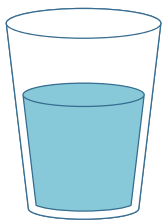


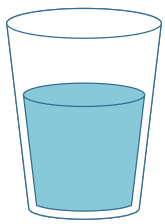


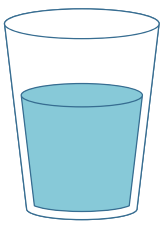


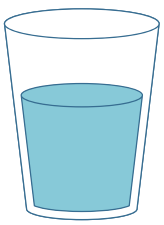


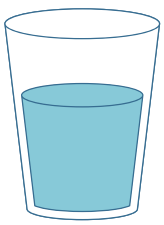


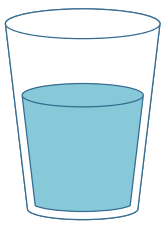


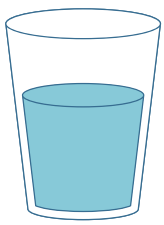












Water Tracker

For each glass of water you have, cross a glass off below on that day of the week.

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

Nutrition Tracker

For each day of the week, check, stamp, or mark each box to count the number of fruit and vegetable servings you ate!

Serving	**Sun**	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
1							
2							
3							
4							
4							

Remember: 1 serving of fruits or vegetables is an verflowing handful!

Physical Activity Tracker

For each day of the week, check, stamp, or mark each box for the number of minutes you were active that day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
😐	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10
🙂	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20
😌	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30
😃	30+	30+	30+	30+	30+	30+	30+

Fitness Fact: listening to music while being active can make it feel easier and more fun!

Goal Setting Card

How many glasses of water do will plan to drink per day this week? (circle or stamp your answer below)

1 glass	2-3 glasses	4-5 glasses	6+ glasses

How many new nutritional foods will you try by the end of the week?

1	2	3	4

Do you think you will try a new physical activity by the end of the week?

yes	no

How do feel going into this week? (check or stamp your answer below)

☐ ☐ ☐

Week 8

Health for Life

How to Stay Healthy for a Lifetime

Week 8

1

DO FIRST!

What is one healthy choice you made this week?

2

Iron Snack Competition

- Make a snack from available ingredients
- Need a minimum of 1 green food and 1 yellow food
- You have 20 minutes to plan and prepare your snack
- Have 2 minutes to present to the judges your dish

3

Iron Snack Competition

- What did you make?
- What nutrition strategies did you use/will you use when eating it?
- What sets your team/dish apart from the others?
- What makes your team special?

4

Congratulations!

You are now a graduate of the

Family Health Education Program!

Scan the QR code below to find additional resources that will support the healthy habits you have created AND continue your education!

Health and Human Performance

Healthy Sleep Tips

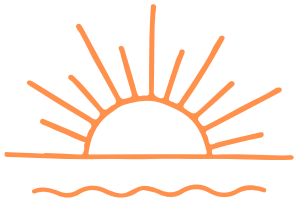
Creating a routine for sleep is very important. Follow the tips and tricks below to get some good quality sleep. Aim for 7, 8, or 9 hours of sleep per night.

Start Here: Sleep Routine

Bed time

Go to bed at the same time every night, yes on weekends, too!

Wake up time



Wake up at the same time every day, again on the weekends, too!

Jessica aims to get 8 hours of sleep every night so she goes to bed at 11pm and wakes up at 7am every day.

Healthy Sleep Tips

Next: Tips and Tricks

Less Screen Time

Try limiting the use of technology (like TV, smart-phones, and computers) for at least 30 minutes before bed

Avoid Caffeine Before Bed

Don't eat or drink any caffeine for at least 4 hours before bed. Caffeine can be found in coffee, tea, chocolate, and soda.

Calming Activity

If you have trouble falling asleep try a calming activity like listening to music, meditating, thinking positive thoughts, deep breathing, or using a stress ball.

Week 8 Activity Challenge

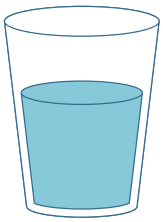
Start a sleep routine!

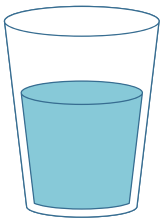
Pick either of the below to create a routine to support your sleep!

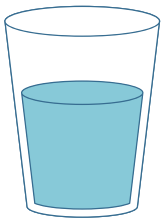
- Morning
- Night

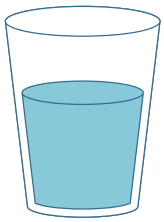
Can you stick to your routine for 5 days?

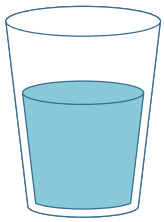
Jessica enjoys journaling and meditating before bed to support her sleep.

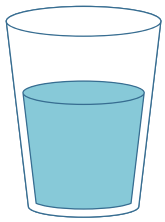


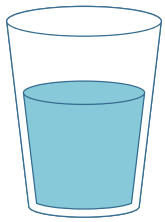


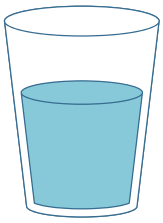


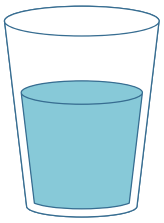


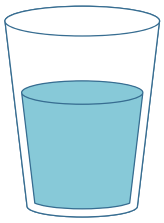


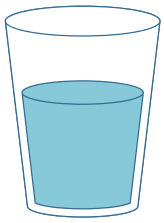


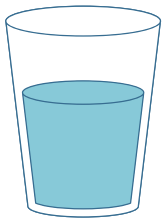


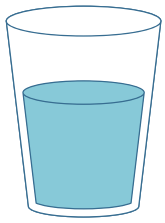


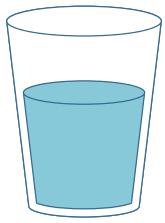


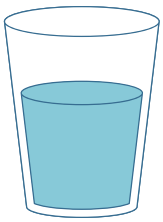


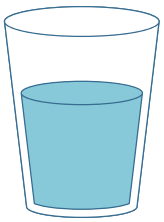


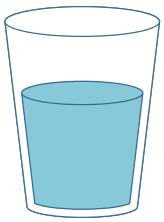


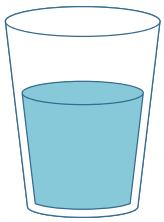


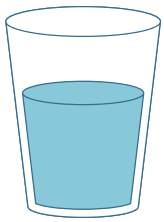


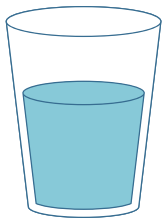


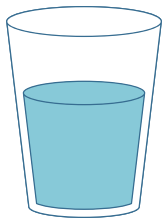


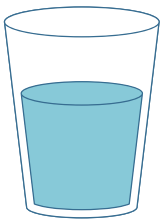


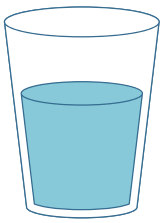


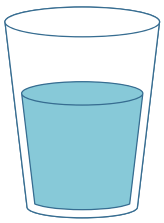


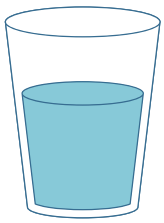


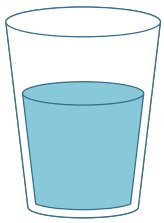


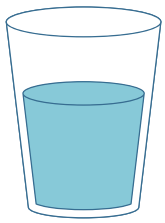


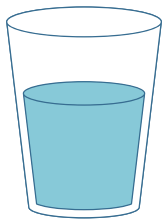


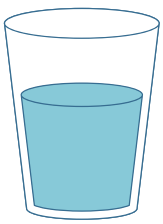


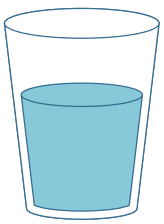


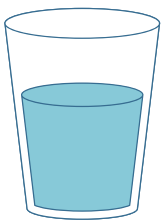


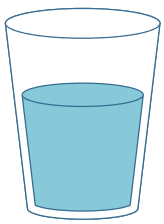


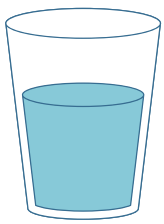


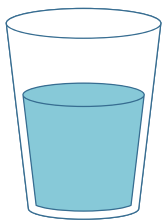


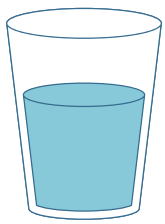


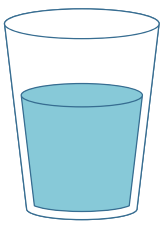


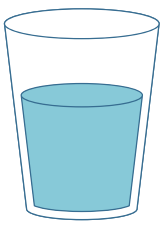


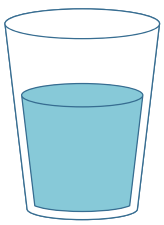


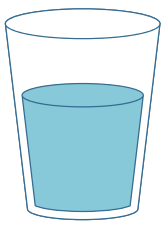


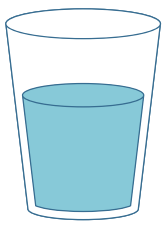












Water Tracker

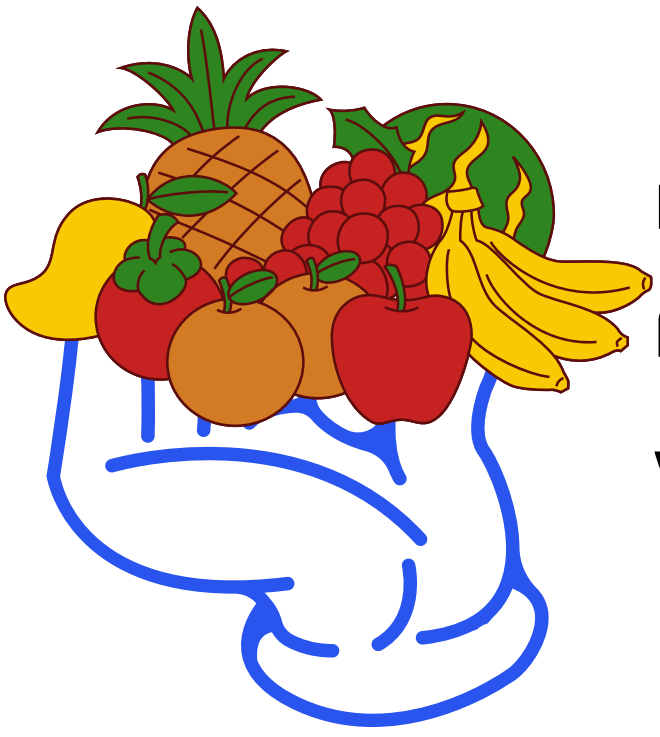
For each glass of water you have, cross a glass off below on that day of the week.

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

Nutrition Tracker

For each day of the week, check, stamp, or mark each box to count the number of fruit and vegetable servings you ate!

Serving	**Sun**	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
1							
2							
3							
4							
4							



Remember: 1 serving of fruits or vegetables is an verflowing handful!

Physical Activity Tracker

For each day of the week, check, stamp, or mark each box for the number of minutes you were active that day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
😐	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10
🙂	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20
😌	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30
😃	30+	30+	30+	30+	30+	30+	30+

Past FHEP Graduates

Special Olympics Vermont

Barbie

I still use the hand for portion control I learn about that and meal planning portion control it was a lot of fun to take the class. I do take my bike for a ride and walk on my own. And with my support person and my work

Mary and Emmaline

Emmaline gained a lot of knowledge from our 8-week program. She has remained consistent with her running since our program conclusion.

Mary ran in a marathon following our intervention and is eating lots of green zone foods!

Signature Page

We hope you made some new friends the last 8 weeks, have them sign below and leave a positive message!

Don't stop now

Your health is worth every step!

Additional Resources

As always...

What is the best choice you made this week?

We want the habits you have learned to stick and for you to stay happy and healthy for life!

Activity Challenge

1. Mindfully Pick

Choose a piece of food to do this activity with

2. Look Closely

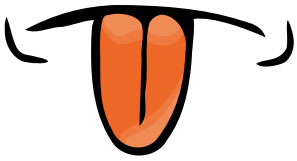
Describe the food.

What color is the food? What shape is the food?

3. Smell

Describe the smell.

Does the smell remind you of anything?

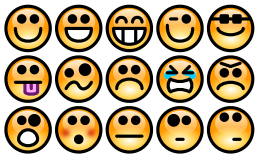


4. Truly Taste

Do you like how the food tastes?

What flavors do you recognize?

Activity Challenge



5. Notice Thoughts and Feelings

Ask yourself: How am I feeling? Am I feeling happy? Am I feeling sad? Am I feeling excited?

6. Chew Slowly

Try to chew each bite 20 times before you swallow.

7. Listen

How is your stomach feeling? Has your mood changed during the meal?

8. Practice

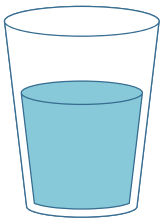
Try practicing these steps for one meal each day.

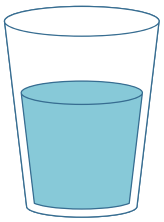
Go for a mindful walk!

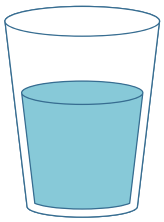
Look for something that...

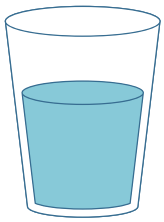
- makes you smile
- is bright in color
- is soft in touch
- smells good
- you have not seen before

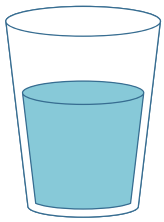
Write about what you saw or draw a picture in the space below! You can even rip this page out to take with you.

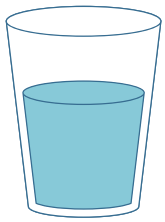


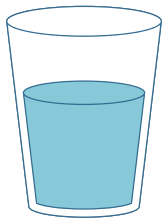


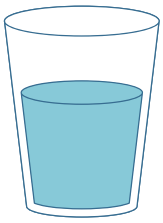


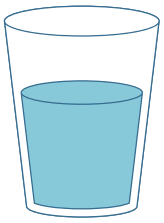


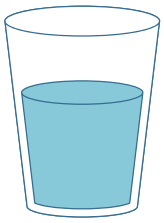


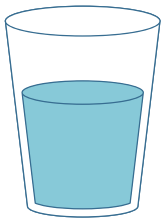


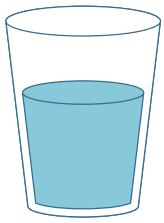


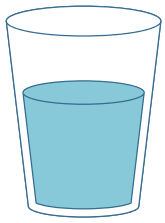


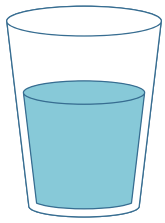


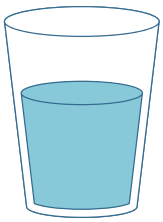


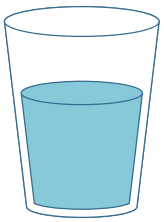


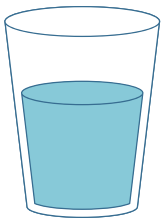


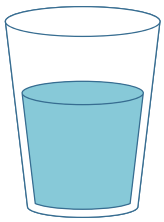


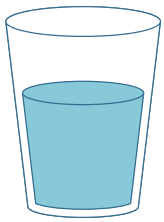


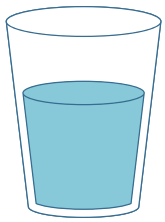


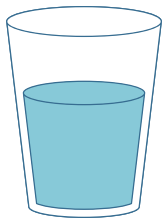


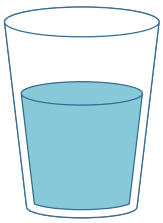


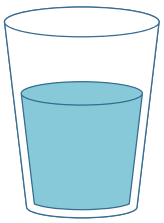


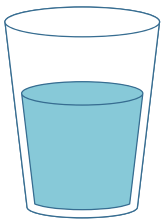


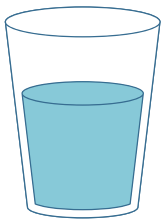


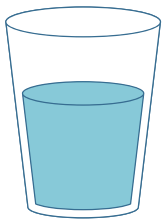


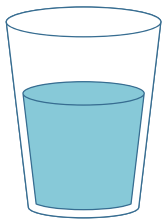


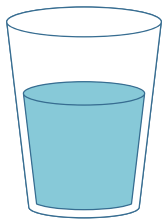


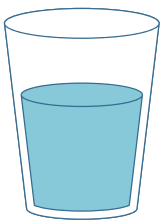


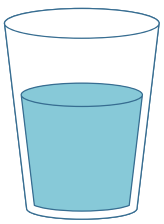


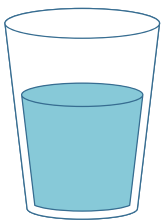


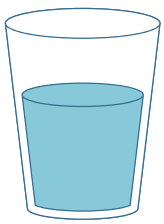


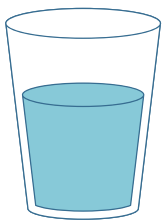


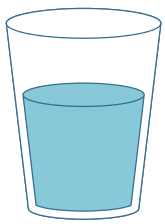


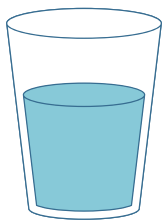


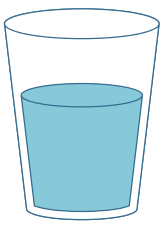


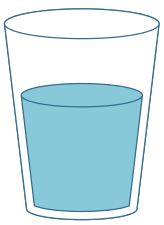


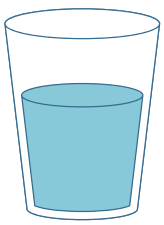


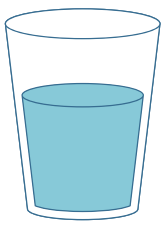


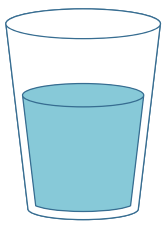












Water Tracker

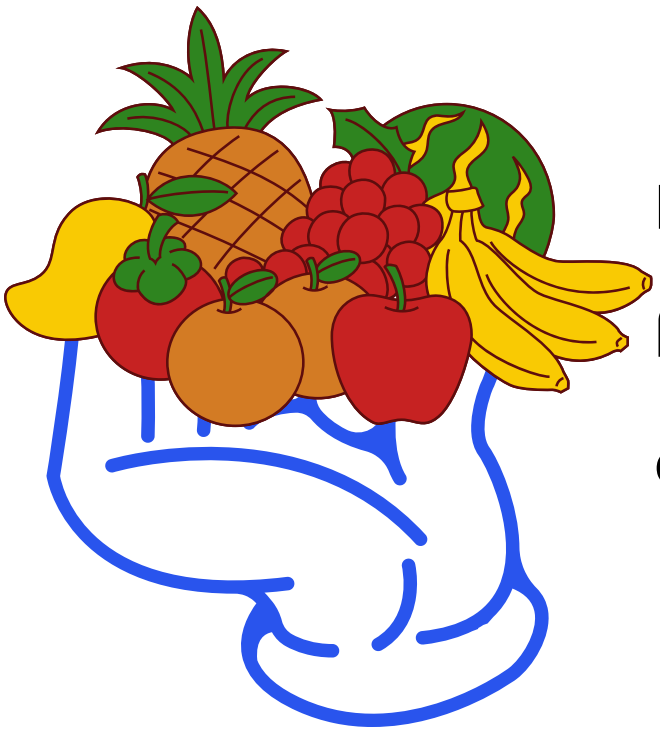
For each glass of water you have, cross a glass off below on that day of the week.

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

Nutrition Tracker

For each day of the week, check, stamp, or mark each box for each serving of fruits and vegetables you ate!

Serving	**Sun**	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
1							
2							
3							
4							
5							

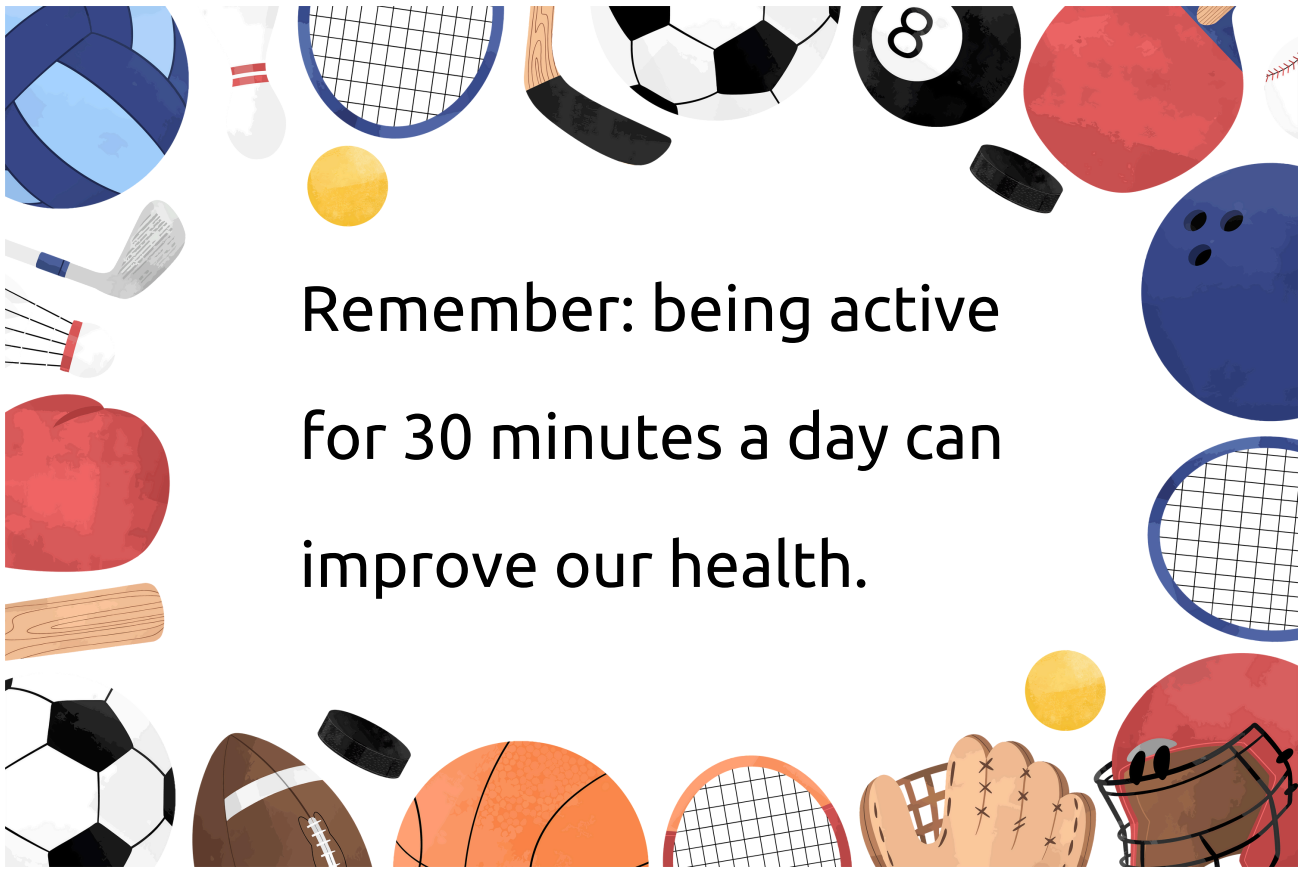


Remember: 1 serving of fruits or vegetables is an overflowing handful!

Physical Activity Tracker

For each day of the week, check, stamp, or mark each box for the number of minutes you were active that day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
😐	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10
🙂	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20	10 - 20
😌	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30	20 - 30
😃	30+	30+	30+	30+	30+	30+	30+



Goal Setting Card

How many glasses of water do will plan to drink per day this week? (circle or stamp your answer below)

1 glass	2-3 glasses	4-5 glasses	6+ glasses

How many new nutritional foods will you try by the end of the week?

1	2	3	4

Do you think you will try a new physical activity by the end of the week?

yes	no

How do feel going into this week? (check or stamp your answer below)

☐ ☐ ☐