



# Girl Pages – your guide to New Moves

A girls-only high school physical education class promoting physical activity, healthful eating, and positive body image

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# welcome to New Moves

## a new kind of PE class

Maybe you liked PE class in the past, maybe you didn't. Regardless, New Moves PE is different. How? In an all-girls setting, you will:

- 🌸 learn new activities and games that help you be active in a new way.
- 🌸 participate in traditional PE activities presented in a new way: a focus on fun and effort with less emphasis placed on competition and skills.
- 🌸 participate in strength training activities aimed at helping you get strong at your own pace.

Being active  
has never been  
easier or more  
fun!



## about

## classroom time

## guest instructors

Throughout the class you will try different activities like kickboxing, yoga, and hip-hop dance led by guest instructors from the community.

New Moves recognizes that being healthy and active means taking time to discuss issues that affect young women. Classroom time includes talking about healthy eating as well as real issues that affect your life.

In class you will learn:

- 🌸 how to fuel your body;
- 🌸 how to create more time for things you want to do;
- 🌸 how to deal with the stressors and pressures all young women face today.

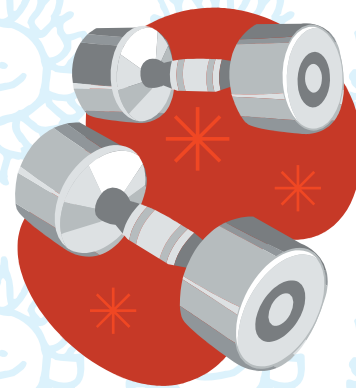


# welcome to New Moves

all girls

## strength training

Twice a week you will be doing different types of strength training as a part of the class. Give it a try, and we guarantee that you will get stronger by the end of the class, and who knows— you may be showing off your muscles! To learn more about why we want young women to do strength training, see pages 36 and 63 in your girlpages.



## lunch bunch

Just because you are done with class doesn't mean your support will end! After the New Moves class is over, we will meet weekly at your lunch period. We will provide a healthy meal and talk about issues you want to discuss.

# the class

## individual sessions

Tired of adults always talking at you? Individual sessions are your chance to sit down with a New Moves coach who will listen and help you find ways to make healthy choices that work for you. You will meet one-on-one with your coach to help you figure out what goals you want to set and how to reach them. No advice will be given unless you ask for it— we promise!

**This time is ALL ABOUT YOU!**



**Makeover shows.** Every time you see one it focuses on new clothes, hair and make-up to look and feel better, from the outside in. How about a makeover from the inside out?



**"I have way more confidence in who I am."**

Lakeisha, 15

New Moves promotes a new way of thinking about your body and mind. Over the next few months, you will learn all about easy ways to eat healthier, reduce stress, improve your self-image, and move your body.



**"I'm stronger, mentally and physically"**

Jessi, 16

Let's focus on being healthy, strong, and feeling good, rather than the size of our jeans. New Moves is designed to help you find your inner strength while you strengthen your muscles!



**"I can't believe this was a part of school-every girl should get to take this class!"** Heather, 17

This isn't your typical school textbook. Designed with lots of input from young women, *Girlpages* contains practical, real-life strategies for leading a fun and active life, advocating for healthy changes in yourself and others, and fueling your body and mind with the foods that it really craves and deserves.

Say goodbye to dieting and feeling bad about yourself.

**Bring on the NEW MOVES!**



real

solutions

for real

life



The background of the page is decorated with a repeating pattern of light blue, hand-drawn smiling suns and flowers. The suns have simple faces with dots for eyes and a curved line for a smile, surrounded by radiating lines representing rays. The flowers are simple, multi-petaled shapes. In the top right corner, there is a solid blue rectangular box containing the word "New" in a large, bold, black, hand-drawn font with a red outline.

# New

We  
want you to be the  
healthiest and happiest you  
can be—that is why we have picked  
the 8 goals listed on the next page.  
To help you meet your goals,  
New Moves will:

1. support your goals in individual sessions!

2. provide educational materials!

3. introduce a variety of ways to be active!

4. provide samples of healthy snacks for you to try!



# Moves goals

Choose fruits and veggies for snacks— at least 5 fruits and veggies a day.

Focus on your positive traits

Eat breakfast every day.

Reduce "screen time" (ideally to an hour or less a day)

Choose water instead of sweetened beverages like soda

Avoid unhealthy weight control practices

Pay attention to portion sizes and your body's signs of hunger and fullness

Be active everyday— aim for 1 hour each day.



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In and around your community

**These are your girlpages.**

Unlike other school textbooks, we want you to make these YOUR pages by making notes and highlighting parts that are meaningful to you. This book is yours to keep! The first 8 sections will be a part of the class, but the remaining sections are resources for you. We hope you try out the recipes, fit cards, self-monitoring tools, and resources section.

# New Moves Finding the balance

In this section

Get movin', get  
groovin'

It's all about me

Getting started with  
nutrition

Find and keep the balance—it all starts in this section. Learn how you can get your body moving in fun ways. Take some time to feel good about yourself and who you are becoming. Get in tune with your body's hunger and what it needs and wants each day.

# be fit

get movin' get groovin'

1

Despite the way it seems in our modern society, sitting all day is unhealthy and unnatural, and our health is paying the price for our sedentary lifestyles.

*our bodies are designed to move!*

Previous generations were active in their daily lives, as daily activities and transportation required movement. These days, instead of using our bodies to move, we spend a lot of time sitting: in cars, on buses, in front of screens, and while we are hanging out.

did you know?

obesity, back pain, insomnia, headaches, various diseases, and even mild depression can all be reduced with regular physical activity.

(not to mention the many other benefits...see page 34 for more!)

We can't usually change how much we have to sit at work or school, but we can make small daily decisions to be more active, which improves our mental and physical health.

Get healthy!  
Get moving!



When you hear the word "exercise" what comes to mind? Fun? Health? Or more like sweaty, boring, and hard work? It doesn't have to be this way! Exercise should be energizing, not tiring. Workouts don't need to be boring—there are so many ways to get fit that you could try something new every day.

If the idea of exercise is really not your thing, consider how to be more physically active throughout your day. Check out the ideas on the next page!



# be fit

get movin' get groovin'

1

Keeping your body moving throughout the day is an easy way to lead a physically active lifestyle. Tips include ways to add bits of activity to every day and strategies to avoid sitting for longer than 30 minutes at a time. These are just some ideas—and there are many more possibilities to help you add up to an hour!

## ✿ Simple and fun ways to be active ✿

- ✿ Taking the stairs rather than the escalator or elevator
- ✿ Walking or biking to school, work, or errands
- ✿ Exercising while watching TV (or at least during the ads!)
- ✿ Dancing with friends, DDR, with videos, or in your room
- ✿ Meeting friends for a walk or in-line skating
- ✿ Taking your little sister or brother to the park
- ✿ Getting active jobs like serving in restaurants, playing with toddlers, or stocking shelves
- ✿ Doing active chores like walking the dog, mowing, raking, washing the car, or mopping the floor

# be fit

get movin' get groovin'

1

walking

There are lots of fun ways to exercise, whether by yourself, on a team, or in a group fitness class. Mix it up for the best results!

yoga

swimming

water aerobics

hip-hop dance

biking

pilates

kayaking

ultimate frisbee

in-line skating

DANCE

tennis

aerobics

strength training

soccer

roller skating

workout DVDs

running

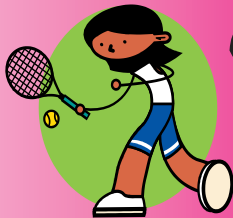
basketball

kickboxing

jump rope

gym workouts

- Walking (slow, stroll)
- House Cleaning (sweeping, dusting, etc)
- Badminton
- Softball
- Volleyball
- Biking (slow pace)
- Mowing the lawn
- Pilates
- Yoga
- Kickball
- Middle eastern dance
- Canoeing or rowing
- Ballet, modern or jazz dance
- Roller or ice skating
- Walking (fast or uphill)
- Swimming or water aerobics
- Biking (moderate pace)
- Shoveling snow
- Salsa dance
- Tennis
- Soccer
- Circuit training
- Basketball
- Jumping rope (with breaks)
- DDR (continuous play)
- Jogging
- Judo, karate, tae kwon do
- Hip-hop dance
- Aerobics
- Kickboxing or boxing
- In-line skating
- Biking or running (fast)



Low  
 Aerobic Intensity Scale  
 High

"I used to think that working out meant doing the same boring thing every day. I learned how to 'mix it up' in New Moves, that way every day is different. Over the course of the week I will do a day of yoga, tennis, hip-hop classes, or circuit training. Some days I sweat, other days I work my muscles. Mixing it up keeps being active fun!"  
 -Elsa, 17

*mix it up!*  
 Keep it balanced.  
 Keep your intensity varied by choosing different activities on different days. Your body and mind benefit from mixing it up!

Please note these are general guidelines. Your effort makes a big difference in intensity—the harder you work, the higher the intensity. Less effort will make it less intense.

# be fabulous it's all about me 1

It's important for you to feel comfortable with your classmates. Part of that is getting to know each other. Within your small group, find 5 things that you all have in common. In New Moves we can celebrate our differences and connect through our similarities!

names of your group members:

5 things you have in common

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_





## what is self-image?

It's a combination of things that make up how you think about yourself.

### A positive self-image comes from:

- being proud of who you are
- feeling good about yourself...inside and out
- acknowledging your accomplishments
- enjoying the roles that you play as a friend, sister, student, employee, daughter, granddaughter, niece (and more)!

## Get inspired!

A positive self-image is a powerful thing, and others detect it and respect you for it. Read the poem **PHENOMENAL WOMAN** by Maya Angelou on the next page for more inspiration.

## what makes you phenomenal?



# be fabulous

it's all about me

I

## "Phenomenal woman"

-by Maya Angelou

Pretty women wonder where my secret lies.  
I'm not cute or built to suit a model's fashion size  
But when I start to tell them,  
They think I'm telling lies.

I say,

It's in the reach of my arms  
The span of my hips,  
The stride of my step,  
The curl of my lips.

I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

I walk into a room  
Just as cool as you please,  
And to a man,  
The fellows stand or  
Fall down on their knees.  
Then they swarm around me,  
A hive of honey bees.

I say,

It's the fire in my eyes,  
And the flash of my teeth,  
The swing of my waist,  
And the joy in my feet.

I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

Men themselves have wondered  
what they see in me.

They try so much  
But they can't touch  
My inner mystery.

When I try to show them,  
They say they still can't see

I say,

It's in the arch of my back,  
The sun of my smile,  
The ride of my breasts,  
The grace of my style.

I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

Now you understand  
Just why my head's not bowed.  
I don't shout or jump about  
or have to talk real loud.

When you see me passing  
It ought to make you proud.

I say,

It's in the click of my heels,  
The bend of my hair,  
The palm of my hand,  
The need for my care.

'Cause I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.

# be fabulous it's all about me

I

New Moves is YOUR class, so we don't need a list of "no's" or a list of rules on how to act. What does this group need to feel safe with one another? What do you need in the class to help you grow and learn?

Fill the circle with guidelines chosen by the class.



# be fueled

1

Getting started with nutrition



Healthy eating is a vital part of a balanced lifestyle.  
Nutrition classes can help you find what that means for you!

## Nutrition classes will help you:

- ❁ identify areas in which you are eating well and those that you could improve by looking at your own personal eating patterns
- ❁ learn how to pay attention to your own body's signs of hunger and fullness
- ❁ focus on making healthy choices when eating and saying **NO** to dieting!

Take a moment to think about how healthy eating could benefit you. For example, healthy eating can get you through the day without skipping meals or overeating, put you in a better mood, make you feel more energetic, and help you concentrate in school. Healthy eating does all of these things plus a whole lot more!

# be fueled

1

Getting started with nutrition

What does it mean to eat healthy? What kinds of foods will fit into a healthy lifestyle? The answers to these questions are inside the "be fueled" section of your girlpages. We've taken the most important information about eating well and put it into an easy to use format.

## look for these sections

good to know... give it a try...

### be fueled <sup>1</sup> Getting started with nutrition

Energy In. Energy out. No quadratic equation here. How much you eat should be balanced with how much you exercise and what your body needs to function properly.	Keep the balance... eat when you are hungry, stop when you are full. 	Listen to your body—you can tell when you are hungry. That rumbling in your stomach is your body's way of telling you that it needs to eat!
All foods can fit. By keeping portion sizes reasonable you can have dessert once in a while without taking in too many calories.	<b>good to know...</b>	Your body also tells you when you are full—we just aren't as good at listening to that message.
Low fat doesn't always mean low calorie. Check the label for calories per serving and how many servings are included in the package.	By listening to your body and paying attention to the portions you choose, you will feel better and have the energy to do other fun and healthy activities!	If you eat too quickly or don't pay attention to your body, you might eat too much and feel uncomfortable or stuffed.

### be fueled <sup>1</sup> Getting started with nutrition

If you eat more at one meal or add dessert, find ways to balance it out with being more active that day.	Think about your drink. Sugar sodas and fruit or sport drinks add empty calories. Choose water, low-fat milk, diet pop, or sugar-free drinks.	Eating out: plan ahead and split the meal with a friend or pick the smallest portion offered.
Does your body really need a 2 pound burrito or a liter of soda? Educate yourself about serving sizes. (see Portion Distortion handout)	<b>give it a try...</b>	Are you really hungry, or are you stressed, bored, angry, or sad? Maybe you are at a movie, watching TV? At a party? Identify your hunger cues.
Grab a healthy option like a piece of fruit, cut-up veggies and low-fat dip, or low-fat yogurt when you get hungry.	Just say NO to the Clean Plate Club. Save that extra food for dinner or a snack later on.	Eating when you aren't hungry doesn't do your body any good. If you want something, grab a glass of water instead.

These sections offer interesting facts and helpful tips about things like drinking more water, eating breakfast, and keeping healthy snacks on hand.

Circle two "give it a try" ideas that you will try over the next week.

New Moves © 2007 17

## "Commit to change"



Circle two "give it a try" ideas that you will try over the next week.

These sections can help you set your healthy lifestyle goals into action!

## Take time to prep

Grab and go

These sections give you quick recipe ideas for healthy eating!



# be fueled

1

Getting started with nutrition

Take a look at the list below. Healthy eating will help you look and feel your best now and in the future. Plus you can reduce your risk for obesity, eating disorders, diabetes, osteoporosis, and heart disease.

helps you look and feel great.

helps keep you at a healthy weight, without dieting.

improves your mood.

helps you concentrate.

Healthy eating...

means no more dieting.

helps you feel more energetic.

Why is healthy eating important to you?

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

...is key to taking care of your body!



# be fueled

I

Getting started with nutrition

balance, balance, keep the balance...

How much you eat should be balanced with how much energy your body needs to function properly.

Your body needs energy every day in order to function, be active, and grow normally. It gets this energy (calories) from the food you eat.

All foods provide calories in the form of carbohydrates, protein, and fat. We need all of these in order to be healthy. It's about balance!

*Not all foods are equal*, some foods provide more calories than others, for example a cup of cherries has 100 calories and a piece of cherry pie has 350 calories.

All bodies need food to function, but consuming extra calories doesn't make your body function better-it just leads to weight gain. On the flip side, consuming too few calories won't lead to healthy weight loss-it will simply start the cycle you see on the next page. (Which also leads to weight gain!)

There are no easy answers for this-it takes time to listen and learn your body cues, as well as find which foods really give you what your body needs versus those that provide you with little more than a bunch of extra calories.

## Your best bet?

Balance what you eat and drink with how much fuel your body needs.

# be fueled

1

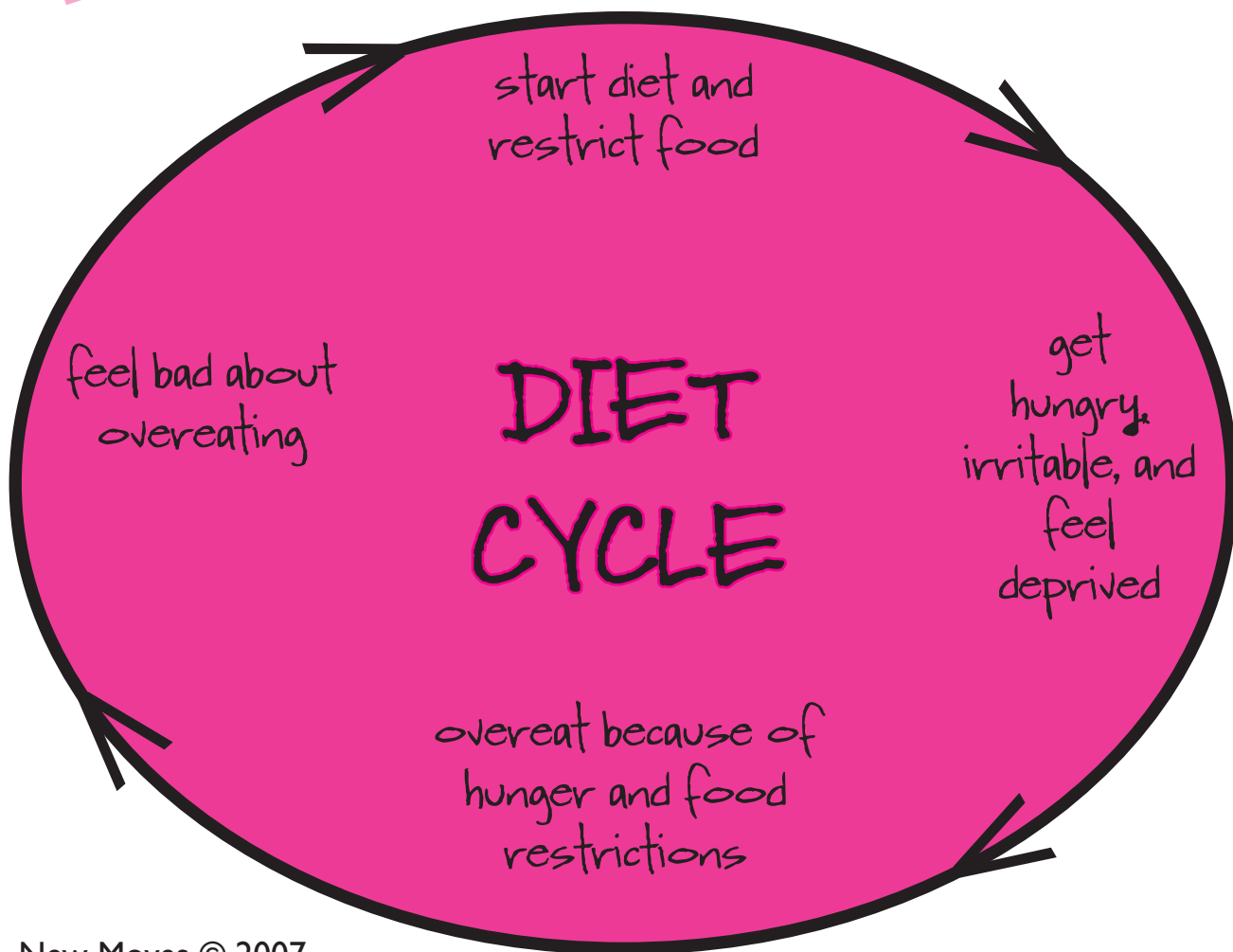
Getting started with nutrition

## News Flash!

95% of people who initially lose weight on "diets" gain it all back, often gaining more than they lost! Minnesota teens who "dieted" as Freshmen were heavier as seniors than those who didn't diet.

It's this simple...diets don't work! Diet crazes get their energy and money from making people worry about the number on their scale, not about being a healthier person.

## Let's break the cycle!



# be fueled

1

Getting started with nutrition

## definition of a diet

v. di-et-ed, di-et-ing, di-ets:

"An eating plan that includes rigid rules about what to eat, how much, in what combinations, or at what times, that is usually followed for a specified period, for the purpose of weight loss."

Restricting food can also lead to unhealthy behaviors such as:

Overeating because you are so hungry!

Feeling bad and guilty about yourself for "going off the diet" or eating "forbidden foods".

Increasing your risk of developing serious eating disorders such as bulimia and anorexia.

Depriving your body of the nutrients it needs to stay healthy and feel good.

Say NO to Diets

one diet leads to another...  
the weight never really stays off...and we aren't any healthier for it either.

Fuel your body with what it needs and wants!

# be fueled

I

Getting started with nutrition

Energy In, Energy out. No quadratic equation here. How much you eat should be balanced with how much you exercise and what your body needs to function properly.

Keep the balance... eat when you are hungry, stop when you are full.



Listen to your body—you can tell when you are hungry. That rumbling in your stomach is your body's way of telling you that it needs to eat!

All foods can fit. By keeping portion sizes reasonable you can have dessert once in a while without taking in too many calories.

good  
to  
know...

Your body also tells you when you are full—we just aren't as good at listening to that message.

Low fat doesn't always mean low calorie. Check the label for calories per serving and how many servings are included in the package.

By listening to your body and paying attention to the portions you choose, you will feel better and have the energy to do other fun and healthy activities!

If you eat too quickly or don't pay attention to your body, you might eat too much and feel uncomfortably stuffed.

# be fueled

Getting started with nutrition

1

If you eat more at one meal or add dessert, find ways to balance it out with being more active that day.

Think about your drink. Sugar sodas and fruit or sport drinks add empty calories. Choose water, low-fat milk, diet pop, or sugar-free drinks.

Eating out: plan ahead and split the meal with a friend or pick the smallest portion offered.

Does your body really need a 2 pound burrito or a liter of soda? Educate yourself about serving sizes. (see Portion Distortion handout)

**give  
it a  
try...**

Are you really hungry, or are you stressed, bored, angry or sad? Maybe you are at a movie? watching TV? At a party? Identify your hunger cues.

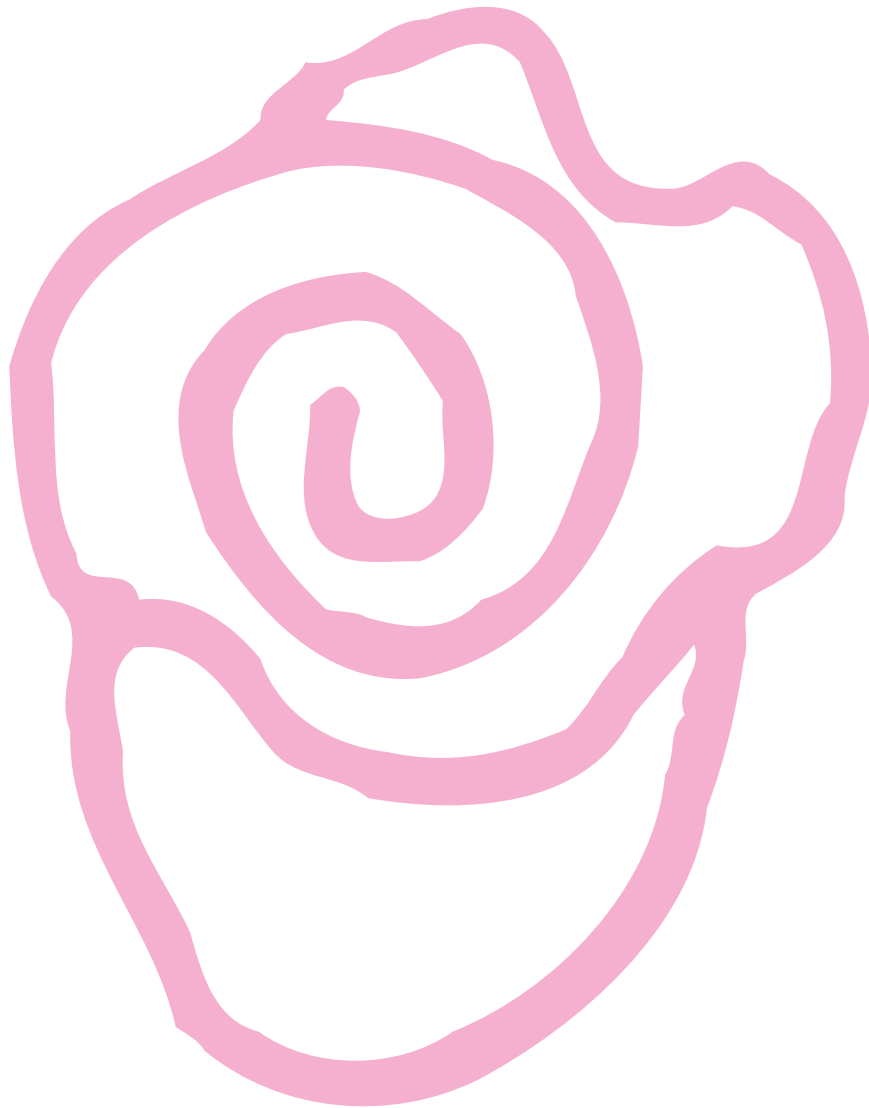
Grab a healthy option like a piece of fruit, cut-up veggies and low-fat dip, or low-fat yogurt when you get hungry.

Just say NO to the Clean Plate Club. Save that extra food for dinner or a snack later on.

Eating when you aren't hungry doesn't do your body any good. If you want something, grab a glass of water instead.



Circle two "give it a try" ideas that you will try over the next week.



"You must love and care for yourself,  
because that's when the best comes out."

Tina Turner



# New Moves

elements of good health

## The Basics

Benefits

Choose your  
adventure

Aaahhh...refreshing water



In this section, you will learn about the benefits of being active, tips for increasing your steps with pedometers, and the importance of drinking water and keeping your body hydrated. Grab a water bottle and a pedometer and let's get started!

# be fit

## Benefits

2

Regular physical activity provides benefits that cannot be earned any other way. The benefits of being active last a lifetime. It doesn't take a lot to achieve health benefits! Multiple 10-minute bursts of activity throughout the day provide similar benefits to a longer workout.

### look better

Regular physical activity can help you maintain a healthy weight, increase lean tissue mass, increase circulation, and improve skin tone.

### feel better

Regular physical activity can leave you feeling relaxed, energized, and ready to take on the world! Being physically active can reduce or eliminate back pain, headaches, insomnia, stress, and depression. It also can prevent diseases like type 2 diabetes and hypertension.

### appreciate your body in new ways

Physical activities can help you look at your body differently. If you have bigger legs, you may find they give you lots of power for walking, biking and soccer. Large arms can throw powerful punches in kickboxing and deliver a mean backhand in tennis.



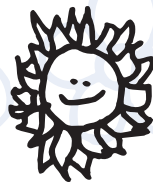
## ALL GIRLS SHOULD LIFT WEIGHTS!

Regular strength training helps increase lean muscle tone while increasing strength. For most females, it will not cause you to bulk up. Actually it usually does the opposite and can help your body get leaner and stronger!

Get lifting and get strong!

## Still not convinced you should be active?

Think about the last time you sat down in front of the TV for a long time. How did you feel? Mentally? Physically? Emotionally? A lot of times sitting around for long periods of time leaves us feeling drained, even though we didn't do much.



See section 3, pages 33-46 for more benefits from physical activity!

If you have never been active before, pay attention to how your body feels on the days you are active versus the days you are not. Notice a difference?

# be fabulous

choose your adventure

"Goal setting sounds boring, but I have found that it's the only thing that keeps me on track!" Heidi, 15

## SPECIFIC

What will you do? Is it in your control? How will you do it?

Example: I will walk 10 more minutes a day, 3 times a week.

## MEASURABLE

Can you track your progress? How?

Example: Keep a walking journal and mark down the days you meet your goal.

## ACTION ORIENTED

What's your plan? Describe the steps you will take or strategies you will use to meet your goal.

Example: Walk home from school at least two days a week with your neighbor. Once a week walk with your mom and the dog.

## REALISTIC

Does your goal fit your life? Do you have time to do it? Will it take other resources? What do you need to be successful?

Example: I don't like to be cold so I will bring a warm jacket and hat with me to school on the days I plan to walk.

## TIME-BASED

When will it be completed or when will you check in?

Example: I will try this plan for a month and see how I am doing.

# be fabulous

choose your adventure

types of goals

## Short term:

goals that can be reached in an hour, a day, or a week.

## LONG TERM:

goals that you want to accomplish in several weeks, months, or maybe even a year from now.

Set yourself up for success! Focus on what you can change—your behavior, not an outcome like weight loss. Remember that most people succeed by breaking down larger goals into reasonable steps.

### Goal makeovers:

#### Before

I want to lose ten pounds.  
(This is an outcome, not a behavior you can change.)

#### After

I will go to the gym 3 times a week.  
(This a behavior you have control over.)

I am going to work out 6 days a week.  
(If you don't work out already, this is too big!)

I will work out 3 days a week and add another day every two weeks.  
(This breaks the goal down into reasonable steps.)



# be fabulous

choose your adventure

A pedometer counts the steps you take and is a great way to see how much you are walking and moving in a day.

How to use your pedometer:

1. Place pedometer over right hip about 4" to the right of your navel.
2. Attach safety strap to your pants or shorts.
3. Wear the pedometer close against your body.
4. Using a soft touch, open the pedometer gently with your thumb.
5. Set it to zero before wearing it.

Warning: do not get the pedometer wet, drop heavy objects on it, expose it to shock, or swing it by the straps.



## steppin' out

How many steps...  
 to your friend's house?  
 to school or work?  
 make up a mile?  
 around a city block?  
 walking around the mall?

# be fabulous

choose your adventure

## setting goals with pedometers

You know how to use your pedometer and the basics of goal setting. Now let's put the two together and get moving!

### school steps

How many steps to...	guess	actual
the bathroom?	_____	_____
the main office?	_____	_____
the gym?	_____	_____
the water fountain?	_____	_____

oh the places  
you will go!

### Step it up!

How many steps can you  
get...

- during TV commercials?
- while on the phone?
- while waiting to get a ride?
- getting off the bus a couple stops early?
- taking a kid to the park?
- playing your favorite active game?
- dancing?

at home challenges

# be fabulous

choose your adventure

## Goal setting with pedometers: Ideas for "steppin' up!"

Track your steps tomorrow. Aim to get 1,000 more steps the next day. Seem overwhelming? Do as much as you can and be creative!

Think of ways to increase steps in small doses. Rather than wait around for your ride, walk around your house until they get there. on the phone? Walk around and talk rather than sit. Going to the movies? Buy your ticket early and walk around the mall before you watch.

Walk to your destinations! Get there and get steps!

"Take a hike!" Go for a walk and aim for 5,000 steps during your walk. Can you do 6,000 tomorrow?

**WALK ON!**  
It's recommended that young females get at least 10,000 steps in a day.

**FYI**

2,000 steps=1 mile brisk walking=20 minutes

Make your own goal!

It's easier than you think!  
Over the next week, track your steps and set a goal to increase your steps. For the first two days, track your normal amount of steps per day. Then, make a goal to increase your steps over the next 5 days.

Track your goal on the next page!

# be fabulous

choose your adventure

Day of the week	Goal	Actual steps	What made it hard?	How did you increase your steps?



"I take 500 step study breaks every 45 minutes. By the end of a busy night, I have gotten more done than I would without breaks and have taken a bunch of steps!" Tasha, 16

"I walk while I am on the phone. I usually get 1,000 steps while talking!" Shay, 17



"I walk to school rather than catching a ride or the bus. It all adds up to 2200 extra steps a day!" Jen, 16

"I meet my friends for a walk after school. It's free, fun, and I feel better than when I used to sit around and eat chips after school!" Marissa, 15

# be fueled

aaahhh...refreshing water

There are lots of delicious things to drink other than sugary drinks. Take a look below at some ideas, and next time you are thirsty, give one a try!

- 💧 bottled water
- 💧 a sip from the drinking fountain
- 💧 water from the vending machine
- 💧 bottled water with sugar-free flavor packet
- 💧 low-cal fruit or tea blends
- 💧 carton of skim milk
- 💧 small bottle of 100% juice
- 💧 mineral water
- 💧 diet pop

grab and go



- 💧 ice water with lemon, lime, or cucumbers (keep a pitcher in the fridge)
- 💧 sugar free hot cocoa mix
- 💧 frozen orange juice
- 💧 put a water bottle in the freezer for cool refreshment on summer days!
- 💧 sugar free drink mix

take time to prep



# be fueled

aaahhh...refreshing water

By now you know the importance of getting enough liquids. But what's the problem with soda? Before you reach for one, check out the following activity. How much sugar is in there? (see page 52 for why it matters!)

Using the Food Label, find the grams of sugar in each pop and count the number of cubes it takes to match.

1 sugar cube = 4 grams of sugar

Can

Size (ounces) = \_\_\_\_\_

Grams of sugar = \_\_\_\_\_

Number of sugar cubes \_\_\_\_\_



Bottle

Size (ounces) = \_\_\_\_\_

Grams of sugar = \_\_\_\_\_

Number of sugar cubes \_\_\_\_\_

Fountain drink

Size (ounces) = \_\_\_\_\_

Grams of sugar = \_\_\_\_\_

Number of sugar cubes \_\_\_\_\_



# be fueled

aaahhh...refreshing water

<p>Non-diet soft drinks are really just sugared water and pack about 250 calories in a typical 20 oz bottle.</p>	<p>Water is Mother Nature's beauty treatment! Drinking enough water can help with healthy skin, hair, and nails.</p>	<p>Simply switching from drinking 2 bottles of sugary pop or drinks to diet pop or water can "save" you 500 calories and could mean losing up to 2 pounds per month.</p>
<p>Big fountain drinks (44 oz) have up to 600 calories (the average teen should consume 1800-2000 calories each day.)</p>	<p><b>good to know...</b></p>	<p>Sometimes our bodies think we are hungry when we are actually thirsty, so have a big glass of ice water next time you feel hungry.</p>
<p>Drinking lots of soft drinks can really add up in empty calories and even be harmful to your bones.</p>	<p>Water keeps your body hydrated, quenches your thirst, and fills you up. Your body needs additional water when being active.</p>	<p>Signs that you need to drink more water:</p> <ul style="list-style-type: none"> <li>💧 Warm, dry throat</li> <li>💧 Bright or dark urine</li> <li>💧 Fatigue</li> <li>💧 Headache</li> <li>💧 Dry skin</li> <li>💧 Hunger</li> </ul>

# be fueled

aaahhh...refreshing water

Choose ice water at restaurants or when eating out. Who knew being healthy could save you money?

Choose non-fat and low-fat milk that is mostly water and good for making strong bones.

Fruit juices can be a good choice as they are loaded with vitamin C but also have more calories—stick to 8–12 ounces a day.

Carry a sports bottle filled with water.



give  
it a  
try...

Keep your workout hydrated. Fill up a water bottle before you work out and finish it by the time you are done. Refill and keep sipping afterwards!

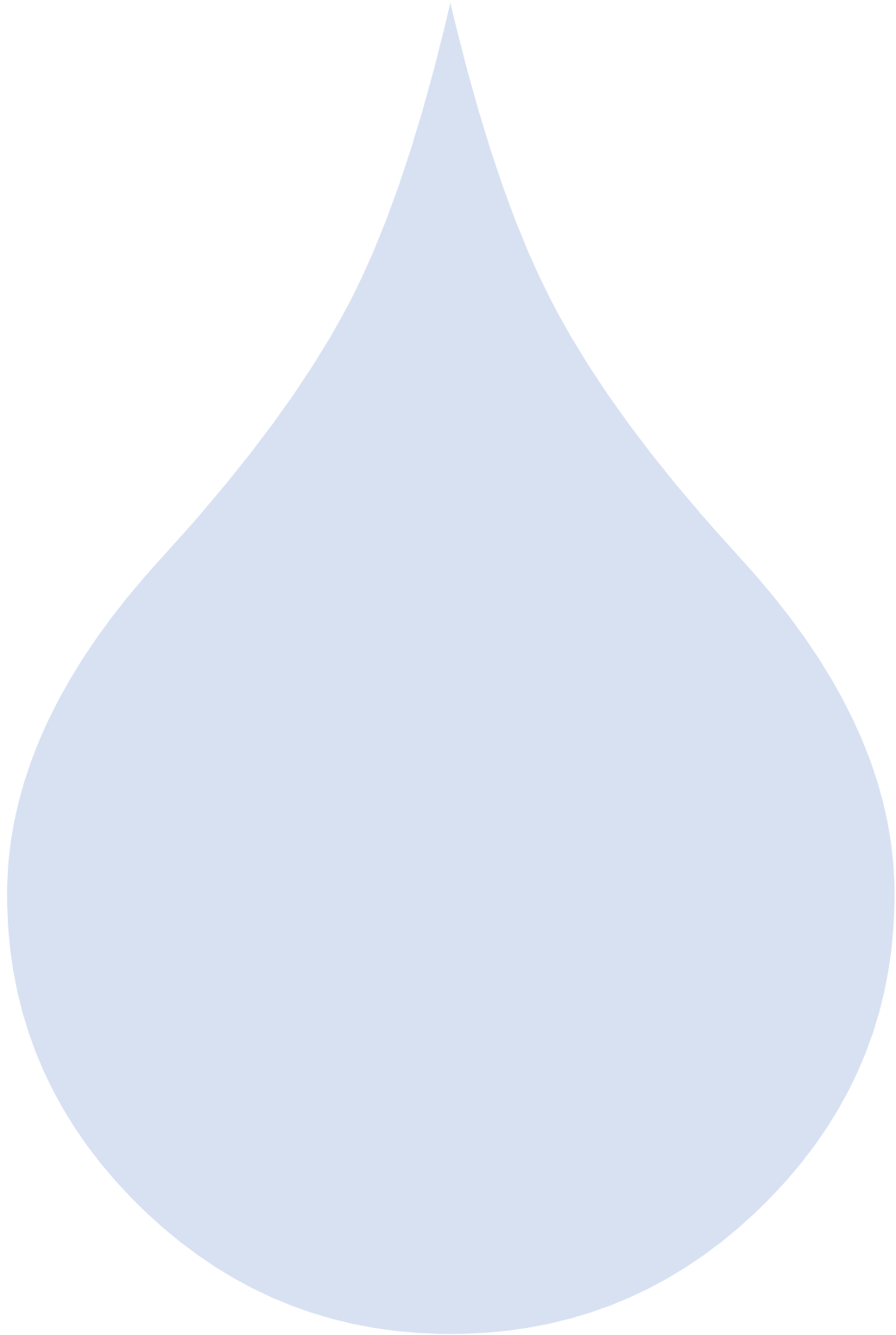
Drink one cup of water each time you brush your teeth.

Take a sip at a water fountain each time you pass one.

Make water a part of your day—drink a glass before or after every meal and any time you think to have a drink! Consider tracking your water intake.



Circle two "give it a try" ideas that you will try over the next week.



"It is never too early to start taking care of yourself."  
Jane Brody

# New Moves

in this section

Body basics: move  
it and groove it

Setting goals that last

Breakfast basics

Let's start with some simple ways to get healthy—the basics of an exercise program, making and achieving SMART goals, and eating breakfast every day. Follow these steps and you are well on your way to a healthier lifestyle!





This section will explain the different components of physical fitness. Each one is an important part of making your body strong and healthy!

### **Muscular strength and endurance:**

Strong muscles help your body function better, stand up straighter, and make everyday activities easier and less work.

### **Aerobic Endurance:**

Strengthen your heart and lungs to make movement easier. Dance the night away or just climb up a flight of stairs without getting winded or tired.

### **Flexibility:**

Keep limber to prevent injury and improve your range of motion for everyday activities and reduce stress.

Get in your best shape ever by combining these components into your life!

These components, when in balance with one another, can help you achieve a strong, healthy body, as well as keep your physical activity interesting and fun.

See pages 44 and 46 for a sample plan and a blank copy for your own plan!

Your heart is a muscle—keep it strong by working it!

Body Comp 101—Every Body is unique. Check out the next page for some of the details!

# be fit

3

Body basics: move it and groove it

## Every Body is Wonderful

Your body size and shape are as unique as your personality!

Body composition is the ratio of fat and lean tissue (muscles, bones, organs) that make up your body.

Body types: Genetics play a role in your body shape and size-but all bodies can be stronger, leaner, and healthier through regular physical activity.

Females have more body fat than males, due in part to increased levels of estrogen that support the capacity for childbearing.

Muscle weighs more than fat, but takes up less space than the same amount of fat. That's why when you are new to working out, your body may weigh more but change shape. This is especially true for strength training. Pay attention to how your clothes fit rather than your weight-if they are looser, you are probably gaining muscle and losing fat.

Mind Makeover:  
Rather than focus on what body parts you DON'T like, try focusing on your positive features. Make confidence your best feature!

# be fit

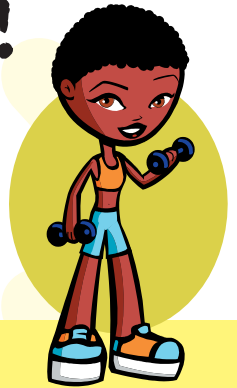
Body basics: move it and groove it

3

## All girls should lift weights!

### Benefits of strength training include:

- \*increased lean muscle mass
- \*noticeable strength gains
- \*increased metabolism
- \*increased self-esteem and confidence
- \*making every day activities easier



# stre

## Know the lingo

A **“rep”** (short for repetition) is moving a weight or resistance through a range of motion and then back to the starting position one time. For example, doing a biceps curl is one rep.

A **set** is a series of reps you do in a row without resting. For example, a set of bicep curls may include 15 reps per arm.

Time saving tip!

Don't stand around between sets—try working a different muscle group, stretching, or doing some aerobic activity like jump rope or jumping jacks. This can help you save time and gives you a cardio and strength training workout in one!

*“I don't lift weights because I don't want to get big and bulky.”*

Most females lack the hormones that create big muscles. Plus, very muscular women usually lift very heavy weights in short sets and have high levels of testosterone (either naturally or from steroids). Strength training provides tremendous benefit to females, whether you do it for the muscle tone or because you want to be strong. Strength training is a vital component to the fitness balance.

myth busters

# be fit

3

Body basics: move it and groove it

Strength training works by creating tiny tears in the muscle tissues. This is why you might feel sore after strength training, especially when you first start exercising or make changes to your workout. Your body rebuilds muscle tissue during the 24-48 hours after exercise, which makes you stronger and creates more muscle tone. This is why you should alternate days for strength training, otherwise your muscles never get a chance to rebuild. Don't worry—this process is healthy and natural!

# ngth

## Tools of the trade:

You can strength train with weights, resistance bands, your own body weight (think push ups, dips, crunches), yoga, pilates, kettle bells, medicine balls, body bars, stability balls, and the BOSU.

make it count  
if you

cannot perform  
at least 8 reps, the resistance (or  
weight) is too much. If you  
can do more than 15, your  
resistance is too light.

## Plan for strength training:



2-3 times per week

1-3 sets per session

8-15 reps per set

Make your sets count

by using enough resistance!

# be fit

Body basics: move it and groove it

3

## Get your heart pumping!

benefits of aerobic exercise include:



- ✓ feel better mentally and physically
- ✓ increased lean muscle mass
- ✓ increased energy levels
- ✓ reduced potential for heart disease, obesity, osteoporosis, and Type II diabetes
- ✓ stronger heart and lungs
- ✓ improved quality of sleep
- ✓ decreased levels of body fat
- ✓ improved mood, naturally
- ✓ decreased stress levels

# aer

Don't cramp your style. Many PMS symptoms such as cramps and bloating can be reduced or eliminated by doing aerobic exercise during your period.

## endorphin rush!

Did you know

that when you do aerobic exercise, your body produces "feel good" hormones called endorphins that can improve your mood and even ward off minor depression?

## don't sweat it

Sweating is your body's way of cooling itself down and removing toxins from the body. It may seem uncomfortable at first, but it's totally natural and you will get used to it! If you are pouring with sweat during a workout, try changing your clothes. Try shorts, tank tops, or wicking fabrics to keep you cooler. FYI- Some people sweat more than others, and the more fit you are, the more you sweat, because your body is working efficiently. It's all healthy and natural, so don't sweat it!



# be fit

3

Body basics: move it and groove it

Aerobic activities include:

In-line skating, jump rope, walking, playing soccer, running, dancing, kickboxing, biking, cardio machines, ice-skating, X-C skiing, rowing, basketball, singles tennis, group fitness classes, and more!

# obic



Keep the balance and make your workouts more effective. Mix up your intensity on different days.

Make your workout work for you!

intensity check: talk test

Talk Test: It's all about breath. If you can talk with some difficulty, then you are at the right level. If you can sing, work harder! If you can't talk and are gasping for air, slow down.

stamina  
energy  
vigor  
determination  
staying power  
resilience  
endurance  
strength

With regular aerobic activity you can have...

Plan for Aerobic training:

20-60 minutes

3-6 days per week

Vary intensity for better workouts!





Flexibility is the range of movement that your muscles, ligaments and tendons allow. Flexibility is an important component of overall physical fitness. The more flexible you are, the more movements you can do, and the safer they are for your body.

# flex

## BENEFITS of flexibility training include:

- \* Decreased possibility of injury
  - \* Reduced stress levels
  - \* Increased performance in other activities
  - \* Reduced muscle soreness
  - \* Increased blood flow to muscles
- Plus...it just feels good!



Some activities provide multiple benefits: yoga and pilates also increase strength, martial arts and dance provide aerobic benefits.

## Just breathe

Quick or inattentive stretching is better than nothing, but to really increase flexibility, you will need to gently hold the stretch and breathe deeply as you slowly increase the stretch. In order to increase flexibility, hold a stretch to the point of slight tension, taking deep breaths as you slowly deepen the stretch. Hold each stretch for 30-60 seconds.

Bouncing is for trampolines, balls, and kangaroos.

It's not for stretching!

“Ballistic” stretching has bounce and is not a safe or effective way to stretch—some athletes do it for training, but it's not necessary or safe for the average person.

# ibility

Try: yoga, pilates, dance, martial arts, gymnastics, and stretching exercises.

It's best to stretch when you are already warmed up. If you only have time for a little bit of stretching, do it at the end of your workout.



**FLEXIBILITY**  
Stretching should feel good, with slight tension on the muscle you are stretching. It should not hurt! If it hurts, ease off a little. If you can't feel anything, try stretching a little further or try a different way to stretch the same muscle or muscles.

**Flexibility plan:**

5 or more minutes

3-7 times per week

Hold stretches for 30 or more seconds.

be fit

Body basics: move it and groove it <sup>3</sup>

# Make your own program

## F.I.T.T. principle

**F**requency  
how many times per week you work out

**I**ntensity  
how hard you are working

**T**ime  
length of each session

**T**ype  
what kind of exercise

Make your workouts work for you! Make a plan for maximum benefits and to keep track of your progress!

see the next couple pages for ideas on how to make your own program "F.I.T.T." for you!

# be fit

## Body basics: move it and groove it <sup>3</sup>

### Increase your fitness one day (and week) at a time!

Many people start working out by doing too much too soon. The result? It's too much and they give up within a month. You can prevent this by taking small steps towards change. It's the best way to build a lasting habit!

#### Keep on going!

Keep up the same pattern by adding 5 minutes to every workout and an additional day after a month. Remember to take a day off every week.

#### Week Four

Keep progressing by adding another 5 minutes to each workout. By now you should be doing at least 20 minutes a day, 4-5 times a week.

#### Week Three

Keep up the good work! Add a day, increasing your workout days to 4 or 5. Add 5 minutes to the time. (15-20 minutes total)

#### Week Two

Way to go! Add another 5 minutes to your workouts. (10-15 total) On the days you don't work out, find other ways to be active.

#### Week One

New to exercise? Start here! Aim for 5-10 minutes a day, 3-4 times a week. Stretch daily after workouts to keep soreness to a minimum!



Think of starting an exercise habit like climbing a ladder. You don't start climbing at the top, you start at the first step and progress one step at a time.



# “Starting Out” SAMPLE PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength	Lunges (8) Wall push-ups (3) Crunches (8) 3 minutes	off take a bubble bath or soak in a hot tub	Lunges (8) Wall push-ups (3) Crunches (8) 3 minutes	off take a younger sibling or a neighbor kid to the park	Yoga tape 10 minutes Yoga provides strength and flexibility!	2x each Lunges (8) Wall push-ups (3) Crunches (8) 6 minutes	off spend time with a friend who makes you feel good
Aerobic (Cardio)	Walking 7 minutes	Biking 10 minutes  (Busy? Bike to work or school!)	Kickboxing DVD (do the warm up or one part)  10 minutes	off do a relaxation exercise (for ideas see page 97)	Dancing (one song) 4 minutes	Window shop at the mall or go for a walk (easy pace) 30 minutes	off relax at the beach with a friend or good book
If all adds up!	TOTAL 10 minutes	TOTAL 10 minutes	TOTAL 13 minutes	Be active throughout the day-chores, walking, etc.	TOTAL 14 minutes	TOTAL 36 minutes	Be active throughout the day-chores, walking, etc

Your body needs time to adjust to new activity! Add 5 minutes a week to help your body and mind.





# “Keep it up” SAMPLE PROGRAM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength	First series of fit cards 20 minutes	off take a bubble bath or soak in the hot tub	Same as monday 20 minutes	off take a younger sibling or a neighbor kid to the park	Yoga provides strength and flexibility! 25 minutes	Strength training class 30 minutes	off spend time with a friend who makes you feel good
Aerobic (Cardio)	Walking 30 minutes  (Busy? Walk to work or school!)	Biking 30 minutes  (Busy? Bike to work or school!)	Kickboxing DVD 45 minutes	off do a relaxation exercise	In-line skating 30 minutes	walk/jog alternating 30 minutes	off relax at the beach with a friend or good book
If all adds up!	TOTAL 50 minutes	TOTAL 30 minutes	TOTAL 65 minutes	off be active in other ways-keep moving all day.	TOTAL 55 minutes	TOTAL 60 minutes	off put on a pedometer and try to get alot of steps

Remember to take at least one day off from working out per week and a day between strength training sessions.

# Now, make your own plan!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength 2-3 days							
Aerobic (Cardio) 3-6 days							
Add it up							

Remember to stretch after your workouts!



# be fabulous setting goals that last 3

In the last section, you learned about setting SMART goals. Now it's time to think about what kinds of goals YOU are interested in achieving. The following are New Moves goals that you may want to try, or you can add your own ideas on how to get healthier. Check all the boxes next to goals you could see yourself working **towards** in the upcoming month.

- Eat breakfast everyday
- Limit TV watching to an hour or less a day
- Avoid diets and meal skipping
- Choose fruits and vegetables for snacks, at least 5 a day
- Focus on your positive traits
- Pay attention to portion sizes and your body's signs of hunger and fullness
- Choose water to drink instead of pop or other sugary drinks
- Move your body for at least an hour a day
- Your idea \_\_\_\_\_

Changes start with small steps!

What makes it hard for teens to be healthy?

What things get in the way of meeting your goals to be healthier?

What could you do to overcome these barriers?

real life challenges



Meet Mercedes. She is working on a New Moves goal of moving her body at least an hour a day. Her plan is to do this walking regularly. Read her example below before you fill out YOUR worksheet on the next page.

**Action Planning Worksheet**

Name : Mercedes

Date: October 16, 2007

1. What is the change I want to make? I want to walk 5 days a week
2. What are my main reasons for making this change? I want to feel better about myself and my friend Amy has started to walk everyday. My mom also wants to get in shape.
3. What do I plan to accomplish with this change? Relieve stress, spend more time with Amy, tone up a little, and to get a chance to talk to my mom without my brother interrupting us.
4. How do I plan to make this change? What strategies, tips, etc. do I plan to see? Walk with Amy twice a week and with my mom three times a week.
5. What strategies or tools do I plan on using? walk with Amy twice a week and with my mom three times a week. I usually have coffee with Amy-we will just walk instead.
6. What plans do I have in difficult times? work with my walking partner to reschedule or listen to my MP3 player if no one else can go. wear a rain jacket or walk around the mall or on the treadmill at school if the weather is bad.
7. How can others in my life help me? Amy and my mom will walk with me but I also have other friends who can encourage me when I am down.
8. How will I monitor my progress? write on a calendar in my bedroom each day I walked and how long.
9. How will I reward myself? Put money in a jar for every walk I take-at the end of the month I am going to buy a new shirt!
10. On a scale from 1-10, how confident am I that I can accomplish my plan?

1	2	3	4	5	6	7	8	9	10	
not at all confident							very confident			

11. What kind of timeline am I considering? I will try this plan for a month and see if I want to continue or work towards a new goal.

Now it's your turn. Based on a goal you are interested in working on, answer the following questions. Think of something that you are willing to work on in the next month or so.

## Action Planning Worksheet

Name:

Date:

1. What is the change I want to make?

2. What are my main reasons for making this change?

3. What do I want to accomplish with this change?

4. How do I plan to make this change?

5. What strategies or tools do I plan on using?

6. What plans do I have in difficult times?

7. How can others in my life help me?

8. How will I monitor my progress?

9. How will I reward myself?

10. On a scale from 1-10, how confident am I that I can accomplish my plan?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

not at all confident

very confident

11. What kind of timeline am I considering?



# be fabulous setting goals that last <sup>3</sup>

Be heard! Fill in this worksheet based on your answers from the previous page. Read aloud to your partner or group.

My goal  
setting statement.

I am going to work on (#1 goal) \_\_\_\_\_

My plan is to (#4 plan) \_\_\_\_\_

I will deal with (#6 challenges) \_\_\_\_\_

by (#5 strategies) \_\_\_\_\_

I will check in with my goal (#11 timeline) \_\_\_\_\_

Signature

Date

## Why eat breakfast?

Breakfast jump starts your body and brain and keeps you alert throughout the morning. You probably haven't eaten for 8 to 12 hours and your body is seeking some energy!

Want to feel and think better in the morning? Eat breakfast and you will:



have more energy by late morning and be less tired, irritable, and restless.



be less likely to overeat later in the day.



do better in school and be more alert.



be more likely to be at a healthy weight.



be more creative and perform better because of an increased attention span and memory.



have more energy for physical activity.

# be fueled breakfast basics

3

Check out the label. Use them as a quick guide to help you pick out the healthy choices for breakfast and throughout the rest of the day. Pay special attention to serving size and servings per container!

Nutrition Facts			
Serving Size 1 bar (43 g)			
Amount Per Serving			
Calories 200		Calories from Fat 68	
% of Daily Value*			
Total Fat	8g		12%
Saturated Fat	5g		27%
Trans Fat	0g		0%
Cholesterol	0 mg		0%
Sodium	120 mg		5%
Total Carbohydrate	29g		10%
Dietary Fiber	1g		5%
Sugars	12 g		24%
Protein	4g		
Vitamin A	1%	Vitamin C	1%
Calcium	3%	Iron	8%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Serving Size:** Check out the number of servings in the package, so you know how many servings you're eating.

**Calories:** Look at the number of calories in a serving. If it's a between-meal snack, you might want to shoot for a snack that provides about 100-150 calories.

**Total Fat:** Keep in mind your daily fat gram goal of 40-60 grams of fat when choosing a snack.

**Saturated Fat:** Too much saturated fat is not good for your heart! Try to keep your total (including trans fats) to less than 20 grams per day.

**Trans Fat:** Like saturated fat, too much trans fat is not good for your heart. Keep this number low; together saturated and trans fat should be about 20 grams of fat.

**Fiber:** Look for snacks that give you some of the 20-30 grams of fiber you need every day (raw fruits and veggies are great choices).

**Sugars:** This category is tricky! Currently, the Nutrition Facts Label does not tell you whether the sugars in the food are naturally occurring or ADDED.

*Fun!* ADDED sugar gives your body nothing but calories. This is the sugar added to foods and drinks - like candy and regular soft drinks. Naturally-occurring sugars (like that in fruit) are part of whole foods that give your body health-promoting nutrients. The Center for Science in the Public Interest (CSPI) has called for an "ADDED sugars" category on food labels. Watch the Nutrition Facts Label for further developments.

# be fueled breakfast basics

3

Here are some examples of quick, easy and healthy breakfast ideas. Copy and post on a kitchen cabinet or refrigerator for ideas at a glance!

grab  
and go

Leftover  
beans and rice

Go-gurt or  
container of  
low-fat yogurt

Low-fat  
granola bar or  
breakfast bar

Hard  
boiled  
egg

Bagel with cream  
cheese and raisins

Speedy  
gourmet: have  
a piece of string  
cheese and an  
apple.

Bowl of cereal  
with low-fat milk.

Pre-made  
bag of  
dry cereal  
and  
raisins

Apple, banana,  
or bag of grapes

Make a batch of muffins  
and freeze them.  
Take one out the night  
before you want it.

# be fueled breakfast basics

3

Breakfast ideas-plan ahead the night before or get up a little early!

## take time to prep

Make a wrap sandwich with ham or turkey and cheese. Throw in some apple slices for extra crunch.

Rice and sauteed veggies

Toast bread or a bagel and add peanut butter and bananas.

Pizza for breakfast? Sprinkle cheese on an english muffin and microwave.

**Breakfast burrito:  
Fill a tortilla with  
scrambled eggs, black  
beans and salsa or use  
your imagination!**

Create your own yogurt flavors by adding various fruits to plain yogurt.

Add fruit to your cereal, oatmeal, waffles or pancakes.

Try hot cereals like oatmeal, hominy, or cream of wheat. Add fruit for a tasty treat!

**Fruit smoothie:  
Combine low-fat  
vanilla yogurt, milk,  
and frozen fruits.  
Blend and enjoy!**

**Just add (hot!) water: try instant oatmeal or soup cups.**















# be fueled breakfast basics

3

For busy mornings, one easy thing to grab is a breakfast bar. We've picked out a few that will give you the energy you need without too much fat or sugar.

## Activity:

Write the name of the breakfast bar in the first column, and color the face that most describes how you liked it. Pair the ones you like with a piece of fruit for a quick and healthy breakfast. Eating breakfast can be easy and tasty!

Breakfast Bar	I think it is...	I would eat it with...
Nutri-grain bar	  	A banana or pear
	  	
	  	
	  	



and the winner is...

My favorite bar and fruit: \_\_\_\_\_

# be fueled breakfast basics

3

Treat your body to what it needs and give it healthy fuel from the start!	Skipping breakfast may seem like a way to cut calories and lose weight, but you'll end up eating more during the day to make up for it.	You'll feel better and be less inclined to snack on junk food if you eat breakfast.
Breakfast helps you "break" the "fast" since you haven't eaten for 8-12 hours.	<b>good to know...</b>	Breakfast gives you more energy for socializing with others (plus you will be less crabby!)
Breakfast gives you the fuel your body needs to start the day and keep you going.	Eating breakfast keeps your mind more alert for school.	Cereal and milk is easy and a good way to start your day. What could be easier?

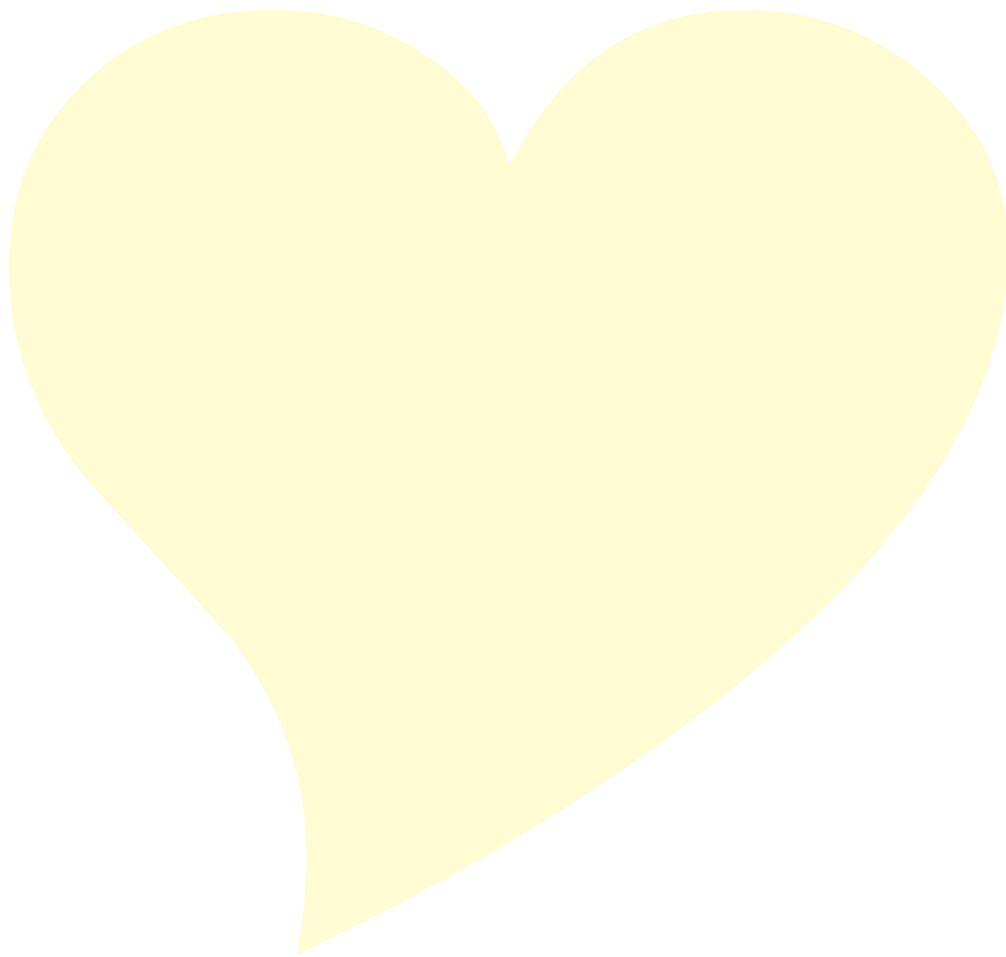
# be fueled breakfast basics

3

<p>If you aren't hungry in the morning try drinking a glass of milk or orange juice.</p>	<p>Think beyond the usual fare: breakfast can be beans and rice, cold veggie pizza, cottage cheese and cinnamon, or a sandwich.</p>	<p>Breakfast doesn't have to be sweet. Have a bowl of unsweetened cereal or roll up a meat and cheese wrap, microwave, and enjoy!</p>
<p>Try eating less at night before bed. Eating a lot before bed will make you less hungry in the morning when you really need it!</p>	<p><b>give it a try...</b></p>	<p>Make breakfast easy. Shop in advance—buy yogurt in small containers, cereal that just needs hot water, or eggs to hard boil.</p>
<p>Not hungry? Take small bites of breakfast at first and then save the rest for a snack.</p>	<p>Get up a few minutes earlier to eat a good breakfast... it's worth it!</p>	<p>Take it with you—bring a portable breakfast with you to school such as a whole wheat bagel or piece of toast on the way out the door.</p>



Circle two "give it a try" ideas that you will try over the next week.



"The self confidence one builds from achieving difficult things  
and accomplishing goals is the most beautiful thing of all."  
Madonna

# New Moves

1440 minutes  
in a day. make 'em  
count!

Day in the life

Fruit and veggie  
explosion

in this section

Busy? This section will help you find ways to sneak in activity throughout your day, regardless of how busy you are. You will also learn how to take charge of your schedule to make time work for you as well as simple (and yummy!) ways to make fruits and vegetables a part of your life.



Want the health benefits of being active but don't yet see yourself lacing up your shoes for a run or heading to the gym? There are many ways to be active without going to the gym or committing yourself to a regular exercise program. If all adds up-10 minutes of activity here, a walk there...see the next couple of pages for ideas on what to do as well as how to make sure you can get at least 60 minutes of active time. It's not as hard as you may think!

"I pay attention to my daily steps with a pedometer and check in around 6:00 PM. If I am really low for the day, I will go for a walk or go shopping to reach my goal. Most days I reach my goal of 9,000 steps and I feel great." -Abby, 15

"I stay active by 'working it'-I have a job waiting tables where I walk about 5,000 steps per shift, plus I do active chores at home. I put on headphones when I sweep and mop so that the time goes by quicker and I don't have to listen to my little brothers and sisters!" Veronica, 17



## Personal trainer Q & A

So, what's the difference between an active lifestyle and exercise?

In the past, people didn't go to gyms or plan for exercise like people do today. Instead, their lifestyle included lots of movement, whether it was for transportation, getting food, doing chores, or working on the farm or land. Today we have cars, elevators, and machines that make our lives less work, which unfortunately means we move less than ever before! An active lifestyle means getting back to the way our bodies were designed to move-lots of small bursts of movement to get us through our days! On the other hand, exercise usually means doing movement for the sake of health and fitness.

(See section 3 for more ideas on exercise!)

This section will give you some tips on how to stay active throughout the day as well as ideas for keeping track of your time.

Get moving during TV ads—don't sit through them!

Walk to your destinations

Bike to work or school

Play tennis with your mom

Try yard work, shoveling, or raking (do it for your neighbors for cash!)

shopping without propping  
Do a "mall tour" before shopping in any of the stores—walk around the mall a couple times before shopping. (Walk each floor of the MoA—the first floor is half a mile!)

mopping, vacuuming, sweeping, and laundry

Walk the dog

sledding or go to the water park

Take a walk rather than sitting around for extended waiting times.

Meet a friend for a walk rather than a phone call or IM

Play DDR or another active game

Dance with friends or in your room

Take the stairs

Take your sister or neighbor to the park and play!

active healthy energized efficient independent

If you like the idea of being more active throughout the day rather than (or in addition to) regular exercise, this page will give you ideas on how to keep track. Why keep track? People who monitor their daily activities are much more likely to be and stay active than those who don't. Make a commitment to yourself to get moving!

How does taking the stairs really make a difference?

You would be surprised how all the movement you do during the day adds up. Research has shown that people who do short bursts of movement (like going for a 10 minute walk several times a day) get similar benefits to longer workouts. This means that if you really don't like the idea of exercise, you can get many of the benefits without (or barely!) breaking a sweat.

Keeping track: if you don't like to journal, don't immediately dismiss this idea! Recording your daily activities for short periods of time can give you a picture of your activity level without committing yourself to lots of writing.

## it all adds up

If you want to know where you are at with daily activity or want to increase your daily activity, you can keep track in a journal or on a calendar. Write down each activity and the approximate time spent doing it. Short bursts of activity add up, for example:

10 minutes walking to school  
+ 15 minutes playing DDR in study hall  
+ 10 minutes walking home  
+ 25 minutes mowing the lawn  
= 60 minutes of activity!

You may be moving more than you think or you may find that you will need to be more active on some days. Find creative ways that are fun and realistic for you to add activity. **Every minute counts!**

Try fun classes like fencing, middle eastern dance, yoga, self-defense, ballet, hip-hop dance, cultural dance, or other types of movement to spice up your life. These classes can often be done per session or weekly, and are a fun change of pace for your life and choices for activities.

Try it...  
Even one strength training session a week of 10-15 minutes will give you great benefits. See Section 3 on how to set up a plan.

Be a weekend warrior—and still walk on Monday! If you sometimes do vigorous activity on the weekends—whether it's a long bike ride, a night out dancing with friends, or a family game of basketball—make sure you warm up, cool down, and stretch like you would for a workout. See section 3 for more information.

## Sandy's story

Sandy wants to find time to exercise because she likes the way it makes her look and feel. However, she is very busy with school, family obligations, and work in order to save for college. This doesn't even count time for friends or other fun activities.




How can Sandy make her time work for her?



Time      Weekday      Weekend

6 AM	Wake up and get ready for school	SLEEP
7 AM	SCHOOL	
8 AM		
9 AM		
10 AM		Wake up
11 AM		Get ride or take bus to work
12 PM		WORK
1 PM		
2 PM	Get a ride home, change clothes, and go to work	
3 PM		
4 PM		
5 PM		
6 PM	Get a ride home or take the bus at 7:00	Get a ride home (or take the bus)
7 PM	Dinner with family (7:30)	Dinner with family or friends
8 PM	Homework	Hang out at home or with friends
9 PM	Talk to friends (online or phone)	
10 PM	Shower and get ready for bed	
11 PM	SLEEP!	

### schedule key

-  Not negotiable
-  Somewhat flexible
-  Free time

**What can't Sandy change?**  
(school, sleep, dinner with family)

**What is flexible but necessary?**  
(work, homework)

**What are her options?**  
(See the next page for some ideas, or you may have your own!)







Within her current schedule, how can Sandy find time for exercise? She could...

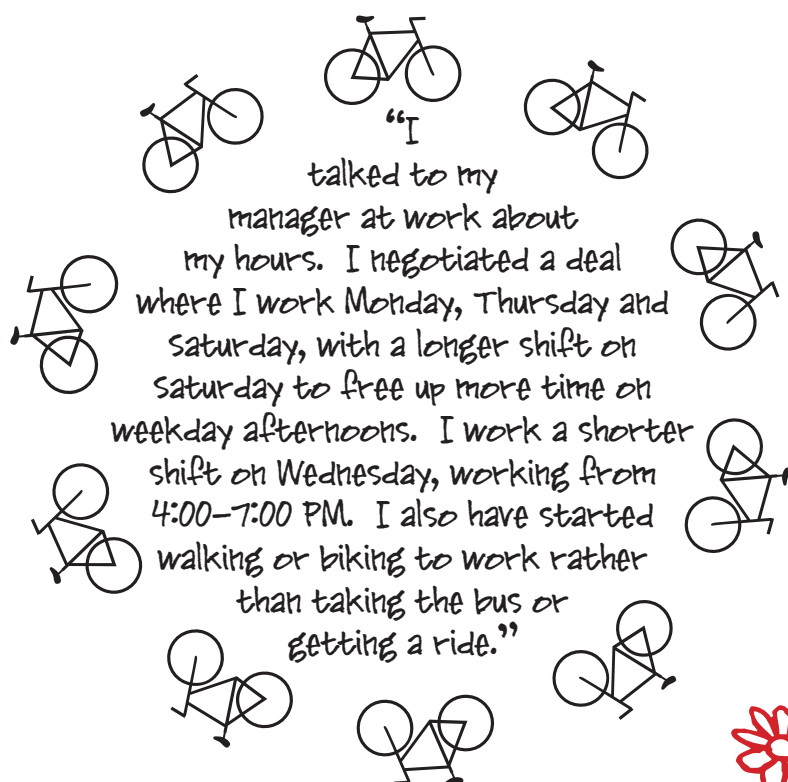
- bike or walk to her job-bringing a pack of scented body wipes and deodorant to freshen up before work.
- walk around when she is on the phone with friends
- get off the bus a few stops early



What could she do that would take some lifestyle change?

- Get a different job.
- Ask for different hours at work.
- Look into financial aid plans- grants or scholarships could reduce the amount of money she needs to have for college.

### Sandy's changes



"With some small changes I am able to do all of the things I want to do and I find that I can clear my head when I walk to work-I may be mad when I leave school but by the time I am work, I feel way better and am not mad anymore."



"Now that I am more organized, I realize I have time for everything I want to do. Most weeks I play tennis with a friend, lift weights with another friend, go out dancing on Saturdays, play with my little sister at the park, walk to work (no more bumming rides from my older brother), and walk with my best friend. I am way more active than before and I see my friends more often. I also feel much better-I have way more energy!"

# be fabulous

a day in the life

4

Now it's your turn. Fill in your schedule key by making each category a different color. Pick a weekday and weekend day and record your life.

Time	Weekday _____	Weekend _____
5 AM		
6 AM		
7 AM		
8 AM		
9 AM		
10 AM		
11 AM		
12 PM		
1 PM		
2 PM		
3 PM		
4 PM		
5 PM		
6 PM		
7 PM		
8 PM		
9 PM		
10 PM		
11 PM		
12 AM		
1 AM		
2 AM		
3 AM		
4 AM		

## schedule key

- Not negotiable
- Somewhat flexible
- Free time

# be fabulous

a day in the life

4

Learn how to find time to treat your body to what it really deserves: good food, good friends, restful sleep, and fun activities.



Planning is boring, isn't it?

It may seem like a boring thing to do, but taking a couple minutes a day to think about what and when you want to do things means you have more time for what you want and need to do and can relax and enjoy life! Plus, if you often forget things that you were supposed to do (That paper is due today?), planning can keep you ahead of the game instead of always catching up.

## Would you like to...

**have more fun?**

When friends want to hang out, you'll be able to have fun without worrying about what you didn't get done.

**get enough sleep?**

Ever lie awake at night just thinking about what you didn't get done during your day, or what you'll be able to squeeze into tomorrow? Maybe you feel like you forgot something but can't remember what? When you make a plan and a commitment to organize your time better, you'll be less stressed so you can sleep better.

stress less?  
You'll feel less

stressed if you have a plan to get everything done and be less likely to procrastinate.



**be more active?**

Ever think you have no time to be active yet end up doing nothing after school? Set aside this time to do some type of physical activity.

**Bonus-**

meet a friend for active time for twice the fun!

eat healthier?  
Some people eat fast food or unhealthy snacks because they didn't have time to make healthier choices. When you plan your meals and snacks ahead of time, you can make healthier choices, from eating with your family to packing a sandwich instead of grabbing something from the cafeteria or food court.

**save money?**

Save money by planning ahead—make plans with your friends to do something free (like a walk!) rather than meet for food or a movie. You also are more likely to plan healthier (and cheaper) meals when you have what you need to make something at home.

# be fabulous

a day in the life

4

"Screen time" is a term for the time you spend sitting and looking at a screen, including the computer, TV, video games, and movies. One of the New Moves goals is to limit screen time.

"I watch TV while I am on the treadmill. I wasn't about to give up my favorite shows, and I end up walking for longer since my favorite show is an hour long!"  
Tami, 15

Why are we picking on TV?

The more time you spend watching TV the more likely you are to be inactive.

People who watch more TV are heavier than those who don't watch as much.

People are more likely to snack on unhealthy foods while watching TV.

Studies have shown that when TV time decreases, physical activity increases.

"I meet friends for window shopping or a picnic instead of chatting on the computer." Lisa, 17

"I turn on music when I am bored rather than the TV. I usually end up dancing around my room rather than vegging out on the couch."  
Sam, 15

"My boyfriend and I stopped IMing and started to play tennis after school."  
Jocelyn, 16

Check out [www.tvturnoff.org](http://www.tvturnoff.org) for more information on TV and health.

"I used to watch 2 hours of TV after school. Now in the same time period I take my dog for a walk and do my homework. At 5:00, I am done with my obligations and can do whatever I want for the rest of the night." Heather, 15

What can you do instead of watch TV or chat online? Some ideas from other girls in your community...

"I take hip-hop classes"  
Sheree, 17

"I kayak in the summer and snowshoe in the winter. I love being outside!"  
Jenna, 16

"I am learning how to play guitar so that I can be in a band."  
Chloe, 15

"I go to the mall and walk around"  
Lizzy, 16

"I'm taking a film class through community education."  
Hina, 16

"I started taking belly dance classes. I love them!"  
Ari, 16

"I dance, clean my room, read a book, or do lots of other things. I still watch TV, but way less!"  
Sadie, 17

"Sleep! I finally get enough sleep at night. No more late night TV for me!"  
Bea, 16

"I make dinner-I want to be a chef so I practice on my family."  
Andra, 17

"I volunteer at a local animal shelter. I walk and care for dogs"  
Lara, 15

"I go skating-ice in the winter and in-line in the summer."  
Kyra, 17

"I meet my friends for a walk or coffee."  
Rita, 16



# be fueled

4

fruit and veggie explosion

Nine servings of fruits and vegetables may seem like a lot but it can be done if you include fruits and vegetables in your meals and snacks. Most of what you should eat are whole fruits and vegetables (they are full of fiber), but 100% fruit or vegetable juices are also an option.

## breakfast

**Cheerios**

**Skim or low-fat milk**

**1/2 cup berries**

**1/2 cup orange juice**

## after school snack

**1 cup baby carrots**

**with low-fat ranch dip**

## lunch

**Turkey sandwich**

**Whole wheat bread**

**Turkey slices**

**2 lettuce leaves**

**2 slices tomato**

**1/2 cup grapes**

**8 oz 100% apple juice**

## dinner

**Chicken and vegetable stir-fry**

**1 cup mixed vegetables**

**1 cup chicken**

**1 cup rice**

**1 cup tossed salad loaded with veggies**

**Skim or low-fat milk**

Aim for 5-9 servings of fruits and vegetables a day.  
(A serving is about a half of a cup)

suggested servings: 9 a day  
5 servings of vegetables  
+  
4 servings of fruit  
= 9 servings!

# be fueled

4

## fruit and veggie explosion

Sometimes people think fruits and vegetables are just too expensive. Let's look again...it's not always the case...

### What can you get for \$20

#### Grocery List

Oranges (3)	\$2.00
Snack pack of carrots and low-fat dip (4)	\$3.50
Apples (3)	\$3.00
Bananas (3)	\$1.00
Instant corn chowder	\$1.00
Raspberry mineral water	\$1.00
Bagged caesar salad mix	\$2.50
Fruit cups (4 pack)	\$2.50
Skim milk (1/2 gallon)	\$2.25
Fruit yogurt (2)	\$1.25
Total	\$20.00

#### Grocery List

Hot pocket (2)	\$3.50
French onion dip	\$1.50
Potato chips (large bag)	\$3.00
Skittles	\$0.75
Coke (20 oz)	\$1.50
Oreos	\$3.50
Gatorade (1/2 gallon)	\$2.75
Mocha	\$3.50
Total	\$20.00

#####

"I thought eating healthy was expensive, but I realized that I spent \$3 every day on a soda, candy, and a bag of chips at the corner store. That's \$21 a week! I am going to plan ahead and buy healthier stuff from the grocery store." Lisa, 17

# be fueled

4

fruit and veggie explosion

Fruits and vegetables help keep you healthy. They are packed with fiber and essential vitamins.

Everyone needs to eat more fruits and vegetables! Research shows that most people need to double the amounts of fruits and vegetables they eat every day.

Fruits and vegetables help you manage your weight (and hunger!) because they're low in calories and high in filling fiber.

Eating lots of fruits and vegetables everyday can help you reduce your risk of certain diseases such as heart disease, high blood pressure, diabetes and certain cancers.

**good  
to  
know...**

Vegetables and fruits are a natural source of energy and give your body many nutrients to keep you going.

If you see it, you'll eat it! Keeping fruits and vegetables on the counter or at easy reach in the fridge means you'll be more likely to choose them.

There are many types of fruits and vegetables to enjoy so for something fun try something new!

Different ages have different needs. Most teens need 5-9 fruits and vegetables every day.

# be fueled

4

fruit and veggie explosion

When fresh fruits and vegetables aren't available, opt for frozen or canned—it still counts as a serving!

Make vegetables and fruits the focus of your meal, i.e., a large salad topped with carrots or broccoli or toss in apples, pears, kiwi, or oranges.

Crave something sweet? Satisfy your need for sugar with a piece of fruit instead of sugary candy.



Have one fruit or vegetable serving with each meal. Add fruit to cereal and vegetables to omelets and eat fruit or vegetables for a snack or dessert after dinner.

give  
it a  
try...

Snack on fruits and vegetables throughout the day, like pears, apples, grapes, cucumbers, green peppers or grape tomatoes. Remember fruits and vegetables are a great portable snack!

Buy a fun bowl to keep apples, bananas, or oranges in on the counter or table.



Eat more vegetable-rich main dishes. Add fresh or frozen vegetables to soups, stews, or chili. Mix grated vegetables into mixed dishes or add vegetable toppings to pizza.

Get creative—add banana to cereal, lettuce and shredded carrots to a sandwich, sliced tomato and red pepper in a quesadilla—the possibilities are endless!



Circle two "give it a try" ideas that you will try over the next week.



"If you believe in yourself, if you believe in your dreams, and if you do your best at what you can do, you're going to be all right."  
Carol Moseley-Braun



# New Moves

5

Small steps for big changes

In this section

Mix it up

Media-rama

Good for you snacks

It's all about choices. You get to decide how you can be more active, how you take in media, and what kind of snacks you will choose to fuel your active self!

Q: what's the best form of physical activity?

A: Any form that you regularly do!

There are many ways to be active!

You get to choose how you want to be active! In New Moves, you have been introduced to various activities in class by your teacher and guest instructors.

What have you liked doing?

What would you be willing to try on your own time?

It's up to you! How you are active is your choice and so is what you do! What fits you?

what's a girl to do?

You may really like one type of activity and stick with that. Runners, cyclists, dancers, are examples of people that have a favorite activity that they do most of the time.

A lot of people do a variety of activities and mix it up over the course of a week or month. Kickboxing, pilates, dance...the potential combinations are endless!

Tips for choosing the best activity for you:



## Keep it fun!

It may seem obvious, but it's important to choose activities that you enjoy.

## Be practical

Choose activities you can easily do, especially when you are just getting started. Think about where you will do the activity. Is it easy to get to? Does it cost money? If you love to dance but can't afford classes, consider getting a dance DVD to use at home.

## Keep your fitness goals in mind

Have you decided to improve your aerobic fitness? Then swimming or aerobics might be good choices. If your goal is to improve upper body strength, then try activities like kickboxing, rowing, or strength training.

## Team player or solo artist?

If you love being a part of a team, find activities that allow you to be social and active. If you prefer time alone, there are many ways to be active that you can do alone or with one other person.

## Do it for life

Choose activities that you can do regardless of your age or whether or not you can get a whole team together.

Lifetime activities such as the ones listed below can be maintained long after high school. Try them all until you find one (or more than one) that you want to do for years to come!





# be fabulous media-rama

5

What's in an image? Even though we know the shape and size of our bodies is one of the many things that makes us unique, the media likes to portray an "ideal" body that affects what people think is attractive. Thin, curvy, athletic, and round bodies have all been fashionable at one time or another. This has led to lots of girls and women being dissatisfied with their bodies and taking various unhealthy measures (like dieting) to look like the images they see. A brief history of the trends:



1600's  
Full-figured women  
are most desirable



1920's  
Flapper:  
boyish figure  
without curves



1950's  
Marilyn Monroe:  
Lots of curves



1960's  
Twiggy:  
Boyish figure,  
very thin



1970's  
Models remain thin  
but show a hint of  
the new trend of  
athletic bodies.



1980's  
Jamie Lee Curtis  
is the new body  
trend



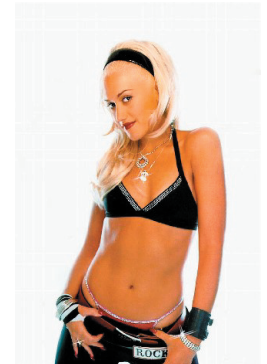
1990's  
Kate Moss:  
keeping  
thin "in" and  
controversial



mid 1990's  
Tyra Banks  
Still thin, but  
initially told she  
was too fat to  
model



2000's  
The "J-Lo booty"  
becomes fashionable.



2005  
Gwen Stefani is  
known for her  
"abs" as much as  
her music.

## who defines what is beautiful?

You can buy trendy clothes but body types are not something you can buy off the rack. When you think about it, the idea that any one shape or body part is fashionable is crazy. Bodies come in all shapes and sizes, and beauty is really more than your looks. What does beauty mean to you?



How can you reduce the impact of media in your life?

## Tune in to yourself, Turn the TV off

Reduce the amount of media you see each day (turn off the TV, don't look at magazines that promote unrealistic images of women).

## That's what friends are for

Surround yourself with support. Seek out friends who value you for who you are and not for what you look like.

## Abracadabra

Remember that models don't really look like they appear to look in magazines, so don't compare yourself to an image that has been manipulated by computers and other "media magic".

## Decide for yourself

Let beauty be defined by you! Not ready to do that? Feeling good about yourself can take some practice-try telling yourself something you like about you the next time you look in the mirror.

## Are models really role models?

Look for magazines and other media that celebrate women and girls for who they are and what they do-not just how they look.

## Free your mind

Choose media that show a range of sizes and many types of beauty.

## Don't buy (into) it

Remember that advertisements try to make you feel badly so that you will buy their products. Don't buy into their ideas!




## Mad at the media? want to do more?


### write on

Let your feelings be known! You can send emails or letters to:

You don't have to buy into what the media is selling! Instead of letting media define beauty for you—you can define it by remembering all of the amazing characteristics that your friends and family value and like about you. That is what makes you beautiful!!!

 companies whose advertisements promote unhealthy body shapes and sizes and demand that they include bodies of all shapes and sizes in their advertisements.

 television executives telling them you want more real looking people on their shows.

 editors of magazines praising them with what you like and asking them to change ones that make you feel bad.

Consider boycotting stores or products that promote poor body image. It may not be possible in some cases, but you may find it empowering to find jeans somewhere else!



# be fueled

good for you snacks

5

## Right Choice for You

Being out and about can make it hard to find healthy snack choices, but it can be done! Besides baked chips, there are choices like whole wheat crackers, milk (low-fat or skim), 100% juice, low-fat yogurt, fresh fruit, raw vegetables, and bottled water.

### The Choice is Yours! Activity

You don't have to give up your favorite snacks in order to be healthy! Like chips? Let's take a look at how you can fit them into your healthy lifestyle.

Let's do a quick comparison:

Small bag of baked chips:	Small bag of regular chips:
Total calories per bag:	Total calories per bag:
Minutes of walking to burn the calories:	Minutes of walking to burn the calories:

100 calories = 20 minutes of brisk walking

FYI: A 150 pound person would burn approximately 100 calories walking for 20 minutes at 3.5 miles per hour. The actual amount of calories burned depends on your fitness level, body weight, type of terrain, and how fast you walk.

Now let's look at the serving sizes because sometimes it's easy to eat more when you are eating out of a larger bag.

Servings in a small bag \_\_\_\_\_

Servings in a medium bag \_\_\_\_\_



# be fueled

good for you snacks

5

Make healthier food choices, one snack at a time!

## Instead of...

## Try...

Cocoa Puffs or Fruity Pebbles

Cheerios or Raisin Bran

A doughnut for breakfast

A whole wheat bagel

3 tablespoons of cream cheese on a bagel

1 tablespoon of light cream cheese on a bagel

A cookie

Fruit yogurt

Potato chips

Pretzels or popcorn

Fruit snacks or roll-ups

The real thing - a piece of fruit!

A glass of apple juice

An apple (fiber makes it more filling)

A soda

Water or skim milk

Ice cream

Low-fat yogurt

Potato chips and dip

Veggies with hummus dip

Nachos

Tortilla chips with bean dip

Full-size candy bar

Small-size candy bar

Candy (skittles)

Grapes or cherries

Just buying a cantaloupe

Cutting it into slices



## Grab and Go

Whole wheat pita or veggies with hummus dip.

Add fruit to yogurt or eat with cheese.

Cut up veggies with salsa or low-fat ranch

Fruits and veggies make great snacks! Try cucumbers, broccoli, cauliflower, baby carrots, sliced peppers, apples, bananas, grapes, cherries or strawberries.

Low-fat cheese cubes

Hard-boiled egg

Fruit yogurt

Cottage cheese in mini-containers

Lunch meats

String cheese



Baked tortilla chips and salsa

## Snack Attack!

Scoop of frozen yogurt or sorbet

Handful of baby carrots

Rice cakes with light cream cheese

Popcorn (light or air popped)

Pretzels with spicy or honey mustard dip.



# be fueled

good for you snacks

5

take time to prep (less than 5 minutes!)

## ice pops

Freeze 100% juice in ice pop molds or ice cube trays. Try different kinds to see what you like most!



## mini pizzas

Spoon pizza sauce onto half a bagel or english muffin. Top with low-fat mozzarella cheese and your favorite veggies and broil or bake at a low setting until cheese is melted.

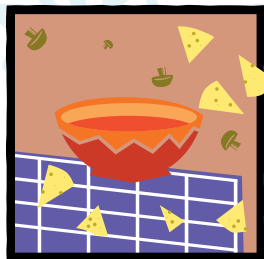
Take frozen fruit and milk, and blend them into a smoothie!

## quesadilla

Spread a small handful of grated cheese on a tortilla with chopped peppers. Microwave and eat with salsa.

## homemade chips

Cut up a corn tortilla and bake at 350 degrees until the edges are crispy. Sprinkle a little lime and salt and eat with salsa.



## yogurt grahams

Spread fruit flavored yogurt on a graham cracker square and top with another graham cracker. Wrap in plastic wrap and freeze.

## banana ice

Peel several very ripe bananas, break them into one-inch pieces, and freeze them in a sealed plastic bag. Put the frozen pieces into a blender and whirl with a small amount of water or juice.

Half of a turkey or tuna sandwich on whole wheat bread

# be fueled

good for you snacks

5



Most teens need something between meals—especially if they are active. If you get hungry between meals, plan a healthy snack to keep you fueled.

Snacking also helps keep you from feeling starved and eating way more than your body needs later on.

Sport or “energy” bars may seem like a healthy or energizing snack... but they tend to be high in calories, fat, and sugar.

Healthy snacking doesn't have to be boring as long as you give yourself a variety of choices.

**good  
to  
know...**

Snacking on French fries might give you a short term boost, but snacks high in fat and sugar end up slowing you down in the long run.

TV watching alert! With all of the food commercials convincing you to eat more, snacking in front of the TV adds unnecessary calories.

Portion size counts. A small handful of raisins and nuts gives you energy for a night of studying. A whole bag won't give you much more—except for pounds!

Keep your energy levels up by skipping snacks with little nutrition and lots of sugar like candy and soda. See the next page for lots of healthy snack ideas!

# be fueled

good for you snacks

5

Reach for snacks like whole-grain crackers and protein-rich foods such as cottage cheese or yogurt to keep you going longer.

Stash it! Keep some fruit, baked chips, baby carrots or even a half sandwich in your backpack or locker so you are not tempted to use vending machines.

Get milk. If you need to rush out the door, pour a quick glass of skim milk—it will last you far longer than a pop.

Break the habit: 3 ways to stop TV munchies—avoid eating while watching, exercise while watching TV or watch less TV!

give  
it a  
try...

Healthy snacking means shopping smart. Labels help you make the right choices for your body. Pay attention to serving sizes or pick the small bag!

Healthy goodies: yogurt, baked chips, pretzels, skim or low-fat milk, sliced apples, grapes, fruit cup, bottled water or baked cheX mix. The list is endless!

Make grab and go snacks ahead of time. Keep cut-up fruits and veggies in the fridge for a quick snack. Dribble lemon juice on apples and pears to keep them fresh.

Snacks are meant to keep your energy up, not be a meal. Pick a snack using the food label and choose snacks with 100-150 calories. Fruit and veggies don't have labels but also fit in these guidelines!



Circle two "give it a try" ideas that you will try over the next week.



"Can you imagine what would happen if girls took all the energy they spend worrying about their image and put it into painting, writing, theorizing, science, or sports?"

Joan Jacobs Brumberg

# New Moves

6

Balanced for life

in this section

where to go and  
what to know

Stress-less

Let's do lunch

This section will help you keep stress levels under control and keep your tummy from rumbling all afternoon!

Learn about free and inexpensive ways to be active, how to manage stress in your life, and delicious lunch ideas you can take anywhere.



# be fit where to go and what to know <sup>6</sup>

In New Moves, you have learned about a variety of ways to be active, the benefits of an active lifestyle, how to deal with challenges, and the details for setting up a plan. Now here comes the real test—maintaining all that you've done to be more active. You have the foundation, now it's up to you to keep the momentum! Check out the next couple of pages for ideas on where to go, as well as a chance to reflect on where you have been and to plan for the future.



## Your school

Your school has a variety of resources for being active. From after school sports and recreation programs to your school fitness facility—your own school has options! If you don't feel comfortable in the fitness center alone, find an exercise partner or plan a "New Moves time" when members of the class can meet to stay active together.



# be fit <sup>6</sup> where to go and what to know

## Be fit at home

You don't have to spend a lot of money (or any!) to get fit at home. Working out at home is private, always available, and is a great option for being active! For more ideas, check out the fit cards in the resource section in the back for more ideas.

You can purchase inexpensive equipment to use at home, like exercise bands, weights, jump ropes, hula hoops, and stability balls. There are DVDs for everything from hip-hop to yoga. You can also find fitness equipment online, at sporting goods stores, discount stores, and larger retail stores.

Garage sales can be a good place to find exercise equipment or DVDs—just make sure everything is safe before you use it!



“Free” weights: Use laundry detergent bottles or milk jugs (rinse it first, please!) filled with water or sand as weights.

Do it for free:  
Walking, dancing, body weight strength training exercises and stretching all cost nothing!

The library has exercise videos, DVDs and exercise books for FREE!



**Check out the resource tab for places to be active in your community!**

# be fit where to go and what to know

6

## shoes



Unsupportive shoes can cause pain and injury—two things you want to avoid! When it comes to quality and function, name-brands don't matter. Instead make sure your shoes fit and are made for the type of activities you want to do. For example, running shoes are great for running but are not the best for aerobics or kickboxing. If you are not sure what to get, a cross training shoe is your best option. They work well for most sports and are the most versatile. You don't have to spend a lot of money!

And please, tie those laces!



## girl stuff

A supportive bra is a must for active girls and women. No matter what your size, there is a sports bra out there for you! You will need to shop around for a bra that minimizes or eliminates bounce—do jumping jacks or run in place in the dressing room to check. If you don't have money for a sports bra, double up and wear two bras, and consider saving for a sports bra as a reward for all of your hard work in meeting your goals.

## clothes to sweat in

Workout specific clothing is not necessary to be active. A comfy shirt and shorts or leggings are all you need to get started! If you want to be more comfortable, some exercise clothing is designed to wick sweat away from the body, which helps you cool your body. Just like other equipment, you don't have to spend a lot! Look on sale racks and at discount stores for good buys.

Another reward idea for meeting your goals!



## strange but true





The first sports bra was created by sewing two jock straps together.  
We have come a long way!

## I'M SO STRESSED!

Stress is a natural reaction to arousing situations. Believe it or not, stress can actually be good for you by motivating you to action. Helpful stress can give you the focus for studying for an upcoming test or providing that extra rush you get in high pressure situations like being on stage. However, when your stress levels stay elevated, it starts to tear your body down and cause problems.

Stress is definitely a problem if you harm yourself or others. Fighting, taking unsafe risks, using drugs and alcohol, self-injury, or binge eating only lead to more problems and more stress. Talk to your school nurse or other trusted adult if these are familiar to you.

Ongoing stress is bad for your health and affects your:

-  immune system, leaving you prone to illness.
-  skin, leads to breakouts or flares of conditions like psoriasis.
-  appetite, making you more likely to crave unhealthy foods.
-  hormone levels, leaving you crabby and tired.

Your body produces cortisol when stressed. This stress hormone can give you energy, but when cortisol levels remain elevated it can lead to insomnia, weight gain, or other physical problems.

Long term stress wreaks havoc on the body. If you have been stressed over something for a long time or an ongoing situation is out of your control, please seek the help of a mental health professional.

Friends. Grades. Family. Relationships. Money. Your future. These are just some of the things that can cause stress in your life. Everyone has stress, and we all cope in different ways—some healthy and some not so healthy. Below are some **unhealthy** ways young women deal with stress that often just lead to more stress.

Eating too much or too little

Skipping school or work

Sleeping all day or barely sleeping

Getting down on yourself

nail biting

self harm

freaking out!

Crying ALOT

Isolating yourself

Watching TV all day every day

Snapping at others or starting fights

Headaches, stomach aches, and back pain are common physical symptoms of stress. Check out the next page for healthier ways to deal with stress!



# be fabulous stress less

6

## healthy ways to deal with hard times

Blow off some steam. Kickbox, dance, run, or go for a walk—anything that lets you release stress and clear your head.

Turn your focus inward. Meditate, pray, visualize, or do yoga or other mind/body activities to bring calm to the chaos you feel.

What a rush! Exercise makes you feel better due to the feel good surge of endorphins, a "feel good" hormone.

Get plenty of sleep. Getting enough sleep each night helps your body and mind perform at their best.

Listen to music. Upbeat music can lift your spirits. Dance around or walk with headphones for twice the mood-lifting benefits!

Connect with positive people. A walk with a friend or a supportive person can help you through difficult times and feelings.

When you are really busy, active breaks (like stretching or walking) give your mind and body a needed break and is an easy way to refresh yourself.

Creative license. Find hobbies and fun activities that you enjoy doing to get your mind off your stress and onto something you enjoy.

Eat regular meals and snacks. It can help you avoid the crankiness and irritability you feel when you skip meals.

### What are some other healthy ways to deal with bad days?

take a warm bath, read a good book, watch a funny movie, listen to music

Your List: \_\_\_\_\_

# be fabulous

stress less

6

We all have stress, and we all have made our lives more stressful by dealing with stress in the moment. The key to reducing stress is to recognize your patterns for what stresses you and how you react to it, and think of different ways to react. Below is an example of a stressful situation and how someone dealt with it, as well as their idea for change. In the spaces below, fill in your own situations from the recent past, and how you can react next time.

<b>Situation</b>	<b>Stress Scale (1 (low)- 10 (high) and emotions</b>	<b>I responded by</b>	<b>Next time I will try to</b>
<i>My friends went out last night without asking me and I feel totally left out.</i>	<i>8 Mad, hurt, and betrayed.</i>	<i>I sat at home, watched TV, and ate my heart out.</i>	<i>Go for a walk, talk to my mom, or listen to my favorite music.</i>

Plan your strategies and stick with them!  
Keep stress from spiraling out of control!

# be fabulous stress less

6

Stress can cause you to tense your muscles, especially those in your neck and shoulders, which can cause pain and reduced blood flow to the brain. The following stretches can be done anywhere and provide a physical and emotional break in your day.

## Neck Stretching



Sit in your chair with your back and head straight. Slowly turn your head to look over your left shoulder, keeping your head level (make sure your chin isn't tucked or raised). Hold this position for 3 breaths. Slowly return your head to the front. Repeat by looking over your right shoulder and then returning to center. Slowly bring your head forward, so you are looking at your lap. As you ease into the stretch you'll find that you can bring your head farther down without straining. Hold this position for 3 breaths. Slowly bring your head up so you're looking straight ahead. Repeat in each direction.

## Full Back Stretching



Pull your chair away from any desk or table so you have room to stretch forward. Place both your feet squarely on the floor in front of you, about 5 inches apart. Lean forward over your thighs. Relax both your arms and your neck and let your weight fall forward to help your finger tips get closer to the floor. Stay in this position for 5 breaths. Slowly roll up until your back is straight again and your hands are on the tops of your thighs. Pull your shoulders back to sit up extra straight and stretch your back. Stay in this position for 2 breaths and then relax.

## Shoulder Blade Squeeze



Sit in your chair with your back straight and your shoulders relaxed. Reach your arms behind you and try and interweave your fingers behind your back. Exhale. Try and bring your elbows closer together behind your back. Squeezing your shoulder blades will help too and make your stretch even better. Hold this position for 2 breaths. On your third inhale, relax your shoulders and elbows and bring your hands back to your sides. Repeat this exercise slowly 3 times.

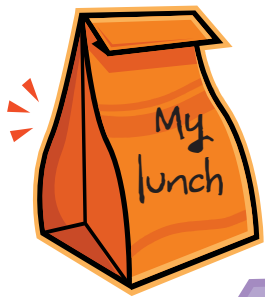
Deep breathing can help you feel less stressed. Take 5-10 deep breaths and imagine each breath reaching every part of your body, from your lungs to your toes.

# be fueled

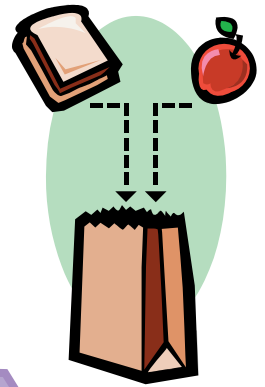
let's do lunch

6

Busy days can be stressful, but missing lunch only makes things worse. Bringing your own lunch can help you feel better and save money! When you pack your own lunch, you will have foods you like, avoid the lunch line, and ensure that you fuel yourself for the rest of the afternoon. You can pack a variety of things so that every day is different. Check out the next few pages for ideas on putting together a lunch worth eating!



What would you have?



Your lunch idea

# be fueled

let's do lunch

6

Bag it! Quick and healthy lunch ideas.

Low-fat  
yogurt with  
granola  
Veggie sticks  
Grapes  
Orange juice

Instant bean & rice  
soup  
Pita bread with cheese  
Veggie sticks  
Fig bars  
100% vegetable juice

Bagel  
with cheese  
Baby carrots  
Low-fat yogurt  
Bottled water

PB & J  
sandwich on whole  
grain bread  
Banana  
Baby carrots  
Animal cookies  
Low-fat milk

Chef salad with  
turkey, cheese,  
broccoli and carrots  
Low-fat salad dressing  
Apple  
Whole grain bread or  
crackers  
Low-fat milk

Turkey  
sandwich on whole  
grain bread with  
hummus, cucumber slices  
tomatoes, and lettuce.

Baked chips  
Orange  
Iced water with  
lemon slices

Tortilla  
with beans,  
shredded cheese &  
salsa  
Fruit cup  
Veggie sticks  
Cookies  
100% Fruit juice

Pita with  
tuna, tomato,  
and lettuce

Celery with peanut  
butter and raisins

Diet soda pop

French roll with  
meat, radish, cucumber,  
cilantro and carrots (Bahn mi)

Soy chips  
100% fruit juice







# be fueled

let's do lunch

6

Mix and Match! Bring your own lunch and save money, increase your healthy options, and avoid the lunch line. Plus, if you have an open campus, you can eat anywhere!

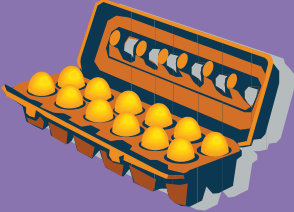

Fruits	Vegetables	Breads and grains
<p>Apples Applesauce Apricots Bananas Berries Cherries Dried fruit Fruit cocktail Fruit salad Grapes Kiwi Melon Nectarines Oranges Peaches Pears Pineapple Plums 100% fruit juice</p> 	<p>Beans (yellow, green, string) Bell peppers Broccoli florets Baby carrots Bok choy Cauliflower florets Celery stalks Cherry tomatoes Cucumbers Daikon radish Edamame Hominy Jicama Mixed greens Potato (sweet or white) Sugar snap peas Taro (cooked) Vegetable salad Vegetable soup 100% vegetable juice</p> 	<p>Bagels Bread Brown rice Cereal Couscous Crackers Granola Muffins Noodles Pasta Pita bread Polenta Tortillas Tortilla chips (baked) Quinoa Rice Rice cakes Rolls Wild rice</p>  
		<p>*Choose whole grain when available</p>

# be fueled

let's do lunch

6

Keep the balance. Mix and match by choosing an item from each category, the possible combinations will last you the entire school year!

Meats, beans and other proteins	Dairy
<p>Beans (canned, dip, salad or soup) Chicken Chili Deli meat Egg (salad or hard boiled) Hummus "Instant" soups Leftovers Lentils Meat loaf Mock duck Nuts (almonds, cashews, etc.) Peanut butter Sloppy joe mix Sunflower seeds Soy chips or sticks Tofu (chunks or spread) Trail mix Tuna or salmon salad Veggie burgers or nuggets</p> 	<p>Cheese slices or cubes Cottage cheese "Cream" soups made with low-fat or skim milk (rather than cream) Custard Low-fat or skim milk Pudding Rice or soy milk String cheese Yogurt (cups or drinks)</p>  <p><b>keep your cool (or hot)</b> Get a thermos to keep hot things hot and cold things cold. An insulated lunch bag also works great to keep your lunch tasty and fresh. An ice pack in your lunch bag or plastic bag can also work in a pinch.</p>

# be fueled

let's do lunch

6

One way to avoid getting stressed out and binge eating is by making sure you eat a well-balanced lunch every day.

Skipping lunch means you miss out on important nutrients for your growing body. Plus, skipping lunch can promote weight gain because you may end up eating more later.

When choosing your lunch apply what you know about balance, variety, and moderation to help ensure that you are getting the nutrients you need to stay healthy.

Use lunch to help you get your 5-9 servings of fruits and vegetables. Mix and match your choices, and your taste buds will never be bored!

good  
to  
know...

Eating school lunch can be a healthy and cheap option. Stick to the main lunch line, eat only one portion, and make sure you get your veggies!

Save \$\$\$\$. Bringing a lunch and drinks from home and avoiding the vending machines can help you save money. If you spend \$5 a day on lunch and sides, you would save \$100 a month by just bringing your own lunch!

A healthy lunch improves the quality of your day by providing the nutrients needed to keep your energy levels up, fueling you for the rest of the day!

Curb overeating after school and later in the day by eating a healthy lunch—it helps balance your appetite throughout the day.

# be fueled

let's do lunch

6

Go retro. What were your favorite foods as a kid? Take a trek down memory lane and throw in an apple or fruit cup for an added punch.

When eating at the cafeteria, try adding a fruit or vegetable (like a side salad) and look for the leaner options like grilled chicken, broth based soups, and cold deli sandwiches.

Steer clear from the snack line at school which has foods with little nutrition like cookies, nachos, and other similar items.

Do a "picnic at school" where you and your friends each bring a dish to share. Each person can bring something like salad, fruit, or sandwich filling to share.

**give  
it a  
try...**

Get creative. Make a list of all the foods that are easy and that you like as quick and healthy lunches. Need some ideas? See the "bag it" worksheet.

Be heard. If you would like to see healthier options at school, meet with the Food Service manager and provide suggestions on healthier ideas teens would eat.

Always rushed for time? Take 5-10 minutes every night and pack your lunch. That way you can just grab it and go in the morning before school.

Keep lunch staples on hand: whole wheat bread, fruit, cut up veggies, yogurt, and peanut butter. Keep sandwich bags or disposable plastic containers on hand to help make lunch easy!



Circle two "give it a try" ideas that you will try over the next week.

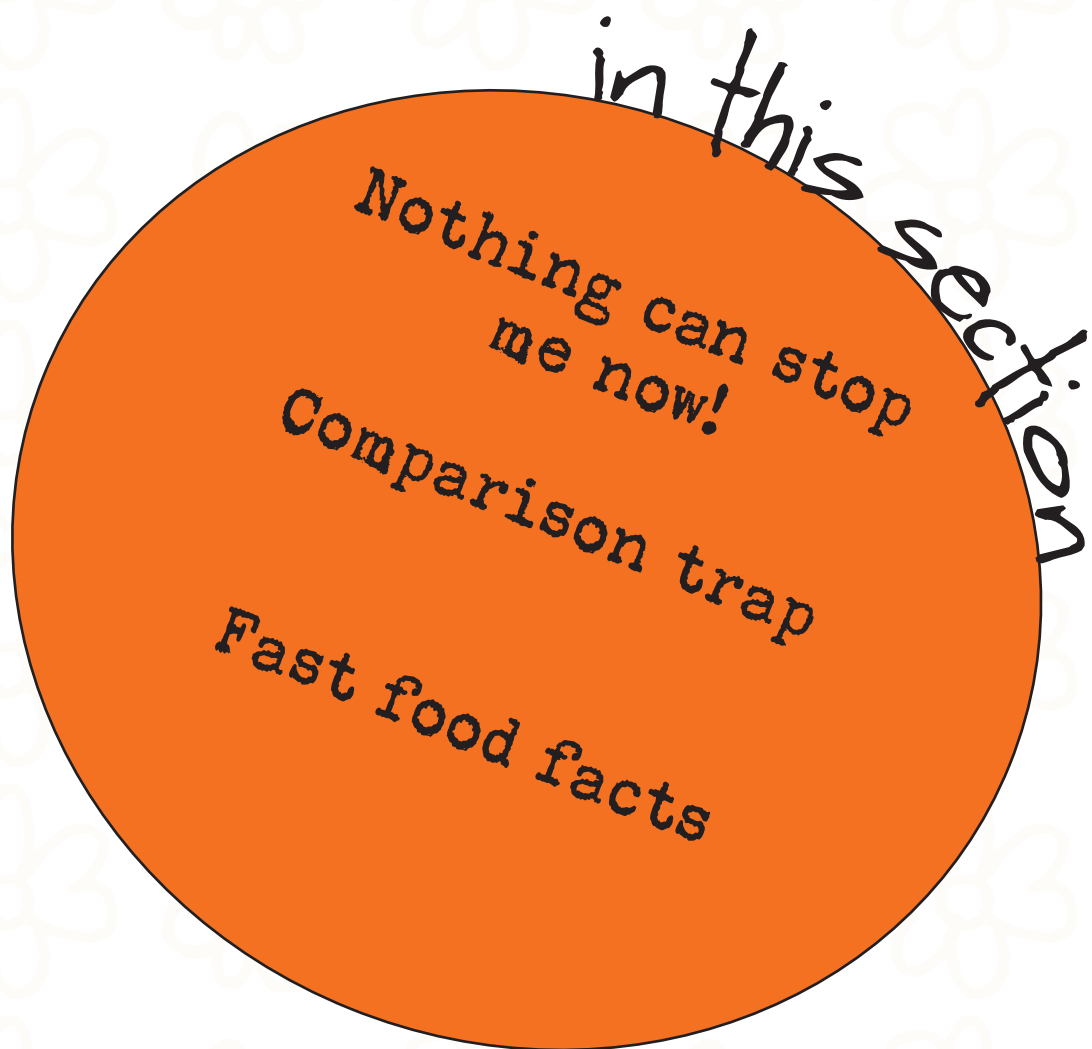
*You are invited*

*New Moves requests the  
honor of your presence for  
a weekly lunch session after  
New Moves class is done.*

*More details will be given at  
the end of class.*

*We do hope you will join us!  
(Lunch is on us!)*





Reality check—you can be healthy in our busy (and often unhealthy) world. This section will help you overcome challenges to being active, look at the way we all compare ourselves to others, and how to eat healthy when you are out and about.

Everyone has challenges to being and staying physically active—the key to staying active is to address these issues. On the next couple of pages, look for common challenges to being active and ways to overcome them.



### ★ ★ ★ ask the personal trainer ★ ★ ★

Q: I want to be more active, but I need help getting started. What tools do people use to get moving? —Jasmine, 15

A: Great question! I had one client who put \$1 in a jar every time she exercised. She would use that money to reward herself with things like CDs, new workout clothes, or manicures. Another person put a chart on her wall and gave herself a star for every 10 minutes of activity, so whenever she got down on herself, she would look up at all of the stars and realize that she was more active than she thought. What motivates you is personal, but some things that work well for others are:

- tracking their activity on a chart, calendar, or journal
- rewarding themselves for meeting their goals
- having a workout buddy
- trying new activities
- doing things they enjoy (or at least like the benefits!)
- using the "10 minute rule" on days they don't feel like being active

be fit

nothing can stop me now!

7



# habit forming

The key to being and staying active is to make it a habit.

Habits are formed from doing something on a consistent basis over a period of time. It may seem like a challenge at first, but over time (a couple weeks and months) you will make being active a part of your life and soon it will be a habit—one that is worth keeping!

Feel like things prevent you from being more active? On the next couple of pages, girls share their ideas for dealing with challenges. You can be more active if you want to! There are ways to get moving no matter how busy, exercise-phobic, tired, or lacking in will-power you are.

Turn the page to get started!

## What's your challenge?

# be fit

nothing can stop me now!

7

"I promise myself that I will be active for 10 minutes. Usually I feel better and keep going- it gets me past my afternoon slump and keeps me from the 'all or nothing' mentality I used to have about exercise." Samantha, 14

"I remind myself how I feel after my walk: energized and relaxed. That always gets me going."  
Amy, 16

I'm too tired!

**"I remind myself how I feel afterwards." Ingrid, 16**

"I often am tired because I get so stressed about school and life that I lose sleep. Exercise helps me reduce stress so I can fall asleep and stay asleep."  
Grace, 17

"When my dad's car broke down, I had to bike to school. At first I was mad about it, but then I noticed that even though I was super tired at 2:00, by the time I got home, I had way more energy. These days I bike along the river on my way home, adding another 30 minutes to my ride." Jada, 15

"I stopped skipping lunch and found that I wasn't as tired after school. I also have a banana or apple before I exercise which keeps me going."  
Melanie, 15

"I've found that being active helps me sleep better. I feel more energized after working out, and I get better sleep at night so I can actually function the next day!" Danita, 18

*"I filled laundry jugs with water and use them as weights. I add more water every couple of weeks to keep myself challenged. The handles make them easier to use than weights!" Ana, 17*

**"I got a job at the local fitness center as a babysitter. I get a free membership, and since I am already there, I have no excuse to not work out." Jodie, 16**

**"I am super broke, so I get DVDs and videos from the library."  
Hannah, 15**

*"My neighbor had a bike that she wasn't using so she gave it to me. I brought it to a bike shop and for a little cash (less than my bus pass) I have a working bike that I use to take me everywhere!" Kianna, 17*

It's too  
expensive

*"My friends and I make up dances and teach each other."  
Pang, 15*

**"I walk. It's free and I save money on gas or bus fare." Justine, 17**

**"I went to garage sales and found a pair of brand new rollerblades in my size. I use them all the time-it was the best \$8 I have ever spent!" Kory, 16**



"I record my favorite shows and use the treadmill when I watch them." Ava, 17

"I realized that I spend 2-3 hours a night in front of the TV-more than I had thought! I still watch my favorite shows, but instead of staying on the couch I do something active before or after my show and rarely sit for more than an hour." Heather, 14

"I stay active by using my own body for transportation-I walk or bike to school and to do errands." Laura, 15

"I get 10 minutes of movement in whenever I can like walking instead of waiting for the bus. By the end of the day I have at least 30 minutes of activity if not more." Ursula, 15



I have no time to be active.

"I wait tables at a busy restaurant. Four days a week I log in 5,000-11,000 steps during a shift and my arms are getting really strong." Sia, 17

"My friends and I spend our time doing something active-we walk, bike, or go to the gym together on a regular basis. Once a month, we try something new together and have done things like rock climbing, diving lessons, dance classes, or snowboarding. We rarely sit around wondering what to do." Sinsa, 16

“My school has three stories, and I was embarrassed how heavy I was breathing by the 3rd floor. That inspired me to exercise more often and within a month I was walking up the stairs without panting!” Tabitha, 15

“I am not a jock -actually quite the opposite. My dance teacher helped me see that there are lots of ways to move that don't come with hyped up competition!” -Bea, 17

I'm not athletic

“I was picked last for every team-NO ONE wanted me to play for them-so I am not into team sports. I told this to my mom's friend (she's a personal trainer) and she told me that she used to be picked near the end of her class too. Meeting someone who is active who was just like me got me thinking that I could do it too. Plus, she gave me two free sessions!” Gabby, 15

“I thought people would make fun of me because I am sort of clumsy and not talented at sports, or even walking for that matter! I started walking and playing frisbee with a friend. No one laughed or pointed-it wasn't like a bad gym class experience. This has given me the confidence to try more activities.” Shante, 17

“I take a lot of walks—no jersey or extensive training required”  
Johanna, 18

**“I was really sore the first couple of times I lifted weights, but it went away after the first couple times and now I feel fine the next day.”**  
Gena, 17

"I asked a staff member to show me how to use the equipment at the gym, so I know what to do. This confidence has made a big difference." Latricia, 16

"I walk. I don't need a gym, just my shoes and clothes to deal with the weather. Sometimes I listen to music, but other times I just enjoy the quiet." Gabby, 16

*"I work out at home with exercise DVD's or Fit TV. I have even started to make up my own routines-who knows? Maybe I will have my own DVD soon!" Arianna, 16*

I don't feel comfortable at the gym

"I asked my friend to come with me to the gym because I was really nervous about being there. After two months of regular workouts my friend and I are both in better shape than ever and we look forward to seeing each other at the gym." Pa Chia, 18

"I CHECKED OUT GYMS UNTIL I FOUND ONE THAT I LIKED. I HAD TRIED A COUPLE WHERE THE STAFF WERE RUDE AND I DIDN'T FEEL COMFORTABLE. I FOUND A SMALL LOCAL GYM WHERE THE STAFF AND THE MEMBERS ARE FRIENDLY." ZOE, 17

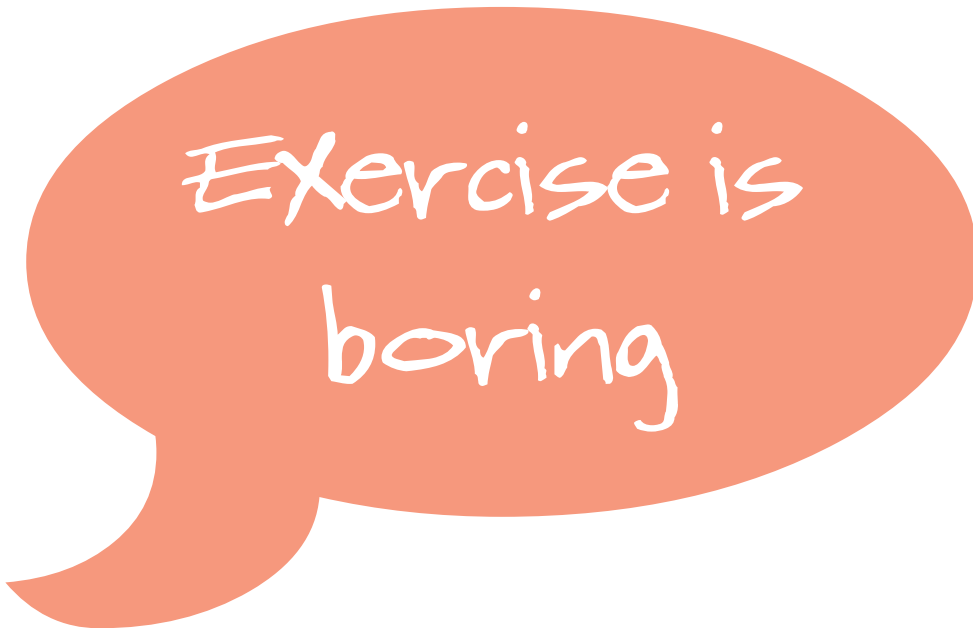
"I put on my headphones and focus on the music. Now my only concern is making sure I don't sing too loud!" Dee-dee 14

"I would not be considered a 'hard body' but I realized that there are all sorts of body shapes and sizes at the gym. Some of the people are really fit, but there are plenty of people like me." Sasha, 15

"I love to dance but have never taken classes before, so I signed up for hip-hop classes through community education. It's lots of fun and I now look forward to class every week!" Jasmine, 15

"I bike to school and when I have to do errands. Having a purpose helped me get started but now I also bike for fun!" Sylvia, 16

"I love to read, so I spend time on the exercise bike with a good book. Sometimes I read books for school and get exercise and studying done!" Sarah, 17



"I take a different class at the Y every day." Patty, 18

"I meet my friend for tennis or in-line skating. We aren't that good but we both feel and look better and have alot of fun!" Rashalle, 14

"I make a new playlist every month filled with my favorite songs. I walk on the treadmill or on the trail by the river with my headphones." Mai See, 16

"I am home alone after school and I used to sit on the couch and watch TV until dinner. Now I turn on music and dance around or turn on FIT TV and do a workout. I'm less likely to be bored and I feel better too." Saskia, 15

"I joined a soccer league at a nearby park. It's more about fun than competition and I've met a lot of new people." Rachel, 15

# be fabulous

comparison trap

7

Comparing ourselves to others keeps us going around in circles.



Often when people compare themselves to others they pick out what they don't like about themselves and notice and compare themselves with other people who they THINK are better on those particular things.

In the example above, Jada doesn't like how short she is, so she always compares herself to taller girls. What do others think? Everyone else thinks that Jada is a very talented singer with a great sense of humor and is kind to others. They don't think less of her because she is short!



# be fabulous

comparison trap

7

## Let's stop this cycle!

Looks aren't everything. While girls often focus on their looks, most people like you because of your personality, how you treat others, and your attitude. Feeling good about yourself as a whole person can help you avoid falling into the comparison trap.

What can you do to avoid getting caught in the comparison trap?

Some ideas include:

- Focus on your positive qualities.
- Think beyond appearances—many people focus only on how they look and not who they are as a person.
- Think of what your friends say they like about you.
- Look at yourself as a whole person.
- Challenge negative self-talk.
- Avoid "trash-talking" about the appearance of other people.
- Hang out with people who make you feel good about yourself.
- Your own ideas

# be fabulous

comparison trap

7

## fat talk

Have you ever been a part of a situation like this?

LaShawonna, Jasmine, Heidi, Malia, and Jennifer are good friends. They love to shop and go dancing together, but most of the time, they just hang out and talk. Sometimes they talk about how they look. Usually it starts with one of them saying "I need to lose weight," or "I wish I was thinner," or "I don't like my legs." Often times someone will respond, "No, I'm the one who needs to lose weight". Soon all of the girls are thinking and worrying about how they look. By the end of the conversation, everyone is thinking about what they don't like about themselves and are feeling badly about themselves and their bodies.

## discussion time

**Q:** What are some ways the girls in the scenario could turn this conversation around so that everyone feels good about themselves in the end?

**A:** Some people have these types of conversations because they feel badly about themselves, others talk this way to get attention, and some people just don't know what else to talk about. Sometimes it is a combination of these reasons. Regardless, "fat talk" is not positive, nor does it really help people feel better about themselves. Sometimes this type of talk isn't about weight, but about hair, clothing, or other things that have to do with your appearance. It doesn't matter what the topic is—focusing on what you don't like about yourself or others can damage your self-esteem. See the next page for ideas from other girls on how to avoid "fat talk" and how to keep yourself, and your conversations more positive.

**Let's talk about something else!**

It can be hard to feel good about yourself when you frequently compare yourself to celebrities or people around you. Below are some thoughts from other young women who are trying to overcome the comparison trap and "fat talk" in their lives.

## Ideas from other young women

- ✿ Focus on what your body can do rather than its shape and size. For example, when your friend says "I hate my legs." Remind her that "your legs are why you're able to ride your bike so fast."
- ✿ Create a "no fat talk" rule with your friends or family. Agree to change the subject when people start talking bad about their bodies or appearances.
- ✿ Walk away. If your friends or family insist on these types of conversations, avoid them and discuss other topics with them.
- ✿ Avoid teasing or making fun of others about their appearance, weight, or size.
- ✿ When you get a compliment, say "thank you."
- ✿ Spend time with people who help you feel good about yourself.
- ✿ Refuse to say "I'm fat" or talk about weight or other things you don't like about your appearance.
- ✿ Don't get down on yourself in order to "help" someone feel better about themselves when they "fat talk."
- ✿ Resist the temptation to judge people on their weight or size.
- ✿ Tell your friends what you like about them.
- ✿ Your own or your classmates' ideas:

You don't have to give up eating out in order to eat healthy. On the next two pages you will find lots of ideas for making healthy choices away from home. With so many tempting options, the mall food court can be an easy place to eat more than you need. Whether you are out shopping or just hanging out, it's easy to make healthy decisions if you think about what you want before hunger pangs hit you.

## Single slice of veggie pizza

SHARE A LESS HEALTHY DISH WITH A FRIEND OR ORDER A KIDDY PORTION.

Baked potato: go big on veggies, small on butter, cheese, sour cream and other rich toppings

# at the mall

Side salad

Bean burrito

*small 100% fruit smoothie*

## Vegetable stir-fries or fresh spring rolls

grilled chicken

Small hamburger

small (or shorter) sandwiches with lots of veggies and mustard or other low-fat sauce instead of mayo or ranch.

Small soft serve or frozen yogurt cone



## feeling saucy?

Ask for sauces and salad dressings on the side and use small amounts.

Use salsa and mustard instead of mayonnaise or oil.

If you must have ranch dressing get it on a lettuce salad rather than a dip or spread. It's a simple way to eat what you like while you eat vegetables!

## At a fast food restaurant

Order baked, broiled, or grilled (not fried) lean meats such as turkey, chicken, or seafood.

When picking a meat stir fry, avoid those that look glazed as they are usually loaded with sugary sauce.

When getting a big burrito, split it with a friend or opt for more salsa and less sour cream and cheese.

Full, but almost done? Wrap up what's left and throw it away or save it for another meal. If you are full, your body doesn't want or need the extra food.

## side dishes and desserts

Salads or vegetables are healthier and more filling choices than fries or chips.

On a baked potato, try a dab of sour cream or salsa instead of butter or lots of cheese.

Choose fresh fruit instead of sugary, high-fat desserts.

Order a small or kiddie soft serve cone of frozen yogurt or ice cream instead of a malt, shake, or sundae.

Instead of a fried egg roll, have a fresh spring roll or soup as a side dish when eating Chinese food. Mixed veggies are also a good option.

Keep your sides to a minimum. Decide beforehand if you will have a side dish or a dessert and stick to that.



## out and about

You can even eat healthily at your school cafeteria or grocery store deli. Look for fresh vegetables or fruit and make it a big part of your meal. At the salad or sandwich bar, choose lots of vegetables and minimize high-fat, low nutrition items like heavy salad dressings, mayonnaise, and fried foods. At your school, request healthy options—they will listen!

### At the corner store:

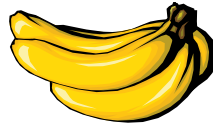
Use your knowledge of healthy options at the corner store!



**Want salt?** Try pretzels, a small handful of nuts, a pickle, or baked chips instead of regular chips.



**Sweet tooth?** Try fresh fruit, a granola bar, low-fat chocolate milk, fruit, or yogurt.



**Hungry?** Try string cheese, a hard-boiled egg, side salad, or small sandwich. Yogurt and nuts are also good choices when you need something filling.



**Thirsty?** Bottled water, unsweetened ice tea, 100% fruit juices, or sugar-free drinks are all good options instead of soda, sports drinks, or sweetened coffee beverages.



"May I take your order?"

Your ideas for making your fast food healthier.

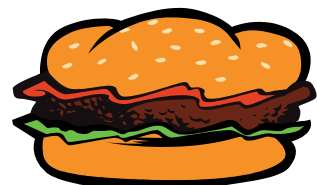
Original Menu Item	Using the menu, select new foods or modify items to make it a healthier choice.	Ideas for how to increase fruits and vegetables or the change or removal of a condiment.
Burrito with cheese and sour cream.	Chicken tacos OR Bean burrito with half the cheese	Peppers, onions, and salsa instead of sour cream and cheese.

Portion sizes of foods have been increasing so that we are being served and eating way more than our bodies need. For example, the average hamburger in the 1950's was just 1.5 ounces, compared to big versions weighing in at 8 ounces today.

*That's 500 calories more for just one item!*



1950's



Today.

Many fast food restaurants are starting to pay attention to the demand for healthy options.

Did you know? Fast food restaurants are purposely placed close to high schools.

Eating too much unhealthy food can lead to problems like weight gain or diabetes, a disease that is linked to obesity.

Too much fast food can drag your body down and have negative effects on your:

- thoughts
- emotions
- energy levels
- weight

**good  
to  
know...**

Contrary to popular belief, it isn't necessary to give up good taste in order to eat out healthfully.

Many restaurants, even fast food ones, are happy to accommodate your special requests. They want your business!

If you occasionally eat fast food that is not as healthy, balance it with healthier foods the rest of that day and the next.

Avoid "up sizing" and "meal deals"—they aren't a deal! Adding on items or ordering a bigger size of drinks and sides only adds more fat and calories and cost!

# be fueled

## fast food facts

# 7

When you know the portions are too big, order a half portion, share with a friend, or listen to your body and stop eating when you are full.

At the buffet, take small portions of what you really want. Don't fill up on foods or drinks that you don't want or need.

Make requests or changes to your meal at the table—if you order your sandwich without mayo, you'll easily cut about 100 calories.

Don't load up on soda. When you eat out, opt for water or other low calorie beverages. If you choose sugary sodas—don't refill and use lots of ice.

**give  
it a  
try...**

Choose fresh fruit as your side dish instead of chips or fries. It's a good way to get a serving of fruit and an easy way to cut calories. (Large fries can have up to 500 calories!)

Look for words on the menu like grilled, steamed, small, and single.

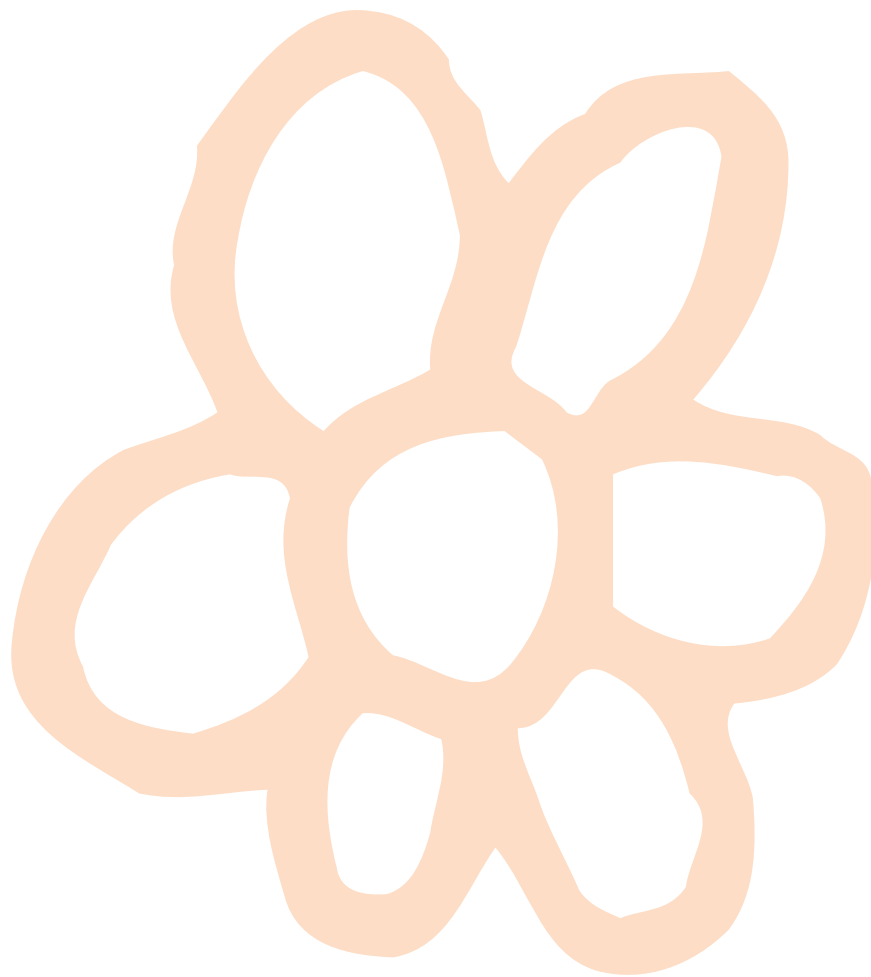
Avoid double (or triple!) anything, "the works", big sizes, and fried.

Substitute! Instead of a donut have a bagel, trade in French fries for yogurt or a baked potato, or have a grilled chicken sandwich instead of fried.

Go to fast-food places that you know have healthy options that will meet your requests.



Circle two "give it a try" ideas that you will try over the next week.



"Ultimately, success is not measured by first-place prizes. It's measured by the road you have traveled: how you have dealt with challenges and the stumbling blocks you've encountered along the way."

Nicole Haislett



putting it all together

# New Moves

8

in this section:

Fit and fabulous  
forever!

wrapping it up

Planning for your future

WOW! You have come a long way since we began. Now that class is ending, this section will help you plan for staying active, reflecting on where you have been and where you are now, and making plans for the future. A healthy life is yours to keep!

# be fit fit and fabulous forever! 8

## Keeping your activity habit

In New Moves, you have been physically active at least four times a week, participated in strength training, taken classes from guest instructors, and tried out new ways to be active. With class ending, it means that being active will be up to you. But have no fear! With a little planning, you can do it!

There is nothing like a good workout!

Regardless of how you feel about exercise, you most likely feel better when you exercise regularly. Nothing else can give you that feeling—you have to earn it and maintain your activity habit.

First of all, keep moving! Momentum is a big factor in sticking with an exercise program. Keep walking, dancing, or doing what you like as soon as class is over. Figure out the best time for you to be active, as well as what you like to do, and make a plan to stay active. You can do this alone, with a friend, family member, in a class, or with a New Moves classmate. Ask around—there are other people in your class who also want to keep moving and you can support each other outside of class. Keep up the good work!

### I loved...

If you really liked hip hop dance or kickboxing, find ways to keep it up outside of class. Use DVDs, take the guest instructors' regular class, or check your local gym or community center for a similar class.



### I want to play soccer, basketball, or softball!

If you liked playing basketball or other team sports, try out for your school team or play on a park league or ask the coach if you can practice with them to improve your skills and fitness. You can also get a group of friends or neighbors to make your own team for fun and a great workout!

# be fit fit and fabulous forever! 8

**I like how I feel, but I don't like to exercise.**

Keep moving while you explore more options for being active. You may have tried a lot of things in New Moves, but there are even more activities out there. You can also make up your own! If you still don't find something you like, maintain something you can tolerate, like walking. You may have yet to find joy in fitness, but you can at least reap the benefits!



**I like having muscles!**

Most young women find that they like having strong muscles and feel better about their bodies when they do regular strength training. What can you do to maintain or increase your strength?

The minimum? Do at least one set of strength training exercises for each part of your body once a week. You will maintain most of your strength this way. You won't get any stronger, but you will keep what you have already worked hard for—strong, lean muscles.

Looking for more? Strength train 2-3 times a week, 1-3 sets of each exercise. Change your resistance or exercise at least every two months to keep your body and mind challenged.

**Last week I didn't get any exercise!**

Missed some workouts? It happens. Don't let that stop you from keeping your commitment to health and fitness. Do something today, and get back on track. Take 10 minutes to go for a walk, strength train, or stretch. A 10 minute workout is far better than doing nothing!

be fit fit and fabulous forever! 8



# You can do it!

Be proud of yourself. You have worked hard and increased your physical activity, and your mind and body thank you for it! Take a moment to think about where you have been and where you would like to be by answering the questions on the next page.

**You CAN be active for life!**

# be fit fit and fabulous forever!

8

**My physical activity:**

**Six months ago:**

**Today:**

**Six months from now I see myself:**

**My steps to get there:**

**What I have learned about myself:**

**My favorite physical activity:**

**An activity I would like to try:**

**The benefits I have experienced being physically active:**

**My biggest challenge to staying physically active:**

**My strategies to overcome this challenge:**

**My reward(s):**

**My favorite part of being physically active:**

**My plan for staying active:**

**My support system for being active:**

**On a scale from 1-10, put a star where you were when you started New Moves, and circle where you feel you are today.**

1 2 3 4 5 6 7 8 9 10

**(1=inactive most of the time, 10=very active)**

*"There are no shortcuts to any place worth going." - Beverly Sills*



Throughout this class we have discussed how physical activity, nutrition, and social support can help you have a healthy body and mind. They work hand-in-hand with each other so that you can look and feel great. You have learned new things and validated things you already knew. Now it's time to make this knowledge work for you, first in a game you will play in class, but more importantly, for life!

## Not So Trivial Pursuit Instructions

1. Each small discussion group will serve as a team. Each team chooses a token or game piece to move around the board.
2. The board game presents a path from start to finish line. Each team rolls to see who goes first. The team that rolls the highest number begins; the team with the second highest number goes second; etc. In the event of a tie roll, each team involved in the tie rolls a second time to break the tie.
3. At each team's turn, one player from the team rolls the die and moves their token the indicated number of spaces. On the space where the token lands, read the instructions. The instructions may involve answering a Trivia or Hurdle question.
4. If your team lands on a Trivia space, the teacher reads a question from the corresponding area: be fit, be fueled and be fabulous. If your team answers the question correctly, stay on that space until your next turn. If not, your team moves backward two spaces and waits for another turn.
5. If your team lands on a Hurdle space, the teacher reads a Hurdle card out loud. Your team has to think of three healthy ways to get over the hurdle presented on the card. If your team responds correctly, you stay on that space until your team's next turn. If your team does not provide three acceptable strategies for getting over the hurdle, your team moves back two spaces and waits for their next turn.
6. Whichever team finishes first wins the game!

## Where am I now?

In "be fabulous" you have learned how to deal with stress, manage your time, improve your body image, increase your goal setting skills, and much more! Specifically, how do you feel about all you've learned?

Complete the following:

I feel I have improved \_\_\_\_\_  
in my life by \_\_\_\_\_.

I would like to work more on \_\_\_\_\_  
and will do so by \_\_\_\_\_.

I feel most confident in myself when \_\_\_\_\_.

I think my strengths are \_\_\_\_\_.

I am phenomenal because \_\_\_\_\_.

# be fueled

planning for the future

8

New Moves participants have made many changes in their eating habits to help them meet their goals. What changes have you made? Use the list below to check off things you already are doing, and things you plan to do more with in the future. Feel free to check both boxes if you wish!

Do  
now

Plan to  
do more

## Eat more fruits and vegetables

Start each day with a serving of fruit.

Snack on fruits and vegetables throughout the day.

Make fruits and vegetables a part of each meal.

Opt for frozen or canned fruits and vegetables when fresh isn't available.

Do  
now

Plan to  
do more

## Drink more water

Drink non-calorie beverages such as water instead of pop and other sweetened drinks.

Carry a sport bottle filled with water.

Choose ice water when out to eat.

Switch to diet pop or low calorie fruit drinks.

Choose nonfat or lowfat milk.

# be fueled

planning for the future

8

Do  
now

Plan to  
do more

## Eat breakfast regularly

Get up a few minutes earlier to eat breakfast.

Set out a bowl and spoon the night before or pack something to grab and go in the morning.

Try something new for breakfast.

Drink a glass of water or orange juice if I'm not hungry and pack a mid morning snack.

Do  
now

Plan to  
do more

## Healthy eating

Pay attention to portion sizes.

Eat for healthy weight management.

Pay attention to my hunger cues.

Stop when I am full.

Not eat when I am stressed.

Avoid dieting.

Monitor my progress.

During the New Moves class you may have made changes in your eating habits and physical activity. The New Moves sessions and discussions have likely helped provide ideas and support for you.

After our session today, we will be meeting less often. Not having New Moves classes to keep you motivated and inspired to stay on track may be a concern for some people, while others may feel they are ready to maintain their changes. Either way, there is a plan to keep you moving forward with New Moves—see page 138 for more details!

Take a moment to think about how you feel...if you are concerned about being able to maintain the changes, how will you find support for yourself?

Recognize your success and what you have learned

Reward yourself for your progress and dedication

Create supportive surroundings with people, places, and thoughts.

Identify the benefits

There are many ways to stay motivated and on track. Here are a few steps you can take.



# be fueled

planning for the future

8

## 1 Identify the benefits

Thinking back to the reasons you made the changes in the first place may help you stay motivated and on track.

Take a few minutes and think about the reasons why you chose to make changes in your eating or physical activity habits.

Try to remember these benefits when you feel your motivation is decreasing. (Tracking your progress helps you do this!)

List \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are the benefits of making these changes? For example, more energy, maintaining your weight, improved mood?

## 2 Create supportive surroundings

Think about three areas of your life: the things around you, people around you, and your own thoughts and self-talk. These areas can either make it easier or harder for you to maintain your changes.

Try to seek out and surround yourself with positive influences in your life—the people and things that provide you with support!

List \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Where do you get your support to make or maintain healthy choices? Who supports you?

# be fueled

planning for the future

8

## 3 Recognize your success

Recognize what you have accomplished and think about your progress. Be sure to give yourself credit for all your changes.

Where were you as far as healthy eating and physical activity when you began New Moves? Were you dieting, eating lots of junk food, watching a lot of TV?

List \_\_\_\_\_

Where are you now? Are you eating breakfast regularly, avoiding dieting, and getting exercise regularly?

List \_\_\_\_\_

before

today

## 4 Reward yourself

Remember to reward yourself for your progress. This is a step that is often forgotten when you are trying to stay motivated and on track with your goals. Identify some ways to reward yourself, such as going to a movie or buying something for yourself like new music, a new pair of shoes, or a sports bra. Think creatively about what you want and reward yourself for your hard work!

What are your rewards going to be?

List \_\_\_\_\_

you deserve it!




# be fueled

planning for the future

8

## Steps to maintain your motivation



1. Identify the benefits 



2. Create supportive surroundings  
(people, places, and thoughts)

3. Recognize your success



4. Reward yourself

Which of the strategies listed above do you think would help motivate you to stay on track and maintain your healthful eating and regular exercise?

List 2 of your own strategies to try over the next few weeks.

1. \_\_\_\_\_

2. \_\_\_\_\_

**New Moves** for a new  
you. It's a new way of thinking, of making  
healthy choices for yourself and for **your body**,  
and of feeling proud of **who you are** and the choices  
you make.

## Lunch-on us!

Over the next several weeks, we'll be meeting at lunch time to help you achieve your goals long-term. While we enjoy a healthy lunch together at "Lunch Bunch" we will also have time to talk about questions, concerns or other interesting topics that have to do with your health.

Below are some topics that other girls have liked—you can pick from these and bring up your own ideas. It's YOUR time—what do you want to talk about?

### stay fit

Stretch yourself

Anywhere yoga

Time-crunch workouts

### stay fabulous

How do you stay on track on vacations and holidays?

Stopping negative self-talk


Stress and relaxation

### stay fueled

Recipe makeovers: make your favorite dish healthier

Lighten up a latte

Healthy choices in all sorts of places



# You are invited!

**What:** New Moves Individual sessions

**Why:** Individual sessions are an opportunity for you to discuss how you can meet your New Moves goals!

**When:** A time that works for you and your coach during or after school.

**Where:** Most participants choose to meet at school in a quiet space, but the actual location may change from time to time.

Come as you are!  
Your coach looks forward to seeing you!



## Individual sessions: It really is all about you! What, where and why

In past sessions of New Moves, participants have said that they would like time to discuss their own goals and questions in a private setting with someone who can help them make a personalized plan.

We thought this was a great idea and created a new part of New Moves—individual sessions with a personal coach.

Celebrities have them, now you do too! Your individual sessions will help you think about what goals you would like to set and provide support and guidance for you.

These sessions are all about you!  
Your coach is there to listen to you and ask questions about your thoughts—not to give unsolicited advice or their opinion.

# Individual sessions: It really is all about you! FAQ (Frequently Asked Questions)

## What will you talk about?

Remember your New Moves goals? Your coach will help you meet your goal by exploring what is getting in your way and then what it takes to meet your goal. Some things you may talk about include ways to increase your activity, selecting healthy fast food options, or focusing on your positive traits. Your coach is a great resource for new activities, fun and healthy recipes and other New Moves information.

## How often will you meet?

You will meet with your coach a total of 7 times, 5 in person and 2 by phone. Two of your sessions will be during the weeks of your class and the rest once the New Moves class ends. You and your coach will pick a day and time that works best for you and stick to the New Moves schedule (see attached calendar)

## How long will the visit last?

It's up to you! Typically the in-person visit lasts about 20-25 minutes and the phone call, 10-15 minutes.

## Why the phone calls?

We know you're busy but we want to keep in contact. We also know that you enjoy talking on the phone and so you can look forward to a few New Moves phone calls.

## What if something comes up and you miss a session?

We certainly hope that you can make your session since you and your coach will come up with the most convenient day and time. We will be passing out a reminder note with the date, time and location just in case you forget. We also know that life is busy so if you have to miss, please connect with your coach and reschedule, otherwise she will connect with you! These sessions are an important part of the New Moves program and a great way to help you begin to add healthy behaviors (habits) into your life.

Self-monitoring: It really is all about you!

## Write on!

Keeping track of your habits and goals is a good way to understand where you are, identify areas for improvement and recognize the progress you make.

### Why track or journal?

People who keep track of their progress often are the ones who continue with their new healthy habits.

The following pages include several samples that you can use to write or graph your progress. You pick the one you like best or switch them up! Your coach has extra sheets when you need them. Tracking your progress is a great way for you and your coach to review what's going well and maybe not so well.

## Self-monitoring: It really is all about you!

Here are some tips when beginning to monitor or track your progress:



Track it right after you complete what you are monitoring, for example, write down what you had for breakfast when you finish eating, record how long you walked when you get home, and write down how much time you watched TV at the end of each day.



Write down how you're feeling. It can help you figure out what else might be going on, for example, did you snack because you were hungry or were you bored?



Review your journal or tool at the end of the week and decide what you want to keep the same or do differently the following week.

Be honest! A journal or tracking tool is meant to help you, not to judge you. Success AND progress are personal. Make it work for you!

Feel like you are eating  
for reasons other than hunger?

Do you end up eating until you feel stuffed?

The Hunger and Satiety (full) scale is a helpful tool for getting in touch with your body's hunger cues. Check with your coach to get started.



# Hunger/Satiety Scale

Eat when you are hungry and stop when you are full

0	1	2	3	4	5	6	7	8	9	10
Starving, dizzy, irritable	Very hungry, unable to concentrate.	Hungry, ready to eat	The urge to eat is strong.	A little hungry. You can wait to eat but you know you will be getting hungry soon.	Neutral. Not hungry. Not full. Comfortable.	You feel comfortable and satisfied.	Hunger is definitely gone. You may not feel hungry again for 3 to 4 hours.	Not uncomfortable, but definitely full.	Uncomfortably full, feel stuffed.	Very full, uncomfortable, maybe even painful.

To use this scale rate your hunger level before you eat and again when you are finished eating. You may want to record on your New Moves graph\*. If you do this each time you eat, you will become more familiar with your eating patterns.

Use the descriptions loosely, hunger and satiety are very subjective experiences and move away from using your head to decide your eating patterns and towards listening to your body.

## EXAMPLES

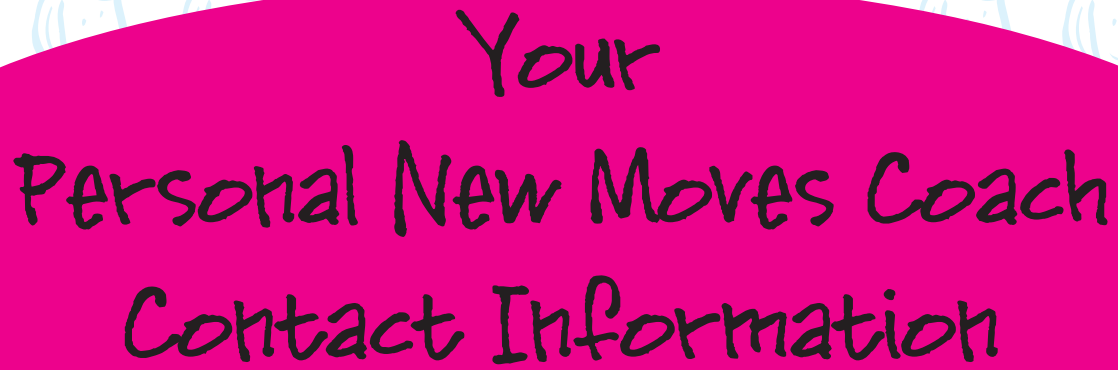
1	2	3	4	5	6	7	8	9	10

A meal where you eat from a 3 to a 7.

A meal where you began eating when you were not hungry, eating from a 6 to an 8.

Eating from a 2 to a 9, from very hungry to uncomfortably full.





Your  
Personal New Moves Coach  
Contact Information

Name:

Telephone Number:

Email address:


Notes:


# Self-monitoring: It really is all about you!


On the next pages, there are four examples of self-monitoring tools that can help you track and meet your goals. Blank versions of these are available from your New Moves coach, all you need to do is ask!


*Meg*

Date MAY 21, 2007

Fruits and Vegetables - Aim for checking off 5 to 9 each day.  


Water/Sugar-free Drinks - Aim for checking off 8 each day.  


Meals - Aim for checking off all three meals each day.  


Activity - Check one off for each 15 minutes of activity. Aim for checking off at least four (1 hour) each day.  


How much TV did I watch today? 2 (hours)

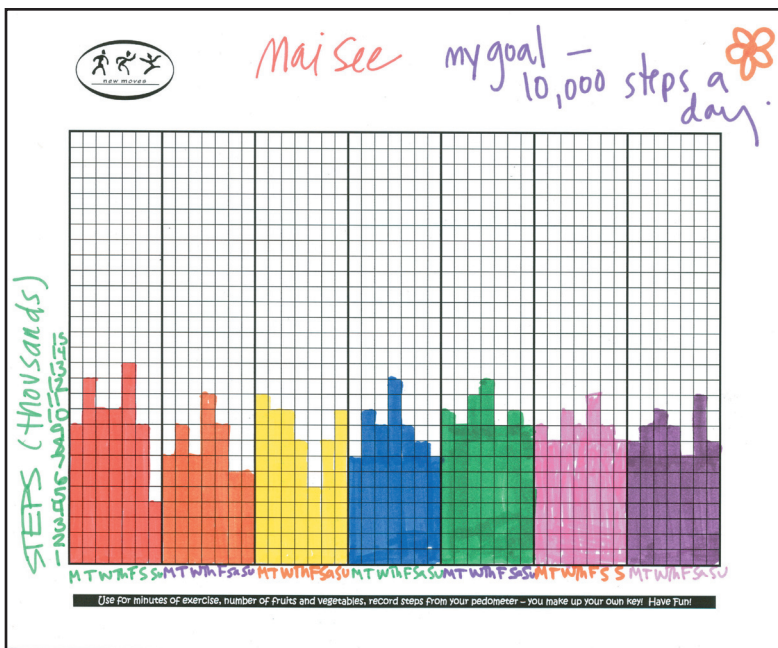
How much time did I use the computer today? 1 (hours)

Other Thoughts  
 My favorite shows are on Thursday nights... (on treadingmill for 45 minutes of show)

May 2007 *Robin*

Goal: Do some sort of physical activity 5 days a week.

Day	Activity	Duration
Sunday		
Monday	strength training @ home	20 min
Tuesday	tennis with jenny	45 min
Wednesday	walked to work	20 min
Thursday	rollerblade	40 min
Friday	walked dog	35 min.
Saturday	volleyball at a picnic	1 hour
Sunday	walked & jogged w/ dog	40 min
Monday	stretch	10 min
Tuesday	tennis	45 min
Wednesday	walked to work	20 min
Thursday	TENNIS	60 min
Friday	biked to school (no ride!)	20 min
Saturday	walked at lake with jenny	45 min
Sunday	danced at party	60 min
Monday	rollerblade	50 min
Tuesday	biked to school	20 min
Wednesday	walked to work	20 min
Thursday	weight room w/ jenny	25 min
Friday	walked/jogged with dog	35 min
Saturday	rented kayaks	1 hr
Sunday	badminton at picnic	35 min
Monday	Kickboox DVD	40 min
Tuesday	walked to work	20 min
Wednesday	walked to school	20 min
Thursday	Yoga class	60 min
Friday	did it!	😊



*Amanda*

Time	Weekday	Weekend
6 AM	WAKE UP!	
7 AM		
8 AM		
9 AM		SLEEP
10 AM	SCHOOL	
11 AM		
12 PM		★ ★ ★
1 PM		★ ★ ★
2 PM		★ ★ ★
3 PM	BABYSIT MY BROTHER	★ ★ ★ ★
4 PM		
5 PM		
6 PM	DINNER	WORK at Mall
7 PM	★ ★ ★	
8 PM	★ ★ ★ PHONE CALLS	
9 PM	★ ★ ★ HOMEWORK	
10 PM	★ ★ ★ TV or CHAT	
11 PM	SLEEP!	★ ★ ★

**Schedule Key**

- Not Negotiable (wavy line)
- Somewhat Flexible (heart)
- Free time (star)

**Plan:**

- Walk around the mall during my entire break (15min)
- Spend at least 1 hour of my free time on the weekends doing something active.
- Take a walk with my brother after school.

Use to plan Free time or when you are busy. Find ways to make it more active - you make up your own key. Have Fun!

My

Date MAY 21, 2007

Fruits and Vegetables - Aim for checking off 5 to 9 each day.



Water/Sugar-free Drinks - Aim for checking off 8 each day.



Meals - Aim for checking off all three meals each day.



Activity - Check one off for each 15 minutes of activity. Aim for checking off at least four (1 hour) each day.



How much TV did I watch today? 2 (hours)



How much time did I use the computer today? 1 (hours)



Other Thoughts

My favorite shows are on  
Thursday nights...  
(on treadmill for 45 minutes of show)



# May 2007

# Robin

Goal: Do some sort of physical activity 5 days a week.

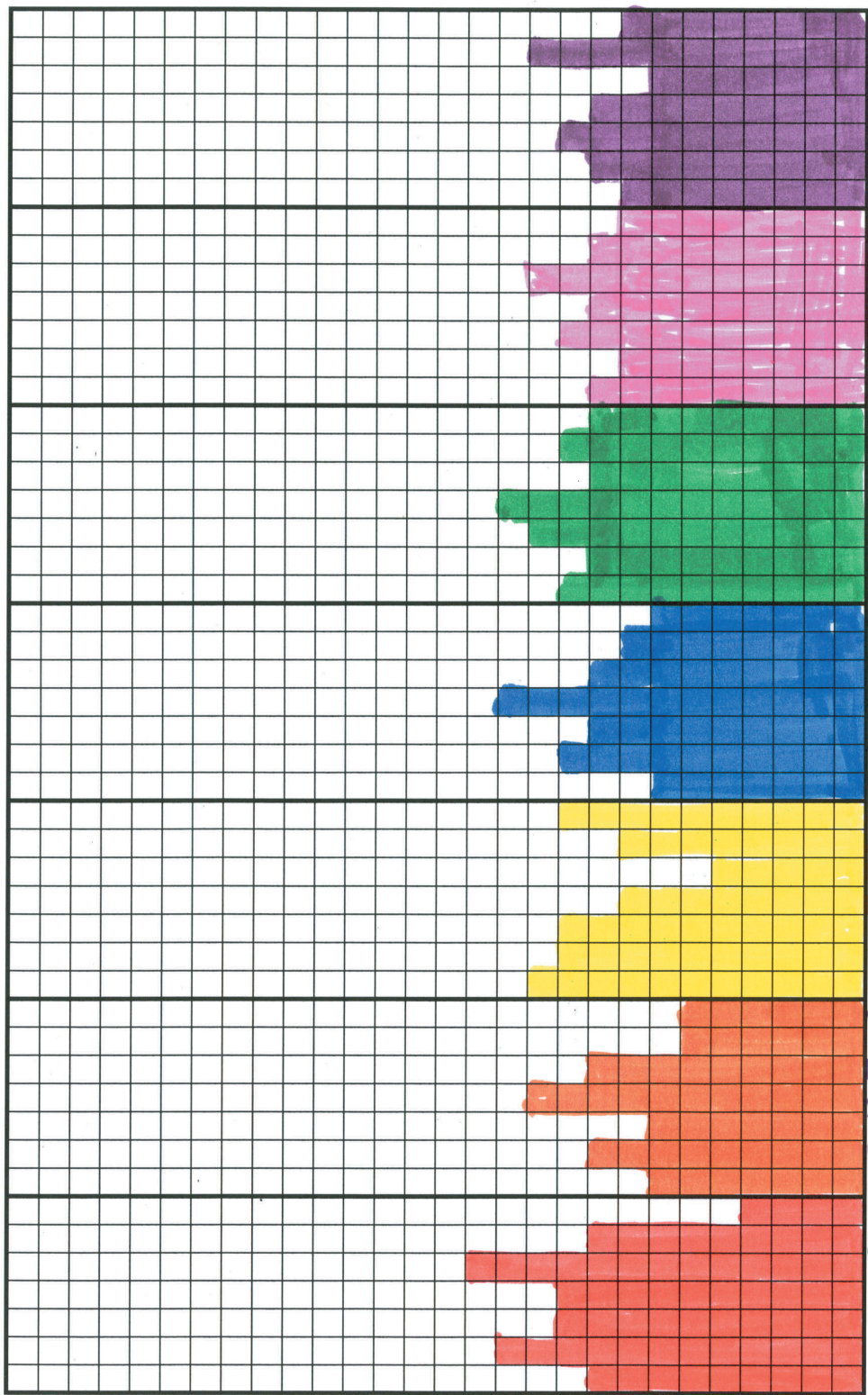
April 2007							May 2007							June 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					
29	30						27	28	29	30	31			24	25	26	27	28	29	30

Home

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
		tennis with jenny 45 min	walked to work 20 min	rollerblade 40 min	walked dog 35 min.	volleyball at a picnic 1 hour
6	7	8	9	10	11	12
	strength training @ home 20 min	walked dog 25 min	walk to work 20 min	TENNIS 60 min	biked to school (no ride!) 20 min	
13	14	15	16	17	18	19
walked & jogged w/ dog 40 min	stretches 10 min	tennis 45 min	walked to work 20 min		walked @ lake with jenny 45 min	danced at party 60 min
20	21	22	23	24	25	26
rollerblade 50 min		biked to school 20 min	walked to work 20 min	weight room w/ jenny 25 min	walked / jogged with dog 35 min	rented kayaks 1 hr
27	28	29	30	31	1	2
badminton at picnic 35 min	Kickboxing DVD 40 min		walked to work 20 min	biked school 20 min	yoga class 60 min	! did it! ☺



Mai See my goal - 10,000 steps a day.



STEPS (THOUSANDS)  
- NUMBER OF MINUTES

MTWTFSS MTWTFSS MTWTFSS MTWTFSS MTWTFSS MTWTFSS MTWTFSS

Use for minutes of exercise, number of fruits and vegetables, record steps from your pedometer - You make up your own key! Have Fun!





Amanda

Time	Weekday	Weekend
6 AM	WAKE UP!	
7 AM		
8 AM		
9 AM		
10 AM		
11 AM	SCHOOL	
12 PM		
1 PM		
2 PM		
3 PM	BABYSIT MY BROTHER	
4 PM		
5 PM		
6 PM	DINNER	WORK at Mall
7 PM		
8 PM	PHONE CALLS	
9 PM	HOMEWORK	
10 PM	TV or CHAT	
11 PM	SLEEP!	

### Schedule Key

- Not Negotiable
- Somewhat flexible
- Free time

### Plan:

1. Walk around the mall during my entire break (15min)
2. Spend at least 1 hour of my free time on the weekends doing something active.
3. Take a walk with my brother after school.

Use to plan free time or when you are busy, find ways to make it more active!  
 - you make up your own key! Have Fun!

# New Moves Lunch Bunch:

Tired of school lunch? Sick of the same old sandwich? Skipping lunch all together?

End all that with New Moves Lunch Bunch! A healthy lunch (ON US!) each week after your PE class ends, served up New Moves style. That means tasty food, good conversation, and discussion topics that matter to you.

Come join us for a delicious lunch and great conversation at the New Moves café. Once a week during your scheduled lunch period New Moves will provide a quick and healthy lunch followed by a short discussion on topics about food, fitness, and issues that matter to you such as "What's in your latte", stress and relaxation, or yoga—plus many more. The menu will vary each week but is sure to please with tasty sandwiches, scrumptious salads and foods that fit into our New Moves goals! Watch for details.

Check it out! On the next page is a sample of a past New Moves class Lunch Bunch schedule.

# A sample of a New Moves Lunch Bunch schedule

Wednesday, April 12th

Be Fit: Dance Dance Revolution

Wednesday, April 19th

Be Fueled: Coffee 101 – what's in your latte

Wednesday, April 26th

Be Fabulous: Stress and Relaxation

Wednesday, May 3rd

Be Fit: Cross training at your best!

Wednesday, May 3rd

Be Fueled: Quick and Healthy Recipes

Wednesday, May 10th

Be Fabulous: Resolving conflict

Wednesday, May 17th

Be Fit: Yoga/Stretching/Jump Rope

Wednesday, May 24th

Be Fueled: Food and Mood

Wednesday, May 31st

Be Fabulous: Sticking with your goals on vacations and holidays

Wednesday, June 7th

Be Fit: End of year walk

## But what's for lunch?

Sandwiches and toppings with whole-grain bread, baked chips, carrots, sparkling water, salads, yogurt parfaits, fresh fruit, whole grain crackers, 100% fruit juice, Hummus dip and vegetables, pita bread, bottled water, bagel sandwiches, cream cheese, flavored iced tea, soup, veggie sticks & smoothies, just to name a few!



# Success stories

We all have success stories. Whether big or small, each success should be celebrated! Whether you want to keep your achievements to yourself or share with others, be proud of who you are and what you have accomplished!



The next four pages highlight **six teenage girls** who **made both big and small changes** in their lives to be **healthier** inside and out. As you will see in **their stories**, success is *not defined by a number on a scale, a dress size, an "ideal weight" or any other version of success that you see on TV or magazines.* Instead, **success is making positive changes** that help you feel (and of course, look) better, have **more stamina**, and treat your body with the **respect it deserves.**

Success is personal. Define what success means to you and go for it!

# Success stories



## Jasmine: From virtual to real activity

Jasmine loves video games—as soon as she was old enough to walk she played along with her two older brothers. On a nice spring day after school, one of her brothers suggested they go outside to shoot some hoops instead of playing video games. After 5 minutes of playing, exhausted and out of breath, she realized that while she was a basketball champ on the video game, she couldn't play it in real life. She decided this had to change. Since she loved video games, she started playing Dance Dance Revolution. The first couple times, she struggled to get through more than one song without getting tired. Determined to get better, she stuck with it. Within a month, Jasmine was playing DDR for over 30 minutes at a time, and noticed she felt better and her clothes were fitting looser. She started playing basketball outside on nice days, leaving the DDR sessions for nights and rainy or cold days. After a couple months, Jasmine was giving her brothers a run for their money in basketball and DDR and was feeling great!

### Average physical activity

DDR or basketball: 5 times a week for 20-60 minutes

Strength training: 2 times a week for 10 minutes



### Fuel

Jasmine noticed that as she was getting more active the chips and soda she used to eat weren't giving her the energy she needed. She started drinking water regularly and eating breakfast which she used to skip. She eats three meals a day, and when she needs a snack, she grabs something like a banana or apple.



### Jasmine says:

"Being active doesn't have to be boring! I am really competitive with my brothers, so that challenges me to try harder. I no longer skip breakfast because having something in the morning keeps me from eating a bunch of junk at lunch, which helps me have the energy I need to play hard after school."



# Success stories



Sonja: Dog lover and accidental entrepreneur

Sonja had a job at a local movie theater, where she worked in the evenings and weekends. She missed out on weekend activities with her friends, and was so tired during the day that she would veg out and nap in front of the TV between school and work. Her work schedule also caused her to miss her family dinners which she replaced with popcorn, soda and other snacks at the theater. Frustrated with her lack of time, Sonja was excited when her neighbor asked her to walk his dog after school for pay. After a week of dog walking, Sonja had more energy and felt better than she had in a long time. Her family encouraged her to advertise her dog-walking services around the neighborhood. Soon she had three additional dogs to walk and quit her job at the theater. Sonja is very happy about her new job, because she gets paid to spend time with animals and get exercise!



Sonja found that changing her job helped her eat healthier. Working after school rather than at night also meant she was home to eat her dad's tasty homemade dinners instead of soda, buttery popcorn, and candy. Walking the dogs was making her thirsty, so she made sure to drink enough water to keep her going.

**Physical Activity:**  
Walking dogs 5 days a week for  
60-90 minutes (paid!) and stretching  
5 times a week, 5-10 minutes



Sonja's message to others: "I didn't even think about getting in better shape—that was just a side effect of my new job. With a little effort and creativity, now I am doing something I love, getting exercise, and don't have to work on weekends! I have way more energy than I used to have and there are no more naps in front of the TV after school! Sometimes I am tired when I get home from school, but I know the dogs are waiting and once I am walking them I don't feel tired anymore. I work half as much as I used to, and have evenings and weekends off, so I have way more time with my friends. I never thought I would appreciate my dad's cooking so much, but after too many dinners of popcorn and pop I am really thankful he is a good cook!"

# Success stories

## Tami: Just say no to diets!

Tami was never happy with her weight. She was a chubby child and was often made fun of at school. Picked last for teams in gym class and recess, Tami learned to hate sports and active games. Wanting to lose weight, Tami started skipping meals. She would try to skip breakfast and lunch, although sometimes she would be so hungry at lunchtime she would scarf down a bunch of pizza, chips, and soda—only to feel stuffed and depressed afterwards. Desperate to lose weight, she tried every diet that she saw on television or in magazines. She weighed herself at least once a day, and within a couple months weighed more than she did before dieting and was more depressed than ever. Her mom encouraged her to see a nutritionist, who helped her create a new mentality about food. Taking her nutritionist's advice, she stopped dieting and instead focused on making healthy choices every day, like having breakfast. Her nutritionist advised Tami to throw out her scale, since she weighed herself twice a day and her mood would change depending on her weight. She went with her mom to a yoga class, and found that it helped her feel more connected to her body, and she started to feel good about herself for the first time ever. Tami started to attend yoga classes regularly, and since the classes were close to home she started to walk to and from her classes.

### Physical Activity:

Yoga 3 times a week for 1 hour

Walks to yoga classes 3 times a week, 20 minutes each way.

Every day: helps around the house with active chores and dances around her room to her favorite songs



### Fuel

Tami started eating three meals a day plus healthy snacks. As her nutritionist suggested, no food is forbidden, but she found that certain foods like chips triggered her to overeat, so she replaced them with other options. Her new favorite snack is carrots dipped in hummus instead of chips and dip. She keeps herself from getting overly hungry by always carrying around a breakfast bar and piece of fruit to eat when she gets hungry between meals.

Tami's message to others: "I really thought I was a failure when I couldn't keep the weight off when I was dieting, but I learned that diets don't work for me or pretty much anyone else! Healthy eating hasn't always been easy. At first, it really freaked me out to eat breakfast and I thought I would gain weight. However, when I ate breakfast I had more energy, and I felt better, so now breakfast is an every day thing. I've found eating regular meals keeps me from thinking about food all the time—most of my thoughts used to be about food! In addition to the new outlook on food, yoga has helped me appreciate my body for the first time in my life. My yoga teacher would never compare me to anyone else, so I don't feel bad like I did in gym class when I was singled out for being bad at sports. I've never felt better, mentally and physically!"



# Success stories

## Lakeisha: fast food at home

Lakeisha's life changed dramatically after her mom died suddenly from a heart attack. Among other things, her mom had always cooked dinner for her and Lakeisha never learned how to cook. Her father was often gone for work so he gave her \$6 a day for food but since Lakeisha had never really cooked, she relied on fast food. In order to stretch her money to last for the day, she would choose large meals or pick places where she would get big portions to keep her full for a long period of time. However, she started to notice she also felt stuffed and tired after eating. Refills on caffeinated soda weren't helping her either, and she realized her fast food diet wasn't working very well for her. Lakeisha felt terrible about losing her mom, and eating fast food every day didn't seem to be helping. Determined to save money and feel better, Lakeisha decided to pool her money and make a weekly trip to the grocery store. She asked her aunt for cooking lessons so she could make her favorite dishes that she missed eating. Since heart disease was a problem in her family, her aunt had made healthy changes to the family recipes and gave Lakeisha a neo-soul food cookbook so she could learn to make healthier versions of the foods her mom used to make. Within two months, Lakeisha had mastered several dishes, felt better mentally and physically, and was able to save money too.

### healthy cooking tips

If it's fried, it can be baked, grilled, or cooked in less oil

Taking the skin off of chicken cuts down on fat

Adding steamed veggies to any meal is easy

Vegetables can easily be prepared without all of the added fat or sauces—steamed yams are tasty!

Small amounts of rich sauces like ranch go a long way and can be substituted with low-fat versions.



**Lakeisha's thoughts:**  
"Learning to cook healthier family favorites has made me feel good and can help me reduce my chances of getting heart disease. I feel like the best way to honor my mom is to be healthy and live a long life. My family also appreciates eating their favorite foods with a healthier twist."

Sample meals from the kitchen of Lakeisha:  
Piece of rotisserie chicken + romaine salad with ranch  
Greens, "oven-fried" chicken, + black eyed peas  
Grilled catfish with macaroni and cheese + steamed yams  
Chicken salad sandwich with lettuce and sliced tomato  
Macaroni and cheese with steamed broccoli and cauliflower  
Shepherd's pie loaded with vegetables

# Success stories

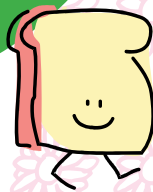
## Jessica: from junk to funk

Jessica's diet was colorful and varied-if you count Skittles and different flavors of Doritos as variety. A fan of hip-hop, she was excited when a new teacher offered hip-hop and funk dance classes after school. However, after the first class she was exhausted, had a terrible headache, and wasn't able to make it through the hour-long class. Frustrated, she talked to her aunt (who happens to be a doctor) about it. Her aunt suggested drinking water, eating less snacks like candy and chips and replacing them with baby carrots and fruit. She also encouraged Jessica to keep taking the dance class, doing as much as she could and taking breaks when she needed them. After a week, she was able to last 5 minutes longer in class, and wasn't getting headaches. After two weeks, she was making it through the whole class without a problem. Friday night dancing with friends has been more fun too as she is looking better than ever, has new dance moves, and can stay out on the dance floor all night!

Hip Hop or Funk Dance Class: 3 times a week for 1 hour  
Practicing dance moves at home: 2 times a week for 30 minutes  
Dancing with friends on Friday night: 2 hours



**Fuel**  
In order to keep her energy up in dance class, Jessica replaced junk food with nutrient-rich food like sandwiches, yogurt, fruit, and veggies. She ate a small bag of baked chips when she craved a salty snack and cut back on candy since it usually led to an energy crash and would make her crabby. To ward off headaches, Jessica drinks lots of water, especially in dance class and when out dancing with friends.



Jessica's message to others: When I talked to my aunt, I thought I would have to give up everything I ate, but that didn't turn out to be true! I love chips, but I found that the baked versions satisfied my need for salt without the excess fat and calories. I still have candy, but I only have it once or twice a week and share it with a friend. Drinking water was a magic potion for headaches-I guess I used to be dehydrated all the time! Dancing has made me so happy-I cannot get enough of it. My favorite thing about my new healthier habits is that I can go out dancing with friends, and not only do I look better than ever-I am the last of my friends out on the dance floor!





# Success stories

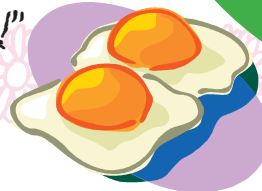
## Mai Lor: breaking the fast

Mai Lor was not a breakfast eater and the thought of something in the morning sounded gross to her. However, by the time she had lunch, she was so hungry that she ended up eating whatever she could and would feel stuffed and tired afterwards. In health class, the teacher talked about breakfast as a way to help prevent overeating at lunch. Mai Lor didn't believe that it would make a difference, but decided to try to eat breakfast for a week to see if any changes would prevent ravenous hunger at lunch. Not wanting to cut back on sleep, Mai Lor made quick choices that wouldn't mean getting up earlier. In the first week she tried a different breakfast every day: a tortilla with ham and cheese, yogurt, a smoothie (made the night before), cereal, and an egg sandwich. By the third day she noticed that she wasn't as hungry at lunch and could make healthier choices, eat slower, and feel energized instead of tired. However, she noticed that she was still making herself eat breakfast at home even though she wasn't hungry in the morning. She asked her health teacher about this, and her teacher suggested that she walk to school or find another way to be active in the morning to kick-start her appetite and eat breakfast at school rather than home. Since she lived a mile from school and her bus ride was 20 minutes long, she started to walk to school as it took the same amount of time. Her teacher was right-by the time she got to school she was hungry! Mai Lor noticed that these two changes were making a big difference in her energy levels and overall moods, and helped manage hunger so she wasn't ravenous by lunch.

**Physical Activity:**  
Walking to and from school 5 times a week  
40 minutes total per day



Mai Lor says:  
"I would never have guessed that breakfast would make such a difference, but it really does! I am less tired, eat more balanced meals, and feel better overall. I no longer get super hungry at lunch, which also keeps me from getting crabby!"



**Breakfast fuel**  
Breakfast to go is a must, so usually I heat up a tortilla or english muffin with an egg or some meat and cheese and wrap it in foil to keep it warm. On the weekends I make scrambled eggs, rice and veggies, or other options. I don't like sweet things in the morning, so I have found many other options that taste great and keep me feeling good all morning long.



# Success stories

Your story here:

Physical Activity:

Advice for others:

# fit cards

Fit cards are a tool to help you get (or stay) in shape at home or the gym. Contrary to popular belief you don't need a lot of time and equipment to get stronger, more toned, and to feel and look better.

Each page shows a variety of moves. Fit cards can be used in a variety of ways, see below for some ideas or make up your own.


 Need new challenges? Choose eight exercises from the cards. Perform each exercise 1-3 times. Mix and match your workout by trying new moves each week!

 Bored easily? Like a new workout every time? Cut the cards out and shuffle them. Do one set of each exercise and move to the next card.

 Want a challenging full-body workout? Do all of the cards.

 Time crunched? Do one or more cards. Any exercise is better than none!

 Want to pick and choose? Pick an exercise from each page, aiming to work a variety of body parts. Make sure you pick cards that strengthen your whole body!

 Circuit training: Perform 1-3 minutes of aerobic exercise (such as marching in place, jumping jacks, dancing, jumping rope) then do a move from the fit cards. Repeat this cycle until you have finished your fit cards. Keep the breaks to a minimum to keep your heart rate up and your body working!

## Ab-solutely great form

For each move, contract your abdominals. Think of pulling your belly button towards your spine. Use at least 5-8 pound weights to start. As you get stronger, use heavier weights to keep building strength!

## New Moves tip:

Start with what you can do and build from there. If that means 2 or 3 reps, try for one more rep the next time you exercise. Consistency and effort go a long way in building strong muscles!

# GET FIT WITH FIT CARDS!

Each exercise targets one or more muscle groups such as abs, glutes, or arms. Make sure you do a variety to keep your body balanced and strong.

This sheet can be used as a log for various exercises and can be used in a variety of ways. You can chart which exercises you have tried, dates, number of reps, or indicate which ones you like with smiley faces. There is no right or wrong way to use this - it can be used however you choose!

Personal trainer tip: . Put a sticker in the square below each exercise every time you do it and watch your chart fill up as you get stronger!

## Your workout chart

Lunge with front raise	Hammer curls	Offering	Double time	Chest press	Lateral raise	Overhead triceps press	Push-up prep	Plank with windmill	Genie	Superwomans	Bicycle	Side plank	Triceps dips	Calf raise	Plank	Sky sculptor	Chest flies	Ball push-ups	Booty bridge	Back extension on ball	Obliques ball crunch	Ball crunch	Ball lift	Triceps kickbacks	Shoulder press	Upright rows	Bent-over rows	Biceps curls	Basic crunch	Basic lunge	Basic squat	

If you have questions talk to your New Moves coach!

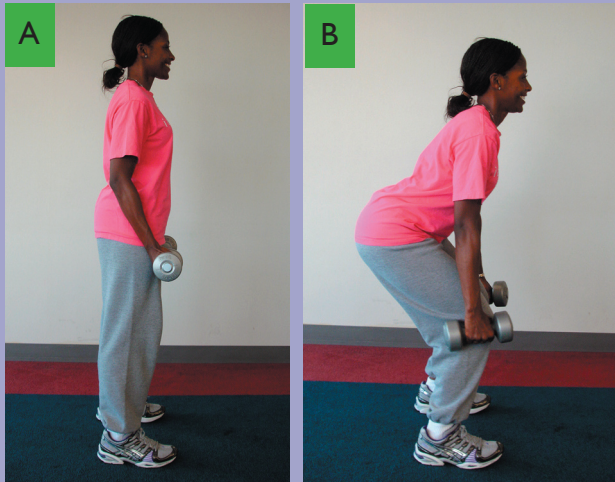


## Basic squat

*Strengthens your legs, glutes, and lower back*

Start with your feet shoulder width apart. Shift your weight to your heels (fig.A). Keep your upper body straight as you bend your knees and lower your body as though you were sitting in a chair (fig. B). Squeeze your glutes to return to standing, repeat 15-20 times.

*Tip: To make sure you are going low enough, put a chair behind you and touch your glutes to the chair as you come down. Wiggle your toes to make sure you are keeping the weight in your heels.*

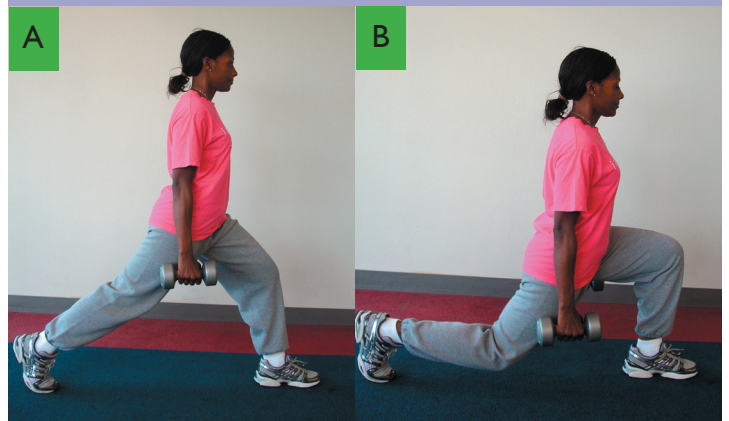


## Basic lunge

*Strengthens your legs*

With your feet shoulder-width apart, step forward with one leg, keeping your front foot flat on the ground. You will be on the ball of your back foot (fig.A). Lower your back knee straight down towards the ground (fig. B). Return to the starting position. Perform 8-15 reps each leg. Add weights for more of a challenge!

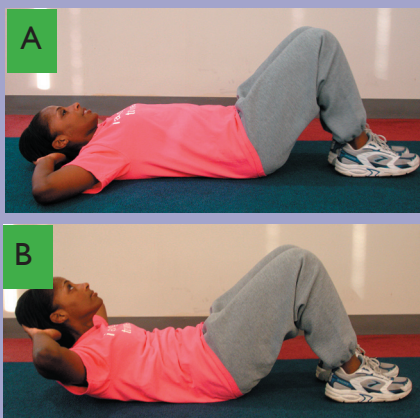
*Tip: Make sure your front knee does not go over the toe. Try to almost touch the ground with your back knee as you lunge.*



## Basic crunch

*Strengthens your abs*

Lie on the floor with your legs bent, feet flat on the floor. With your arms crossed in front of your chest, pull your belly button towards your spine, and flatten your lower back against the floor (fig.A). Slowly contract your abdominals, bringing your shoulder blades about one or two inches off the floor (fig. B). Exhale as you come up and keep your neck straight, hold for 2 counts. Slowly lower back down, but don't relax all the way. Repeat for 15 to 20 repetitions.

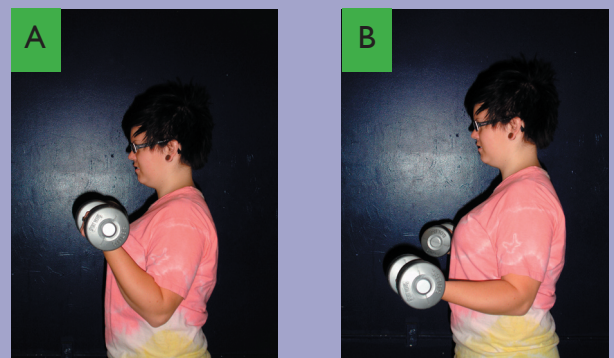


## Biceps curls

*Strengthens your biceps*

Hold a weight in each hand, palms facing in, arms straight (fig.A). With elbows at your sides, raise the dumbbells and rotate forearm until forearm is vertical and palm faces shoulder (fig. B). Lower to original position.

*Tip: You can also alternate sides by doing one arm at a time. Concentrate on using the biceps muscle instead of your back, or momentum!*



## Bent over row

*Strengthens your back*

Bend forward at your waist and contract your abs. Keep your back flat and slightly bend your knees (fig. A). With your arms by your sides, pull the weights up towards your body while retracting the shoulder blades (fig. B). Slowly return to starting position. Repeat 10-15 times.

*Tip: Keep the focus on your back by imagining that you are squeezing your shoulder blades together in order to lift the weights. Keep your elbows close to your sides and try not to let them flare out to the sides.*

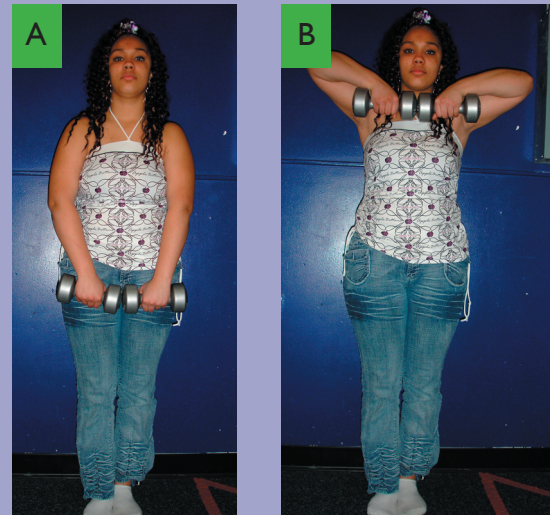


## Upright rows

*Strengthens your shoulders*

Stand holding weights with hands close together and palms facing you (fig. A). Slowly bend the arms and pull the weights up until they are at chest level (fig. B). Your elbows should be slightly above your shoulders and your wrists should be straight. Lower to the starting position and repeat 8-15 repetitions.

*Tip: Make sure the weights stay close to your body as you lift. You can also do this move with bands.*



## Shoulder press

*Strengthens your shoulders and upper back*

Standing with abs contracted and feet shoulder width apart, lift the weights up so that they are next to your shoulders like a goal post (fig. A). Push directly up with your arms, until the weights tap together above your head (fig. B). Slowly lower to start position. Repeat 8-15 times.

*Tip: Do not fully straighten your arms, keep a slight bend in them at all times. Relax your shoulders so they stay down during the movement.*



## Triceps kickbacks

*Strengthens your triceps*

Hold weights in hands and bend over until torso is parallel to the floor. Contract your abs for the whole exercise. Bend elbows and pull them into your sides, so that the top of your arms are even with your back. (fig. A). Slowly straighten arms behind you, squeezing the triceps and slowly lower back (fig. B). Repeat 8-15 times.

*Tip: Focus on keeping the top half of your arm still, moving only at the elbow.*



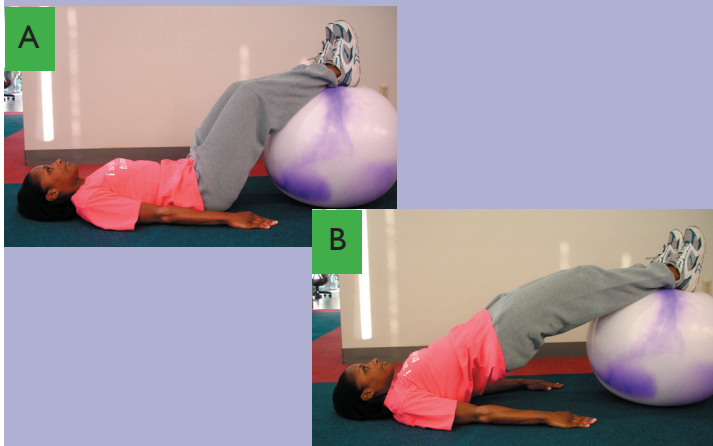


## Ball lift

*Strengthens your legs, glutes, and lower back*

Lie on a mat or the floor with your heels and calves resting on a stability ball (fig. A). Stabilize with your arms as you slowly lift your glutes and lower back off the floor into a bridge position (fig. B). Hold for one breath and slowly lower back down to the floor. Repeat 10-15 times.

*Tip: As you get more comfortable with this position, you can move faster and do more reps. Try with only one leg for a big challenge!*

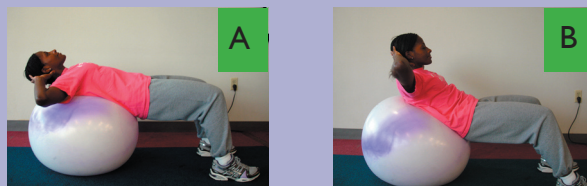


## Ball crunch

*Strengthens your abs*

Sit on an exercise ball and walk your feet away from your body until the small of your back is on the ball (fig. A). Either fold arms over your chest or behind your head. Using your abdominals, lift your upper body off the ball in a controlled manner (fig. B). Hold for two counts, return to starting position. Repeat 10-15 times.

*Tip: Focus on your abdominal muscles doing the work, not lifting your head with your arms. Vary the movement by lifting your hips at the same time you crunch.*

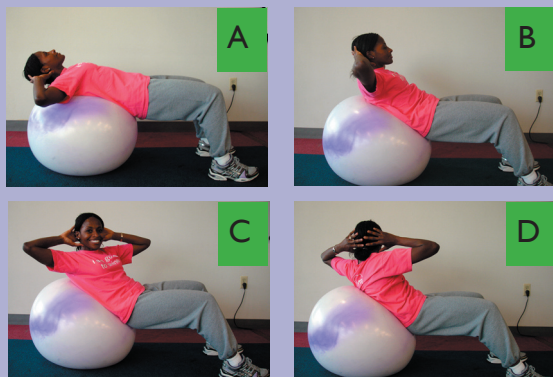


## Obliques ball crunch

*Strengthens your abs and obliques*

Start in the ball crunch position and place each arm behind your ears (fig. A). Lift your body up like you do for a regular crunch (fig. B). Keeping your head and shoulders off the ball, twist to one side (fig. C) and return to the center. Twist to the opposite side (fig. D). Return to center, and then back to the starting position. Perform 8-12 reps.

*Tip: Make sure you are lifting and twisting with your abs, not your neck and head! If you get tired, rest for a couple of seconds before doing another rep.*

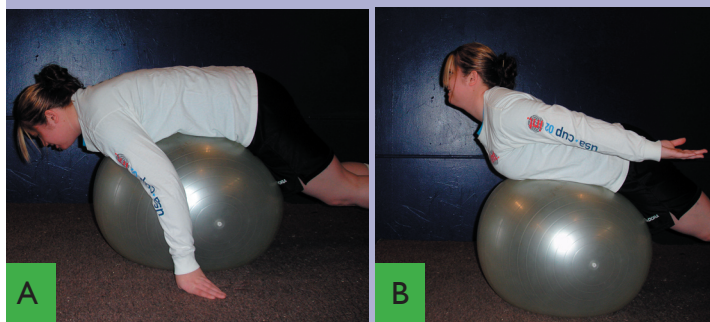


## Back extension on ball

*Strengthens your back*

Position the ball under your hips and lower torso with the knees straight or bent and your arms next to your side (fig. A). Lift your chest off the ball, bringing your shoulders up until your body is in a straight line (fig. B). Repeat 8-15 times.

*Tip: Make sure your body is in alignment when you lift up (i.e., head, neck, shoulders and back are in a straight line), and your abs are pulled in for the entire movement. As you get stronger you can reach your arms out to your sides or overhead for more of a challenge.*



## Booty Bridge

*Strengthens your glutes, legs, and lower back*

Sit on ball, feet hip-width apart. Place your hands on your thighs or keep your arms folded across your chest. Walk feet forward, leaning back so ball rolls under head and shoulders and your seat almost touches the floor (fig. A). Squeeze glutes, lifting through hips for two counts (fig. B). Lower hips to floor and rest for one count. Do 10 reps.

*Tip: Keep your abs contracted the whole time to assist with stability and to protect your lower back.*



A



B

## Ball push-ups

*Strengthens your chest, shoulders, and abs*

Kneel on the floor with the ball in front of you and roll forward on it, walking your hands out to where you can comfortably support your body with your hands shoulder distance apart. Pull your abs in and your shoulders back to keep your body in a straight line (fig. A). Bend your elbows and lower until your elbows are at 90 degrees (fig. B). Squeeze your chest muscles and press up to return to the start position and repeat 8-15 reps.



A



B

## Chest flies

*Strengthens your chest*

Lie on a ball and contract your abdominal muscles. Start with weights directly over chest, palms facing each other, elbows bent (fig. A). Keep your arms extended with a slight bend in the elbows and slowly lower weights out to sides, stopping at shoulder level (fig. B). Bring weights back up over chest, squeezing your chest muscles. Perform 8-15 reps.

*Tip: To keep your arms in the correct position, imagine there is a large beach ball balancing on your chest.*



A



B

## Sky sculptor

*Strengthens shoulders, chest, biceps, triceps, and abs*

Sit on ball with feet hip-width apart, knees bent 90 degrees. Hold a dumbbell in each hand at chin level in front, elbows bent, arms shoulder-width apart and palms facing you (fig. A). Without leaning back, raise dumbbells straight up to the ceiling until arms are extended; return to start (fig. B). Repeat 10-15 times.

*Tip: Think of pulling your shoulder blades down as you press up to prevent lifting your shoulders. Watch your elbows as you raise the weights to make sure they don't flare out to the sides.*



A



B

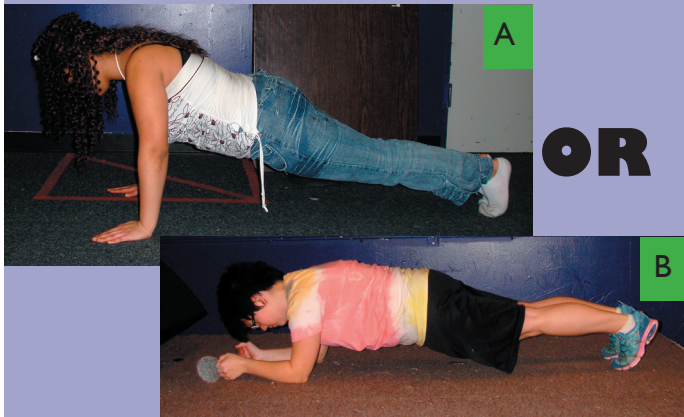


## Plank

*Strengthens your abs, back, arms, and shoulders*

Start into pushup position with your arms directly under your shoulders and your body forming a straight line from your head to your heels. Your hips, shoulders, knees and ankles should all be in a straight line (fig.A). Brace yourself with your abs, squeeze your glutes, and hold the position for 10-30 seconds. Breathe as you hold, contracting your abs more with each exhale.

*Tip: For an additional challenge or if your wrists hurt, you can do the plank on your elbows as shown in (fig. B).*

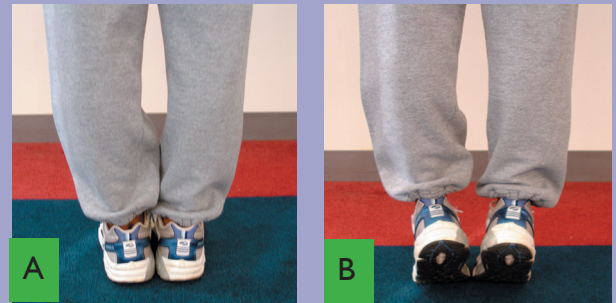


## Calf raise

*Strengthens your calves*

Stand on the floor, feet close together with your weight on the balls of your feet (fig.A). Slowly lift your heels up as high as you can (fig. B). Return to start, repeat 15-20 times.

*Tip: Make this move more challenging by adding hand weights or doing it on a stair or bench. On a stair or bench, stand with the balls of your feet on the bench and lift and lower your heels, dropping your heels lower than your toes.*

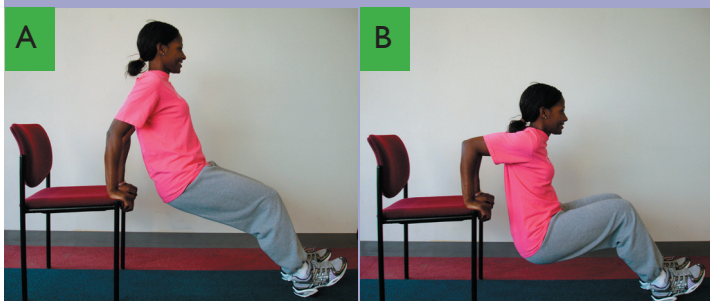


## Triceps dips

*Strengthens your triceps*

Begin sitting on a step or chair with hands under thighs. Keeping your hands where they are, walk your legs out so that your seat is off the chair (fig.A). To dip, bend the elbows and lower body a few inches, keeping the shoulders away from your ears and the elbows parallel to one another, going no lower than 90 degrees (fig. B). Next, straighten arms and push yourself back up. Perform 8-12 repetitions.

*Tip: Think of your elbows pointing backwards the whole time to prevent them from flaring out. As you get stronger, walk legs out further.*



## Side plank

*Strengthens your arms and obliques*

Start by lying on your side with your feet on top of the other and your arm placed squarely under your shoulder. Lift your body up maintaining a solid bridge while supporting your body weight on your knee (fig.A) or foot (fig. B) and hand (fig.A) or forearm (fig. B). Hold this position 10-30 seconds or until your hips begin to sag. Repeat on the other side.

*Tip: Balance on your forearm rather than your hand if this move causes any wrist pain. Remember to breathe!*



## Bicycle

*The most effective ab and oblique exercise you can do!*  
Lie flat on the floor with your lower back pressed to the ground. Place hands beside your head. Bring your knees up to about a 45 degree angle and slowly go through a bicycle pedal motion (fig.A). Touch your left elbow to your right knee, then your right elbow to your left knee (fig. B). Breathe evenly throughout the exercise. 8-20 reps.

*Tip: Focus on the abdominal muscles-when they cannot maintain the exercise, rest and resume in 20 seconds.*

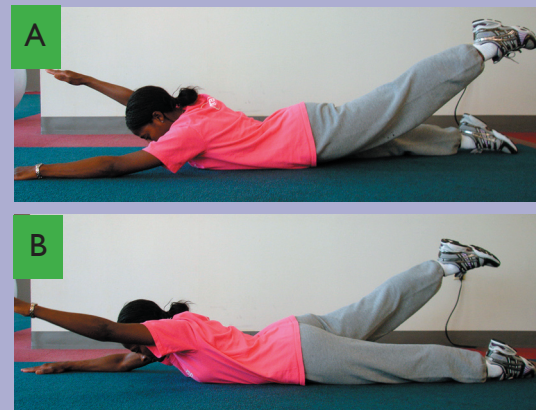


## Superwomans

*Strengthens your back*

Lie face down on a mat. Raise your left arm and right leg off floor at the same time (fig.A). Lower arm with shoulder and leg to floor. Repeat and continue with opposite side (fig. B) or alternate between opposite sides. Repeat 5 -10 times per side.

*Tip: Reach up and out as you do the movement. Start slowly and add speed as you get stronger.*

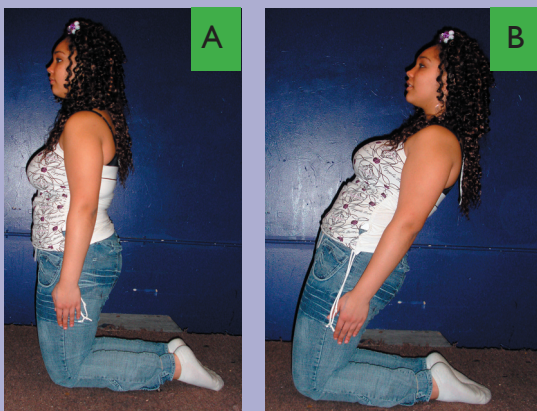


## Genie

*Strengthens your legs and abs*

Kneel on a mat or rolled-up towel with feet together, knees slightly apart. Cross arms over chest or keep arms by your sides (fig.A). Keeping your body in a straight line, lean back as far as you can without losing control. Keep your abs tight and back straight as you lean backward (fig. B). Pause for one breath, return to start. Repeat 10-15 times.

*Tip: Look at your reflection in the mirror the first couple of times you do this move to make sure you are leaning back properly.*

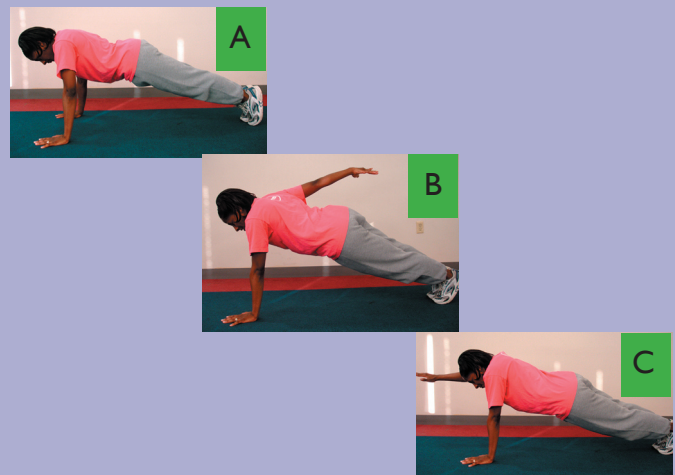


## Plank with windmill

*Strengthens your abs, arms, and back*

Start in a plank position on your hands (fig.A), lift one arm up and behind you and slowly circle your arm forward past your head (fig. B and C). Return to the plank position. Keep the rest of your body still as you move your arm. Repeat with other arm. Do 3-8 repetitions per side.

*Tip: Keep abdominals lifted the entire time. Keep your hips parallel with the floor-avoid lifting your hip as you move your arm.*



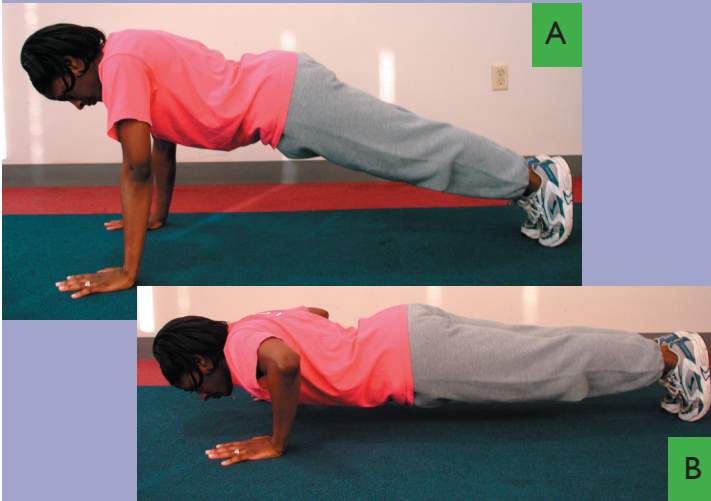


## Push up prep

*Strengthens chest, shoulders, abs*

Start with hands below shoulders, arms straight (fig.A). Keeping your body in a straight line, with shoulders, knees and ankles aligned, slowly lower yourself down by bending your arms as though you were doing a push up (fig. B). Lower yourself to the floor. Return to the start position by getting on your hands and knees to reposition yourself. Repeat 5-15 times.

*Tip: Pull up with your abs the entire time.*

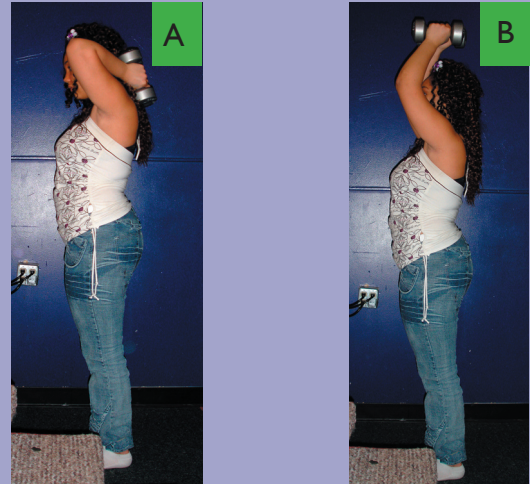


## Overhead triceps press

*Strengthens triceps*

Sit or stand and hold a dumbbell overhead with both hands, elbows bent behind the head 90 degrees (fig.A). Straighten the arms, squeezing the triceps, return to starting position (fig. B). Repeat 8-15 times.

*Tip: Make sure you are isolating your triceps by keeping the movement small. Keep your arms close to your ears to keep your elbows from flaring out to the sides.*

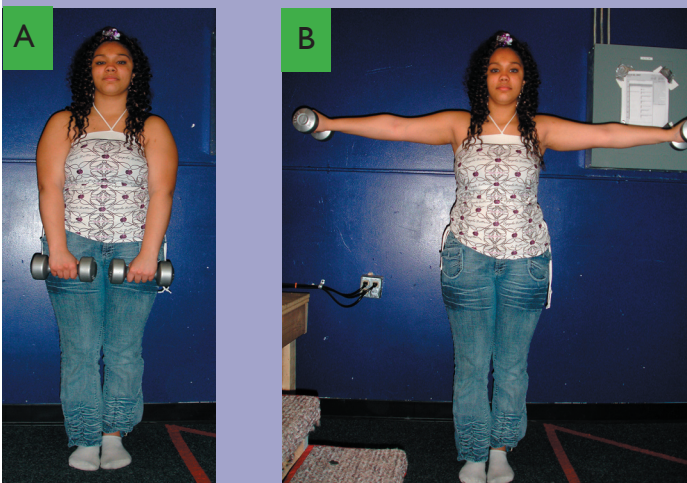


## Lateral raise

*Strengthens shoulders*

Stand tall with feet shoulder width apart and weights in hands (fig.A). Keep your arms straight as you slowly raise the weights up to shoulder height (fig. B). Slowly lower down and repeat. Perform 8-15 reps.

*Tip: Make sure to raise arms only to shoulder height, no higher. You can alternate this movement with the upright rows to challenge different shoulder muscles.*

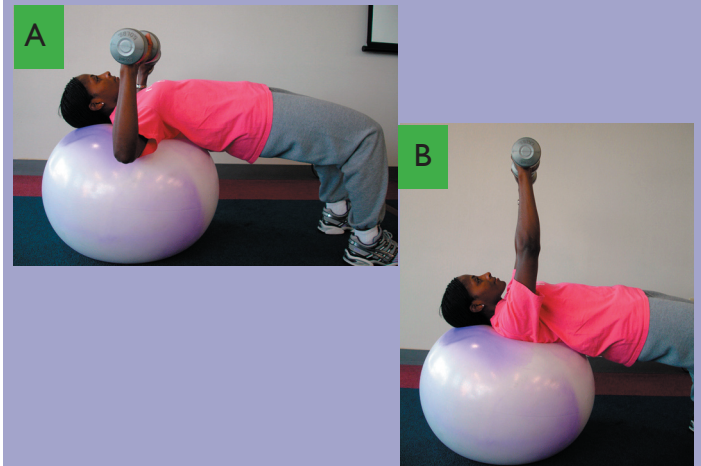


## Chest press

*Strengthens chest*

Lie flat on bench or ball with feet flat on the floor, arms extended upward, holding weights in each hand (fig.A). Lower weights to chest level, bending elbows into a goal post position (fig. B). Using your chest muscles, press weights back up until arms are straight (but elbows do not lock).

*Tip: Squeeze your chest muscles as you press up, and control the movement down.*





## Double Time

*Works biceps and triceps*

Hold an exercise band with hands in the middle.

Keeping arms slightly bent, pull arms away from your head to the sides of the room. Slowly return to start position, repeat 12-15 times.

*Tip: Keep resistance in the band the whole time. If the band is too loose, this move will be too easy to be effective. Challenge yourself by keeping tension in the band.*



## Offering

*Strengthens chest and biceps*

With weights in each hand, palms facing up, elbows slightly bent, lift your arms up until hands are in front of you at shoulder height (fig.A). Slowly rotate arms back, squeezing your shoulder blades together (fig. B). Reverse direction and return to starting position. Repeat 8-15 times.

*Tip: Squeeze your chest muscles when spreading out the arms.*



## Hammer curls

*Strengthens biceps*

Hold weights with palms facing each other, elbows slightly bent (fig.A). Bend your elbows and bring the weights towards the shoulders (don't touch the shoulders), while keeping elbows "glued" to your sides (fig. B). Slowly lower the weights, but don't straighten the arm entirely, keep tension on the muscle throughout the movement.

*Tip: Keep your elbows connected to your sides at all times.*

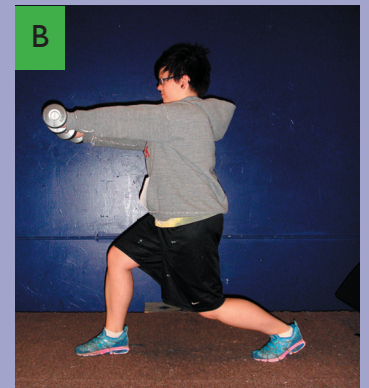
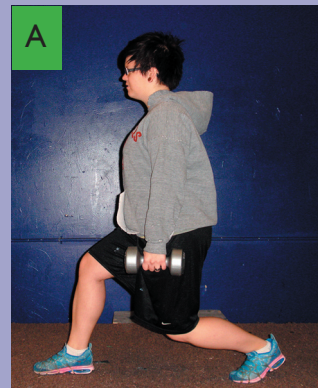


## Lunge with front raise

*Strengthens legs and shoulders*

Start in a lunge position with weights by your sides (fig.A). As you lunge with one leg, raise both arms in front of you, keeping arms straight (fig. B). Raise them as high as the shoulders, returning arms to your sides as you return to the starting lunge position. Repeat on other leg, do 5-10 on each leg.

*Tip: Watch your form in a mirror to ensure that you don't raise your arms too high.*



# Compliments to the chef

"It seems faster to just get take-out. Why should I cook?"  
Gigi, 16

One of the best ways to eat healthier is to get involved with preparing your own meals and snacks. This way you decide what is in your food and can easily make modifications you like. Depending too much on take-out or frozen meals can pack on the pounds as these types of foods often have large portion sizes or include a lot of things you don't want such as unhealthy fats, calories, and preservatives.

Not sure where to start? There are many great cookbooks available, from ethnic foods to teen-friendly recipes. You can also check out the web for a wide variety of healthy recipes.

Not convinced making your own meals is easier than take-out? Making your own food will also save \$\$ and help build your skills and confidence for a lifetime of healthy eating.

# Tips to get you started:

**Start with the basics.** Don't try to cook a soufflé on your first try! Instead, find an easy-to-manage recipe that you know you can handle.

**Make things you like.** If you love broccoli, or if bananas are your favorite fruit, then seek out recipes that use them as the primary ingredient, like veggie wraps or fruit salad.

**Be safe.** Don't mix raw meat with already cooked or other raw foods. Wash as you go... after you have used a knife to cut raw meat, wash it along with the cutting board, dishes and your hands. Also wash vegetables and fruits before cooking or eating.

**Clean up.** Your parents may not be too happy if they walk into the kitchen and find a huge mess. It's best to clean as you go, this way you won't feel overwhelmed when you're done cooking and still need to clean up.

**Share.** It's always fun to watch friends and family enjoy the food you make. Invite friends over for dinner or set a nice table and make dinner for your family.

**Don't get frustrated.** Everybody has to start somewhere. We've all had experience with burnt quesadillas and dried out chicken. The more you practice, the easier it will be —and the better your meals will taste.



# New Moves Cookbook



# New Moves Cookbook

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## Meals in a minute

### Quick Chicken Quesadillas

Ingredients:

- 8 corn or flour tortillas
- 1 cup grated jack cheese
- 2 chicken breasts, cooked and cut into small pieces
- 1 cup tomatoes chopped and drained
- 1/2 cup green onions chopped (optional)
- 1/2 cup of your favorite salsa

Number of servings: 8

### Cinnamon Raisin Oatmeal

Ingredients:

- 2 1/4 cups of water
- 1 1/2 cups oatmeal
- 1 teaspoon cinnamon
- 2 tablespoons honey
- 1/2 cup raisins

Number of servings: 6

### Sesame Noodle Salad

Ingredients:

- 1 tablespoon sesame oil
- 3 tablespoons soy sauce
- 2 tablespoons unseasoned rice vinegar
- 1 tablespoon honey
- 1 tablespoon ginger, grated or chopped finely
- 1 package of soba noodles\*, prepared according to the directions on the package
- 1/4 cup green onions, chopped (optional)
- 1 tablespoon sesame seeds

Number of servings: 4

### Rainbow Fruit Salad

Ingredients:

- 1 cup sliced strawberries
- 1 cup green grapes
- 1 cup sliced peaches, plums or nectarines
- 1 cup chopped pineapple
- 1 cup sliced kiwi fruit
- 1 cup chopped cantaloupe
- 1 tablespoon fresh lemon juice
- Vanilla or French Vanilla yogurt

Number of servings: 6

**Directions:**

In a medium sauce pan, bring water and salt to a boil. Add oatmeal and lower the heat to medium. Stir occasionally, cooking the oats for about 5 minutes. Turn off the heat, add cinnamon and honey and stir until combined. Serve in bowls and top each serving with a sprinkle of chopped raisins.

**Make your own recipe-start with plain oatmeal and add:**

- ❁ Sliced strawberries, plain yogurt and brown sugar
- ❁ Pineapple, sliced bananas and macadamia nuts
- ❁ Strawberry nonfat yogurt and sliced kiwi
- ❁ Reduced fat peanut butter and strawberry fruit spread
- ❁ Chopped canned peaches and ground ginger
- ❁ Berries sprinkled with cinnamon-sugar
- ❁ Sliced bananas and mini semisweet chocolate chips
- ❁ Chopped almonds and dried fruit

**Directions:**

Wash and combine all fruit in a large bowl and toss with lemon juice. Use yogurt as a dressing or dip!

**Make your own combination:**

Start with a fruit:

- Apples
- Bananas
- Blueberries
- Grapefruit sections
- Grapes (green or red)
- Kiwi
- Melon
- Oranges
- Pear
- Peaches
- Pineapple
- Strawberries

Add a topping such as:

- Ground cinnamon
- Nutmeg
- Chopped nuts
- Honey

Make a dressing out of:

- Vanilla low-fat yogurt
- Orange juice
- Light sour cream
- Citrus low-fat salad dressing
- Any variety of low-fat yogurt

**Directions:**

Place a tortilla in a hot sauté pan to soften a bit. On top of each tortilla, sprinkle a Tablespoon of grated cheese, a few pieces of cooked chicken breast and a spoonful of tomatoes and onions. Fold each tortilla (with the filling) in half and cook on each side for 45 seconds or until cheese melts. Serve these quick chicken quesadillas with your favorite salsa.

**Directions:**

- Combine all ingredients and toss. More salad ideas and shortcuts!
- ❁ Add cooked chicken for a meal
- ❁ If you are in a hurry-toss noodles and onions with a pre-made asian dressing
- ❁ Try making the dressing (oil, soy sauce, rice vinegar, honey and ginger) for a lettuce salad and add mandarin oranges for a serving of fruit

\*\*Soba noodles are available at Asian grocery stores, co-ops, and grocery stores.

## Let's make a meal

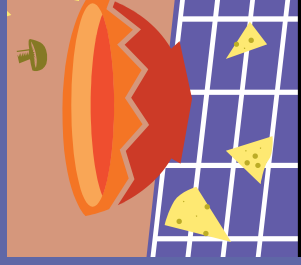
### Baked tortilla chips

Ingredients:

- 8 whole corn tortillas
- 1 tablespoon corn oil
- 3 tablespoons lime juice, bottled
- 1 teaspoon cumin powder
- 1 teaspoon chili powder
- 1 teaspoon salt

Number of servings: 8

Fresh chips add a healthy and tasty addition to chili!



### Speedy Chili

Ingredients:

- 1 medium onion, chopped
- 1 pound very lean ground beef (95% lean)
- 2 (15 oz.) cans black bean, undrained
- 1 (15 oz) can tomato sauce
- 1 (6 oz) can unsalted tomato paste
- 1 cup water
- 2 Tablespoons chili powder

Number of servings: 8

### Strawberries 'n' Cream Trifle

Ingredients:

- 1/2 cup sweetened condensed milk
- 1 + 1/2 cups cold water
- 1 package (1 ounce) sugar-free instant vanilla pudding mix
- 1 carton (8 ounces) frozen reduced-fat whipped topping, thawed
- 1 prepared angel food cake (9-ounce round)
- 4 cups sliced fresh strawberries
- 3 whole fresh strawberries

Number of servings: 12

### Colorful Vegetable Salad

Ingredients:

- 6 cups assorted vegetables (such as cauliflower, broccoli, carrots, green beans, peppers)
- 1/2 cup low-calorie Italian dressing
- Black pepper

Number of servings: 6

Directions:  
Heat a nonstick cooking pot and brown onion and ground beef. Stir frequently and add a little water if needed to keep from sticking. Drain off any fat that appears. Add remaining ingredients and simmer for about 30 minutes. Serve and enjoy!

Not into meat? Substitute vegetarian crumbles or a different type of bean instead of ground beef. Ground turkey also can be used instead of ground beef.

Directions:  
Preheat oven to 350 degrees. Cut tortillas into 8 chip-size wedges. Arrange the tortillas on a cookie sheet in a single layer. Sprinkle with corn oil and lime juice. Combine seasonings together in a small bowl. Sprinkle chips with cumin, chili powder, and salt (whatever flavorings you prefer). Flip chips and rotate pan after 7 minutes. Bake until crisp, about 15 minutes.

Directions:  
Cut vegetables into similar-size pieces. Steam or microwave vegetables until crisp-tender (about 3-4 minutes). When vegetables are done, drain well and cool slightly. Toss with salad dressing and pepper and chill at least one hour or overnight. Drain before serving.

Directions:  
In a bowl, whisk the milk and water. Whisk in the pudding mix for 2 minutes. Let stand for 2 minutes or until set; fold in the whipped topping. Cut cake into 1/2-in. cubes. Spoon a third of the pudding mixture into a large glass bowl. Top with half of the cake cubes and sliced strawberries. Repeat layers once. Top with remaining pudding mixture. Garnish with whole strawberries.

Salads are a great way to get multiple servings of vegetables!



## where's the Beef?

### Simple hearty soup

Ingredients:

- 1 can tomato soup
- 1/2 cup frozen or fresh cheese tortellini

Directions:

Cook tortellini according to directions. Drain and set aside. Prepare soup as directed in the same pan. Add tortellini to the soup, and heat for 5 minutes. Serve as is or with a garden salad.

Number of servings: 2

### Chick-less parmigana sandwich

Ingredients:

- 1 Bun (White or wheat)
- 1 veggie chicken patty (i.e. Morningstar, Boca, Quorn)
- 2-3 Tablespoons Marinara or pasta sauce
- 1/8 cup Mozzarella cheese
- 2 tomato slices

Number of servings: 1

### Hummus wrap

Ingredients:

- 1 tortilla or wrap
- 2-4 Tablespoons hummus
- 1/4 cup chopped romaine lettuce
- 1/4 cup chopped cucumber
- 1/4 cup chopped red or green pepper
- 2-3 Tablespoons shredded carrots

Number of servings: 1

### Yummy ranch pitas

Ingredients:

- Pocket or pita bread
- 2 cups Mixed FRESH, washed, and diced vegetables such as:
  - ✿ lettuce
  - ✿ carrots
  - ✿ tomatoes
  - ✿ cucumbers
  - ✿ red or green peppers
- 2-4 Tablespoons low-fat Ranch dressing

Number of servings: 1-2



Directions:

Cook chicken patty according to directions. Toast bun. When patty is done cooking, top with marinara sauce, tomatoes and cheese. Place in oven at 425 degrees or broiler (on high) until cheese is melted. The broiler method will take 1-2 minutes (watch to prevent burning!) and the oven method will take about 5 minutes. Place in bun and enjoy!

Try different toppings and “veggie” burgers such as:

- ❁ Black bean patties with salsa
- ❁ Mock chicken patties with BBQ sauce
- ❁ Veggie burger with ketchup, mustard and pickles
- ❁ Mock chicken patty with ranch, tomatoes and onions
- ❁ Portabello burger with melted cheese and peppers.
- ❁ Mock burger with your choice of fixings!

Directions:

Toss ranch dressing with vegetable mix and fill pitas with the mixture. Enjoy!

Variations and additional ideas:

Instead of ranch, you can try making a sauce from:

- ❁ Hummus
- ❁ Other salad dressings
- ❁ Cheese
- ❁ Small amount of vinegar and oil with pepper

OR

- ❁ Sautee vegetables in a small amount of oil and spices.
- Try greens, peppers, onions, and other vegetables until you find your favorite combination!

*Soups are a great way to eat vegetables which are not only good for you, but can help fill you up, especially on cold winter days. You can also add cooked veggies to other soups, or start with your own broth base and add your choice of vegetables, beans and pasta. Soup is an easy way to experiment with cooking, keep adding things until it is the way you like it!*

Directions:

Spread tortilla or wrap with hummus. Spread veggies out evenly and roll up. A great lunch ideal.

Make your own combination of vegetables! Try:

- ❁ onion
- ❁ broccoli
- ❁ cauliflower
- ❁ carrots
- ❁ jicama
- ❁ spinach
- ❁ peas
- ❁ chopped green beans

## Showstoppers

### Chicken (or tofu) pot pie with biscuit crust

#### Ingredients:

- 1 bag of frozen mixed vegetables
- 3 Tablespoons butter or margarine
- 1/3 cup whole wheat or white flour
- 1/3 cup chopped onion
- 1 3/4 cup chicken or vegetable broth
- 2/3 cup milk
- 2 cups cooked chicken or soft tofu, cut into cubes
- Salt and pepper to taste
- Tube of biscuit dough (or homemade biscuit dough)

Number of servings: 6

### Chicken and Veggie Packets

#### Ingredients:

- 2 tablespoon of olive oil
- 4 boneless, skinless chicken breasts (rinse and pat dry)
- Juice from 1 lemon
- 2 teaspoon of dried thyme
- 4 whole cloves of garlic, peeled
- 2 zucchini, sliced thinly
- 1 yellow or orange bell pepper julienne
- 1 onion, cut into large slices
- Salt and pepper to taste
- 4 sheets of foil

Number of servings: 4

### Homemade pizza

#### Ingredients:

- ✿ Pizza Dough purchased from the store or a mix.
- Top with tomato sauce, bbq sauce, salsa or pesto and add your choice of the following:
- ✿ Cheeses such as mozzarella, cheddar, fontina, parmesan, or feta
- ✿ Toppings such as:
  - pineapple chunks
  - mushrooms
  - olives
  - black beans
  - corn
  - tomatoes
  - onions
  - poblano peppers
  - fresh garlic
  - spicy chicken sausage
  - cooked chicken breast
  - tofu or tempeh
  - fresh basil, cilantro or parsley

Number of servings: 8

### Vegetable Stir-Fry

#### Ingredients:

- 2 cups fresh broccoli
- 1 tablespoon margarine
- 1 tablespoon peanut oil
- 2 cups carrots, peeled and thinly sliced
- 1 cup mushrooms, thinly sliced
- 5 medium green onions, thinly sliced
- 1 tablespoon fresh lemon juice
- Black pepper to taste
- 1 teaspoon nutmeg
- 1 teaspoon thyme

Number of servings: 6

Directions:

Preheat oven to 375 degrees.

Place the 4 sheets of foil in front of you and oil each piece with olive oil. Place one chicken breast on each piece of foil, followed by a drizzle of lemon juice on each breast, and salt, pepper and thyme. Place a clove of garlic next to each breast and divide vegetables among packets, placing vegetables on or around each piece of chicken. Tightly roll up each packet so that the chicken and vegetables are sealed completely. Bake packets on a cookie sheet for 30 minutes.

Caution! Be careful when opening your yummy packets, the steam is extremely hot and can burn just as bad you as a hot surface.

Directions:

Rinse broccoli and trim. Separate florets by cutting into quarters so they are of uniform size. Peel stems and cut into 2-inch lengths. Set aside.

In a large skillet or wok, heat margarine and oil over medium heat. Add broccoli, carrots, mushrooms and onions. Cook and stir 5 minutes, or until vegetables are “tender-crisp.” (Vegetables should be soft enough for a fork to go through them without being mushy.)

Stir in lemon juice, and other seasonings. Serve immediately over rice or noodles.

*(From American Heart Association)*

Directions:

Heat oven to 425 degrees.

Rinse frozen vegetables, set aside. Melt butter or margarine in saucepan over medium heat until melted. Stir in flour and onion until bubbly then remove from heat. Add milk and broth, making sure the flour mixes in evenly (you can break up clumps with a spoon). Add vegetable mix and cooked chicken or tofu. Pour mixture into 9 x 13 pan or large casserole. Roll out biscuit dough until thin and place on top of the mixture in the pan. Bake for 20 minutes or until crust is golden brown.

Serve with a side salad for a vegetable-rich meal!

Directions:

Once you decide on toppings, preheat the oven to 450 degrees. Place dough on a lightly oiled cookie sheet and spread with the toppings. Bake for 10-15 minutes or until the crust is lightly browned and the cheese is bubbling.

Other pizza ideas:

- 🌸 BBQ Chicken: bbq sauce, sliced red onion, diced bell peppers, fontina cheese, and spicy chicken sausage or cooked chicken breast and cilantro.
- 🌸 South of the Border: salsa, mozzarella, black beans, corn and poblano peppers.
- 🌸 Cheese and Olive (use different colors!)
- 🌸 Pesto Pizza: pesto, sliced tomato, feta cheese, and fresh basil.
- 🌸 Veggie Delight: tomato sauce, crumbled tofu, garlic, red onions, sliced tomato, mushrooms, and fontina cheese.

## A perfect ending

### Fresh Fruit Parfaits

Ingredients:

Combination #1

- 2 cups fresh strawberries, sliced
- 2 bananas, sliced
- 2 c. nonfat strawberry banana yogurt

Combination #2

- 2 kiwis, sliced
- 2 cups mandarin oranges
- 2 cups nonfat vanilla yogurt

Number of servings: 4

### Chocolate-dipped strawberries

Satisfy a chocolate craving with healthy and tasty hand-dipped strawberries!

Ingredients:

8 large strawberries

Small container chocolate meeting dip (like Baker's)

Number of servings: 2

### Frozen yogurt

Ingredients:

- 1 quart plain nonfat yogurt
- 1/2 of 14 oz can low-fat sweetened condensed milk
- 1 1/2 Tablespoons vanilla

Number of servings: 8

### Fruit Kabobs

Ingredients:

Select a variety of colorful fruit such as:

- Apple slices
- Pineapple chunks (fresh or canned)
- Grapes
- Strawberries
- Melon chunks
- Bananas
- Cherries

Number of servings: 1 kabob per person

Directions:

Mix ingredients well. Chill thoroughly in refrigerator. Freeze in an ice cream freezer according to the directions, or place in a container in the freezer and stir every 15 minutes.

Optional addition:

Add 4 chopped fresh peaches and the juice of 1 lemon before freezing or serve with fresh sliced fruit such as strawberries, bananas, pineapple, blueberries, raspberries, or mango.

Combination #3

- 2 cups mandarin oranges
- 2 bananas, sliced
- 2 cups nonfat orange yogurt

Combination #4

- 2 cups fresh strawberries, sliced
- 2 cups fresh blueberries
- 2 cups nonfat vanilla yogurt

Directions:

Choose small dishes and pick from the following combinations. Layer fruit then yogurt, then fruit, alternating fruits. Top with a spoonful of yogurt and a

Directions:

Wash strawberries and pat completely dry. Heat chocolate so that all chips are melted. Dip strawberries in chocolate, place on plate until cooled.

Don't limit yourself to just strawberries!

You can also try:

- ❁ Frozen or fresh bananas
- ❁ Sliced apples
- ❁ Fresh pitted apricots
- ❁ Apple slices



Try freezing chocolate dipped fruit for a frozen treat!

Directions:

Wash, peel, and cut the fruit into similar size chunks and drizzle with lemon juice to prevent browning. Thread fruit onto bamboo skewers. Place 6-7 pieces on each skewer, alternating colors, shapes, and textures. Use smaller fruit like grapes or cherries on the ends of the kabobs and leave space at each end of the skewer for easy handling. Stack them on top of each other on an oval platter or fan them out in a pretty circle on a round plate.

(Keep them in a re-sealable plastic bag or plastic container until you are ready to serve them.)



# Kitchen Math

3 teaspoons = 1 tablespoon  
1 Tablespoon =  $\frac{1}{2}$  fluid ounce  
2 Tablespoons = 1 fluid ounce  
4 Tablespoons =  $\frac{1}{4}$  cup  
5  $\frac{1}{3}$  Tablespoons =  $\frac{1}{3}$  cup  
8 Tablespoons =  $\frac{1}{2}$  cup  
10  $\frac{2}{3}$  Tablespoons =  $\frac{2}{3}$  cup  
12 Tablespoons =  $\frac{3}{4}$  cup

16 Tablespoons = 1 cup  
1 cup = 8 fluid ounces  
1 cup =  $\frac{1}{2}$  pint  
2 cups = 1 pint  
4 cups = 1 quart  
2 pints = 1 quart  
4 quarts = 1 gallon  
16 ounces = 1 pound

## Lessons Learned

- 1) Don't try too many new dishes at one time.
- 2) Read through the entire recipe and place all the ingredients on the counter before you begin.
- 3) Follow the recipe as closely as you can the first time you make it, you can always experiment the next time.
- 4) Take a risk — don't be afraid that you and your family won't like a change from their normal foods and meals.
- 5) Ask your family to help with the preparation and the cleanup.
- 6) Be adventurous and combine dishes from different cultures within the same meal.

# Replace, Reduce and Substitute

Replace, reduce or substitute are ways to make your dishes just a little bit lighter. Think about the foods you eat or the ingredients you use in your recipes. Which ones add the most fat and are higher in calories. Could you reduce the amount? For example, use half the oil, butter or margarine that the recipe calls for? Or use half the salad dressing on your salad? Could you replace with a similar ingredient? For example, using applesauce in place of oil for a muffin recipe? Or use salsa instead of sour cream on a baked potato? Could you substitute another ingredient or food item? For example, use low fat salad dressing on a salad or low fat cream cheese on a bagel? Or bake your chicken instead of fry?

Below are some other possibilities. See what you can do!

Trim all visible fat from beef, pork and chicken prior to cooking

Bake, broil or grill meats and fish instead of frying

Use marinara instead of Alfredo (cheese) sauce on your pasta

Follow the low-fat directions when preparing brownie, cake and cookie mixes

Omit or use half the amount of butter, margarine or oil called for in macaroni and cheese, rice, pasta and stuffing.

Lighten up your favorite coffee drink by using skim or low-fat milk and using half the sugar or flavored syrup

## Baking or Cooking

1 egg = 2 egg whites = 1/2 cup egg substitute

Butter or oil = same amount of applesauce or plain yogurt

Butter or oil when sautéing = use a vegetable cooking spray

Mayonnaise = same amount of plain yogurt or use half the amount

Sour cream = same amount of light or low-fat sour cream or use less.

Milk = same amount of skim or 1% milk, or fat-free half and half

Baking chocolate (1 ounce) = 3 Tablespoons hot chocolate powder + 1 Tablespoon oil

Sauces and salad dressing = Herbs, vinegar, tomatoes (salsa), and/or low-fat sauces or salad dressings or use 1/2 the amount

# be fit

## resources

It might seem obvious, but the best way to be active on a regular basis is to:

- ...find one or more activities you enjoy.
- ...have resources at home or locally.
- ...be active with another person.
- ...try new things that sound fun.
- ...remind yourself of the benefits.
- ...reward your progress!

This section includes lots of resources for being active at home, at the gym, or in your community.

Feel better, look better, and banish boredom from your life. With so many fun ways to be active, you are guaranteed to find something you enjoy and will WANT to do!

# You call that exercise?

Being active should be fun! There is something for everyone!

Like skateboarding? Want to learn? 3rd Lair Skate Park has a girls-only club and skate times. Check their website for information.

[www.3rdlair.com](http://www.3rdlair.com)

St Paul Yoga Center has various forms of yoga taught throughout the day. See their website for coupon for a free class.

[www.stpaulyogacenter.com](http://www.stpaulyogacenter.com)



Ski or snowboard!

Como park is a great place to start!

[www.stpaul.gov](http://www.stpaul.gov)

Afton Alps expands your options with 48 runs! Rentals and lessons available.

[www.aftonalps.com](http://www.aftonalps.com)

Get a strong mind, body and spirit- try kickboxing or martial arts.

[www.jabz.com](http://www.jabz.com)

[www.midwestkarateassn.com](http://www.midwestkarateassn.com)



Twin Cities Water Recreation Areas: Information on where to swim, canoe, kayak, and more!

[www.dnr.state.mn.us/water\\_rec/index.html](http://www.dnr.state.mn.us/water_rec/index.html)



Rollerskate!

Saint Louis Park

<http://www.rollergarden.com>

Maplewood

<http://www.saintsnorth.com/>

Dance fever! There are many places to learn new dance styles!

[www.essenceofprodigy.com](http://www.essenceofprodigy.com) (hip-hop)

[www.jawaair.com](http://www.jawaair.com) (middle eastern dance)

[www.zenondance.org](http://www.zenondance.org) (variety of styles)

[www.outonalimbdance.org](http://www.outonalimbdance.org) (variety)

[www.scoilnadtri.com](http://www.scoilnadtri.com) (Irish dance)

[www.tapestryfolkdance.org](http://www.tapestryfolkdance.org) (folk dance)





## Climb indoors—all levels welcome!

Climbing is a fun activity for all fitness levels. It can be a great mental and physical challenge, or just a fun activity to do with friends.

[www.verticalendeavors.com](http://www.verticalendeavors.com)

Tons of space to climb—all levels welcome!

[www.recsports.umn.edu/Programs/climb/ClimbingWallPage.htm](http://www.recsports.umn.edu/Programs/climb/ClimbingWallPage.htm)

An inexpensive way to try climbing



Make winter fun! ice skating and more!

Roseville Ice Arena

<http://www.ci.roseville.mn.us/parks/skatingcenter/index.php>

Ice skating, hockey, speed skating and summer activities too!



Let it snow, let it snow, let it snow...

People living in cold climates have enjoyed the snow by being active outside and making their own fun! Sledding is a great way to enjoy winter and when you hike back up the hill, its a great workout! Go with friends or bring a kid with you.

Tennis courts, ice rinks, soccer fields, basketball courts, playgrounds, and more—check out your neighborhood park for fun ways to be active!





# Join a gym

The metro area has a variety of fitness centers. They offer fitness classes and equipment such as weights and treadmills. Ask for a tour or a free pass before joining-that way you'll be able to find a place that is right for you! Below are a list of local resources and a sampling of their classes-each place has many more to choose from!

[www.lifetimefitness.com](http://www.lifetimefitness.com)

Body and soul (dance)  
Fitness yoga  
The MIXX (cardio and strength training)  
Kickbox jam (Kickboxing and dance moves)

[www.ywcaofstpaul.org](http://www.ywcaofstpaul.org)

Latin dance  
Kickboxing  
Toning classes  
Cardio Funk (dance)

[www.ymcatwincities.org](http://www.ymcatwincities.org)

Belly Dancing  
Cardio hoops (with a weighted hula hoop)  
KWANDO (martial arts inspired workout)  
Urban Rebounding (trampoline workout!)

[www.sweatshopfitness.com](http://www.sweatshopfitness.com)

Hip Hop Dance  
Cardio Tap  
Kickboxing  
Pilates

[www.stpauljcc.org](http://www.stpauljcc.org)

Water boot camp (female only)  
Indoor cycle  
Kickboxing  
Toning classes

Just like at school, teachers make all the difference on how you feel about class. If you don't like a teacher of a fitness or dance class, try a different teacher. A teacher should provide modifications and variations for everyone and be encouraging!

## Fitness cheat sheet

Fitness classes have all sorts of names to try to make it sound flashy...but it often just makes it confusing! What the words really mean:

Sculpt, tone, power: strength training.

Cardio, boot camp, step, sport: aerobic classes

50/50, half and half, fusion, mix: combination of strength training and aerobic activity

**WORK IT**  
Gyms usually offer free or cheap memberships for their staff. You can work at the front desk or in the child care center among other places-so you can get paid and get fit!

## Be a (fit) homebody

As you have learned, you can be active at home. You don't even need any equipment—but if you want something, there are some ideas below, ranging from expensive to free:

Some people have equipment like free weights or cardio machines in their house, but you don't need expensive equipment. Other great options include a dancing game (like Dance Dance Revolution) or other movement games.

You can also purchase inexpensive equipment to use at home, like exercise bands, weights, hula hoops, jump ropes and stability balls. There are also DVDs for everything from hip hop to yoga. You can find fitness equipment online, at sporting goods stores, discount stores, and larger retail stores.

If you are interested in trying a variety of things at home without spending money, check out your local library for books, videos, and DVDs. You can also make your own weights using things like milk or laundry detergent bottles filled with water or sand. There are also a variety of workout shows on channels like FitTV. You can also do exercises while you watch TV, or simply dance around the house!

*fit screen time*

Your TV can help you get fit, as long as you are working out rather than sitting and watching! Exercise DVDs are a great way to get fit at home and allow you to customize your workout to meet your interests and needs. Ask your New Moves personal coach for the most updated list of recommendations!

**FIT TIP:**  
Get a couple of friends together and each buy a different DVD. Trade every month so you don't get bored, OR try working out together!

<http://www.collagevideo.com> provides reviews and 60 second previews of all of the exercise DVDs and videos they carry.

# Resources for being active in your community!

## Your school

Your school has a variety of resources for being active. From after school sports and recreation programs to your school fitness facility-your own school has options! If you don't feel comfortable in the fitness center alone, find an exercise partner or plan a "New Moves time" when members of the class can meet to stay active together.

## Your community

Look around and you will find that your community has a variety of places for lots of different activities. Whether you want to try something new, join a team, or meet new people, your local parks and community centers have something for everyone! Most are available at low or no cost and have options for all ages.

St Paul Parks and Recreation  
[www.stpaul.gov/depts/parks](http://www.stpaul.gov/depts/parks)

St Paul Community Education:  
<http://commed.spps.org>

Ramsey County Parks and Trails  
[www.co.ramsey.mn.us](http://www.co.ramsey.mn.us)

Minneapolis Parks and Recreation  
[www.minneapolisparcs.org](http://www.minneapolisparcs.org)

Three Rivers Recreation Area  
[www.threeriversparkdistrict.org](http://www.threeriversparkdistrict.org)



# Hit the trails

The Twin Cities are famous for their great trail systems, with over 300 miles of completed trails (and 500 more planned!), for biking, walking, in-line skating and more. They are free, plus you get a whole new way to see the metro area! See the previous page or check out these other options:



Department of Natural Resources website: Parks and trails throughout Minnesota. Nature calls!

[www.dnr.state.mn.us/state\\_trails/index.html](http://www.dnr.state.mn.us/state_trails/index.html)



A comprehensive guide of trails around the metro area, state, and country.

[www.trails.com](http://www.trails.com)

Minneapolis Grand Rounds: 50 miles around the City of Minneapolis, with loops around various lakes and the Mississippi River.

[www.minneapolisparcs.org/grandrounds/home.htm](http://www.minneapolisparcs.org/grandrounds/home.htm)



Like to inline skate? Don't let winter stop you—glide yourself fit at the Metrodome! Lessons and rent-available. Free safety equipment rentals.

[www.roller-dome.com](http://www.roller-dome.com)

Lake Como, Lake Phalen, the Mississippi River, and Grand Avenue all have trails for biking, running, walking, and in-line skating. Put on your pedometer and you'll be surprised how many steps you can get walking around the lake!

