

MY BRIGHT FUTURE: PHYSICAL ACTIVITY AND HEALTHY EATING



For Young Women



This booklet will help you learn about healthy eating and physical activity. With the help of your health care provider, it will also show you what areas might need some improvement and how to set and reach your goals. Here's what you'll find inside:

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LET'S GET STARTED...

GETTING STARTED

This section asks questions about your current level of physical activity and healthy eating. Check the box that best answers each question and/or write your answer on the line.

PHYSICAL ACTIVITY

1. How many days a week do you do physical activity? (for example: stretching, playing soccer, running, swimming, playing volleyball, dancing, walking, or other aerobic activities)

- 7 days
- 5-6 days
- 3-4 days
- 1-2 days
- 0 days

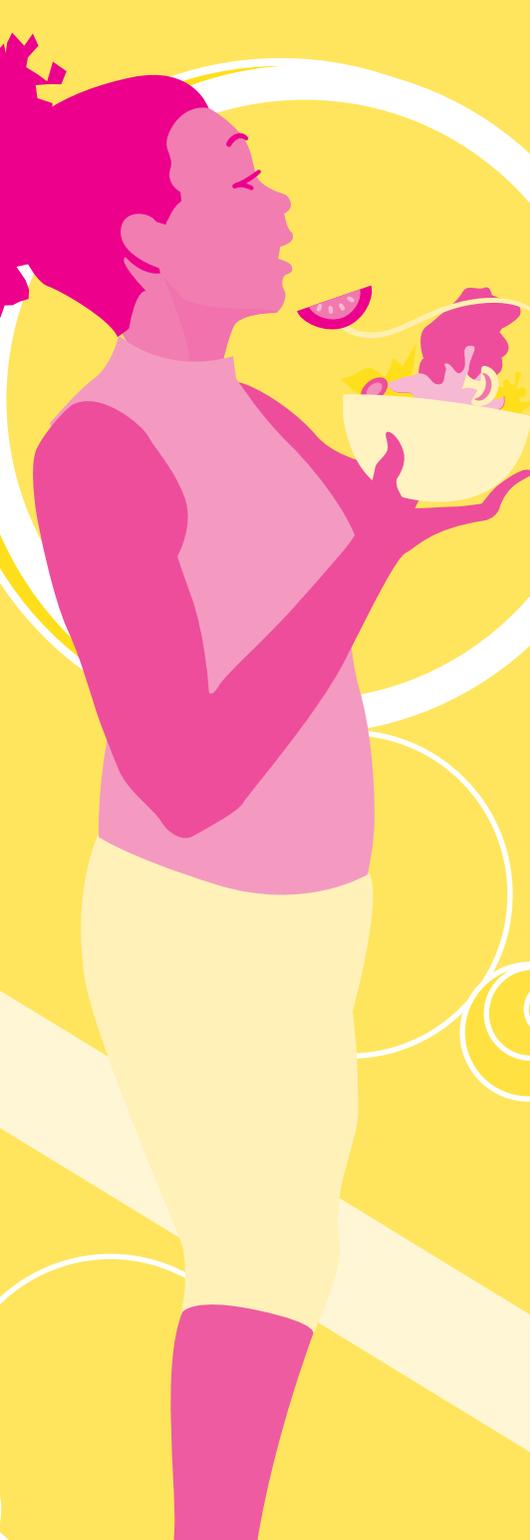
2. How much time do you spend doing physical activity on a typical day?

- 60 minutes or more
- 30-59 minutes
- 20-29 minutes
- Less than 20 minutes
- Once in a while
- Never



3. What activities do you spend the most time doing in your free time? Check all that apply.

- Homework
- Physical activities (for example: soccer, volleyball, hiking, dancing, gymnastics)
- Watching television/Using the computer
- Shopping
- Talking on the telephone
- Spending time with friends or family
- Babysitting/Working at a job
- Household chores (for example: cooking, cleaning)
- Napping
- Others _____



HEALTHY EATING

When answering the next questions, think about the variety of foods you eat from each of the food groups from the time you wake up until the time you go to bed. Include all foods and beverages that you eat and drink at home, school, restaurants, and from vending machines.

4. How often do you have foods from the milk group? For example, on a typical day how often do you drink low-fat or fat-free milk, add milk to your cereal, eat low-fat or fat-free yogurt or cheese?

- 3 or more times a day
- Twice a day
- Once a day
- Less than once a day

5. How often do you eat foods from the meat and beans group such as lean hamburger, chicken, turkey, fish, pork, peanut butter, eggs, nuts, dried beans, or tofu?

- 3 or more times a day
- Twice a day
- Once a day
- Less than once a day

6. How often do you eat fruit or drink 100% fruit juice?

- 3 or more times a day
- Twice a day
- Once a day
- Less than once a day



7. How often do you eat vegetables or drink 100% vegetable juice?

- 3 or more times a day
- Twice a day
- Once a day
- Less than once a day

8. How often do you eat foods from the grains group such as cereal, brown rice, pasta, breads (whole wheat and white breads), tortillas, couscous, bagels, pita bread, or crackers?

- 3 or more times a day
- Twice a day
- Once a day
- Less than once a day

“By the time I get home from school, I’m starving and can’t wait until dinner to eat! Last time I saw my doctor, she recommended some healthy foods that make good after-school snacks. Now, I ask my mom to buy raisins and apples for me to snack on. It keeps the hunger pangs away and my energy up while I’m doing my homework, too.”

**Shannette
Des Moines, Iowa**





9. How often do you eat candy, cakes, cookies, doughnuts, candy bars, or chips?

- 3 or more times a day
- Twice a day
- Once a day
- Less than once a day

10. How often do you drink soda, soft drinks, pop, or sweetened teas?

- 3 or more times a day
- Twice a day
- Once a day
- Less than once a day

11. How would you describe your weight?

- Underweight
- Healthy weight
- Overweight

12. Do you take vitamin, mineral, or dietary supplements?

- Yes
- No
- Don't know

If yes, what types of supplements do you take?

- Calcium
- Iron
- Folate
- Vitamin D
- Fiber
- Multivitamin/multimineral
- Others _____



"I know that getting at least 60 minutes of physical activity a day is important for staying healthy but, with school and a part-time job, I don't have a lot of time for it. My doctor told me that even small amounts of physical activity throughout the day make a big difference, and she gave me some ideas of things I can do. My favorite? Walking briskly through the mall with my friends! Who knew exercising could be so fun?"

***Brenda
Baltimore, Maryland***



TALKING WITH MY HEALTH CARE PROVIDER

Many health care providers will answer your questions about physical activity and healthy eating. Let them know that you have some questions at the start of your visit. Here are some examples of questions that you may want to ask.

- Am I getting enough physical activity?
- How do I fit more physical activity into my lifestyle?
- Can I be physically active during my period?
- Should I change how I eat when I have my period?
- I'm not sure if I'm getting enough milk, meat, fruit, vegetables, or grains in my diet. Can you help me decide if I should add more?
- Am I in a healthy weight range for my height and age?
- What kind of eating pattern is safe and healthy for me?

In the space below, write questions you would like to ask your health care provider.

My own questions:

1. _____

2. _____

3. _____





TO BE COMPLETED BY MY HEALTH CARE PROVIDER

MY HEALTH CARE VISIT

Date: _____

This page is for your health care provider to fill in. Now is the time for you and your health care provider to review this information together.

BMI (body mass index) is an estimate of body fat. BMI is calculated from your height and weight.

Weight (lbs.): _____

Height (inches): _____

BMI: _____

Age: _____

BMI percentile for age and sex:* _____

Growth comment: _____

BMI-for-age percentile	What it means
≥ 95 th percentile	Overweight
85 th to < 95 th percentile	Risk of overweight
5 th to 84 th percentile	Healthy weight
< 5 th percentile	Underweight

*See CDC charts at <http://www.cdc.gov/nchs/data/nhanes/growthcharts/set3/chart%2016.pdf>.



Current Physical Activity Level Assessment:

- On target
- Recommend change

Current Nutrition and Eating Habits Assessment:

- On target
- Recommend change

Health Care Provider's Recommendations:

1. _____
2. _____
3. _____

“Julie is not only my best friend – she’s my exercise buddy! On days when I just don’t feel like exercising, she pumps me up and motivates me to get going because she knows physical activity keeps us strong and healthy. And I do the same for her. Some days we go running together. Other days we go out dancing!”

*Vanessa
El Centro, California*





SETTING MY GOALS

To set goals that are right for you, think about what you want to change and why, and what steps you'll take to reach your goal. These changes don't have to be big; even small steps can make a difference. Also, think about who can help you and how you'll reward yourself for making progress.

Use this chart to set simple goals for your physical activity and healthy eating with your health care provider. You can also ask your family or friends to help.

Sample Goal	Get calcium with every meal
My reason for this goal	To have stronger bones so I can play basketball.
Steps I'll take	<ol style="list-style-type: none"> 1. Drink calcium-fortified orange juice with breakfast. 2. Always drink low-fat or fat-free milk with lunch and dinner. 3. Eat low-fat or fat-free string cheese as a snack.
Who will help me	My family
When I'll achieve my goal	Two weeks to get more calcium with every meal
How I'll reward myself for making progress toward my goal	Buy a new basketball

My Goal	
My reason for this goal	
Steps I'll take	<ol style="list-style-type: none"> 1. 2. 3.
Who will help me	
When I'll achieve my goal	
How I'll reward myself for making progress toward my goal	
My Goal	
My reason for this goal	
Steps I'll take	<ol style="list-style-type: none"> 1. 2. 3.
Who will help me	
When I'll achieve my goal	
How I'll reward myself for making progress toward my goal	



REACHING MY GOALS

Here is some information for you to keep and read that can help you reach the goals that you just set. The sections that have the 🍏 list ideas and tips. Look for the 🍏, and circle the ones you'd like to try.

PHYSICAL ACTIVITY

A little here and there goes a long way! Try fitting a few minutes of physical activity in the morning, afternoon, and evening into your routine. Your goal should be to get at least 60 minutes of physical activity most days of the week, preferably daily. You can keep track of your progress by keeping a physical activity diary. Make small changes and see how much better you'll feel.

Physical activity is rewarding! It may improve emotional well-being and self-esteem, reduce feelings of anxiety and stress, increase energy, and lower your risk of many diseases. Different kinds of physical activities also provide different kinds of benefits.



Physical Activity and Physical Fitness

For ...	Try ...
Flexibility	Stretching, yoga, swimming, martial arts
Strength	Gymnastics, lifting weights, sit-ups, push-ups
Healthy Heart	Basketball, soccer, biking, track and field, running, brisk walking, dancing, jumping rope, roller skating

To get at least 60 minutes of physical activity most days of the week, preferably daily, try these ideas:

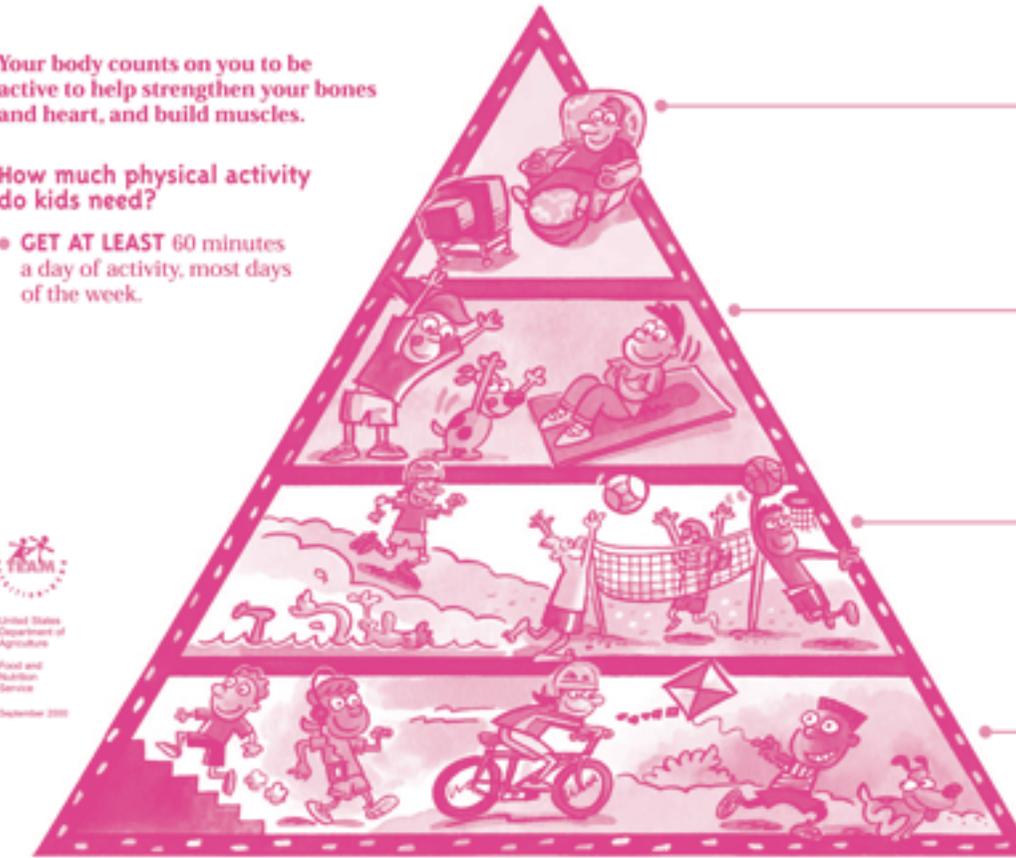
- Move safely, move often, move for fun.
- Dance, jump rope, or roller skate.
- Take your dog for a brisk walk.
- Move to music.
- Ask a family member to join you for a physical activity date.
- Play soccer, tennis, or softball.
- Walk briskly with friends through the shopping mall or to school.
- Try a fun new activity that pumps up your heart, like aerobics.
- Spend less time watching television or sitting at the computer.
- Wear a step counter and walk 10,000 steps everyday.
- Take the stairs instead of the elevator or escalator.
- Try a new activity each season such as swimming, skating, soccer, or biking.
- Stretch and strengthen your arms and legs every day.

Move It! Choose your FUN!

Your body counts on you to be active to help strengthen your bones and heart, and build muscles.

How much physical activity do kids need?

- **GET AT LEAST** 60 minutes a day of activity, most days of the week.



Do...
LESS

Spend less time sitting around watching TV or using the computer.

ENOUGH

Do enough strengthening activities to keep your muscles firm.

MORE

Do more intense activities that warm you up and make you glow!

PLENTY

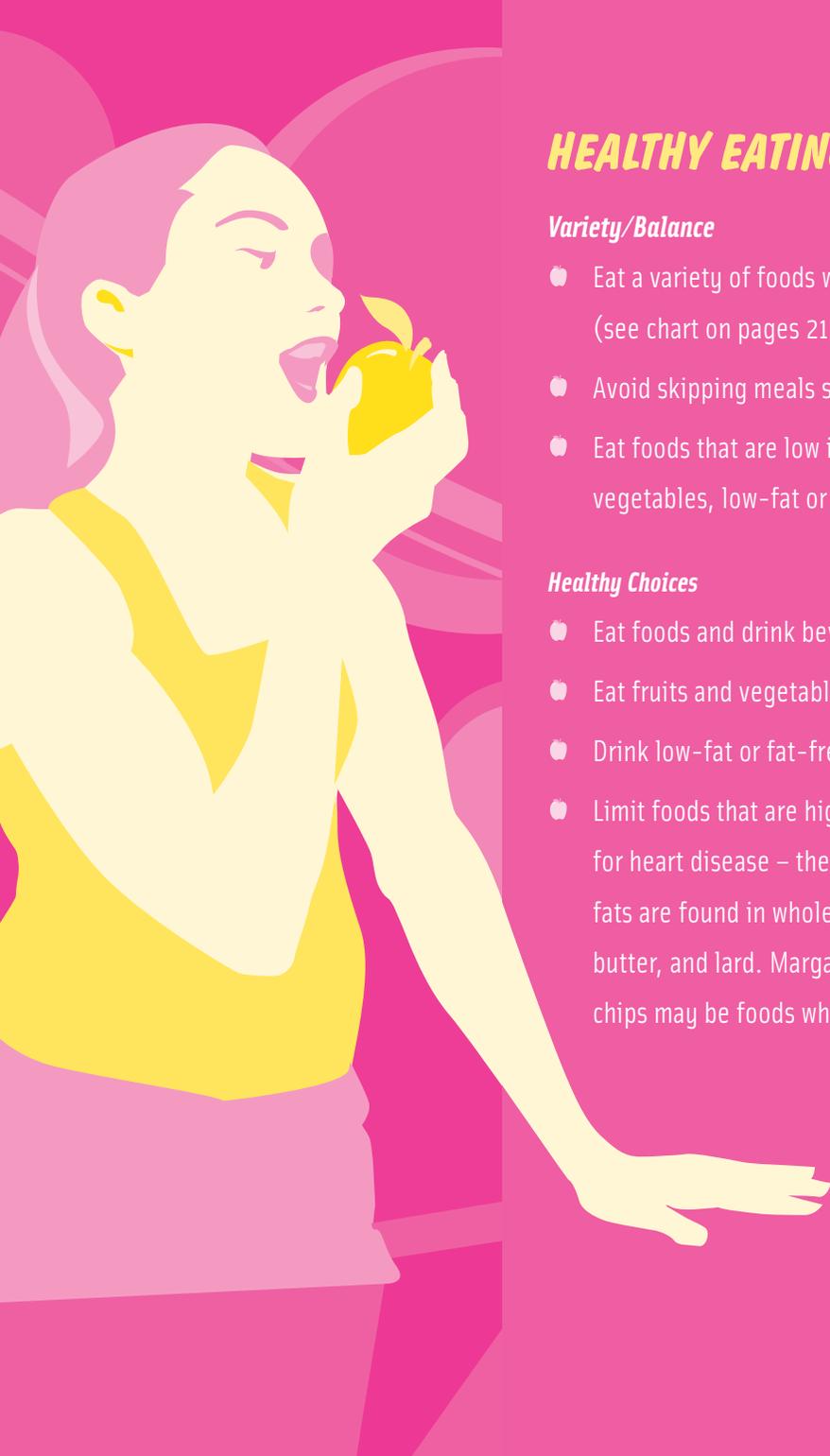
Walk, wiggle, dance, climb the stairs. Just keep moving whenever you can.

PHYSICAL ACTIVITY SAFETY TIPS

- Slow down if you're out of breath. You should be able to talk during physical activity without gasping for breath.
- Drink water before, during, and after physical activity (even during water workouts).
- Wear supportive sneakers and use sunscreen when outdoors.
- Wear appropriate safety gear.
- Use the buddy system. Bring a friend along when you go swimming or out walking so you have someone around if you need help.

STOP PHYSICAL ACTIVITY RIGHT AWAY IF YOU:

- have pain anywhere in your body.
- feel dizzy or sick.
- break out in a cold sweat.
- have muscle cramps.



HEALTHY EATING

Variety/Balance

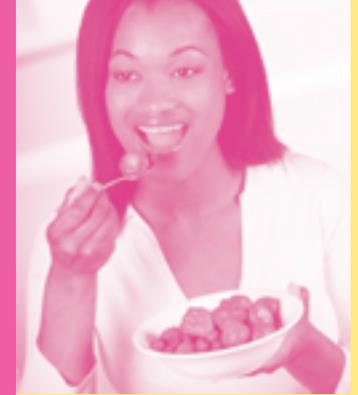
- Eat a variety of foods within your calorie needs from all food groups. (see chart on pages 21-22).
- Avoid skipping meals since you may overeat later in the day.
- Eat foods that are low in added sugars and sodium (salt), including fruits, vegetables, low-fat or fat-free milk and milk products like yogurt.

Healthy Choices

- Eat foods and drink beverages that contain calcium to build strong bones.
- Eat fruits and vegetables for snacks instead of sweets and chips.
- Drink low-fat or fat-free milk or water instead of soda or high-sugar drinks.
- Limit foods that are high in saturated and *trans* fat since they raise the risk for heart disease – the number one cause of death among women. Saturated fats are found in whole milk, regular cheeses and ice creams, many meats, butter, and lard. Margarine and snack foods, such as cakes, cookies, and chips may be foods which have *trans* fat.

Food Groups

- **The Grains Group** gives you carbohydrates for energy, vitamins such folate, and minerals. Whole-grains foods such as whole wheat bread, brown rice, and oatmeal can have fiber, that along with a healthful diet may help protect you against certain diseases and keeps your body regular.
- **The Fruit and Vegetable Groups** give you vitamins such as vitamin A and C, and folate; minerals such as potassium, magnesium, and iron; fiber; and other nutrients that are important for good health. They can also help protect you against diseases and keep your body regular.
- **The Milk Group** gives you minerals such as calcium and vitamins such as vitamin D to build strong bones and teeth. Foods in this group also have carbohydrates for energy and protein for important body functions. Whole-milk and milk products contain more fat, including saturated fat, so it's a good idea to choose low-fat or fat-free milk and milk products.
- **The Meat and Beans Group** gives you protein, fat, vitamins, and minerals such as iron. Meats, especially high-fat processed meats such as deli meats and hot dogs contain saturated fats and cholesterol, so it's a good idea to limit these or try lower fat varieties.



Making Healthy Choices

* Recommendations are based on a 1600 – 2400 calorie diet. Young women who are very active should aim for the higher amounts and women who are less active should aim for the lower amounts. For more information and a personalized plan, visit www.mypyramid.gov.

Daily amount*	Reaching the daily amount	Things to keep in mind
Grains 5-8 ounces	1 ounce = ½ cup of cooked rice, pasta, cous cous or cereal; 1 slice of bread; 1 small tortilla; 1 small muffin; 1 cup ready-to-eat cereal.	Choose whole grains at least half the time, such as whole grain bread, oatmeal, brown rice.
Vegetables 2-3 cups	1 cup = 1 cup cut-up raw or cooked vegetables; 1 cup vegetable juice; 2 cups leafy salad greens.	Vary the types of vegetables you eat. Eat more dark green and orange vegetables, and cooked dry beans like pinto beans.
Fruits 1½-2 cups	1 cup = 1 cup cut-up raw or cooked fruit; 1 cup fruit juice; ½ cup dried fruit.	Eat a variety of fruits. Choose fresh, frozen, canned, or dried fruit. Go easy on fruit juices.
Milk 3 cups	1 cup = 1 cup milk or yogurt, 1½ ounces low-fat or fat-free natural cheese; 2 ounces processed cheese like American cheese.	Choose low-fat or fat-free milk products. If you can't tolerate milk, try lactose-free milk products.
Meat and Beans 5-6 ½ ounces	1 ounce = 1 ounce lean meat, poultry, or fish; 1 egg, ¼ cup cooked dry beans or tofu; 1 tablespoon (Tbsp) peanut butter; ½ ounce nuts or seeds.	Choose low-fat or lean meats. Bake, broil, or grill your meat, instead of frying. Eat more fish, beans like black beans, peas, nuts, and seeds.
Oils and Fats 5-7 teaspoons	1 teaspoon (tsp) = 1 tsp vegetable oil like canola oil, or soft margarine; 1 Tbsp low-fat margarine, 2 Tbsp light salad dressing.	Limit solid fats like butter, stick margarine, shortening, and lard.



“After reading an article about serving sizes, I checked the food label on my favorite snack – peanuts – to see what one serving was. I found out that I was eating two servings and getting double the calories and fat. So I stopped eating out of the bag and started pouring one serving in a bowl. Now I’m making better decisions about how much I eat.”

Anna
Atlanta, Georgia

Meals/Snacks

- Eat breakfast in the morning for an energy boost and to help you perform better in school.
- Start the day with a high-fiber breakfast cereal, like bran cereal with a banana.
- Choose foods made with little or no added fat like baked chicken or grilled fish.
- Be “snack smart” and pack healthful snacks like low-fat crackers, fruit, or a small bag of nuts.
- Choose healthful snacks from vending machines, such as raisins, pretzels, low-fat popcorn, or baked potato chips.

Servings

- Read food labels to learn about serving sizes and make decisions about healthy foods. (See page 24 for more information.)
- Serve your food in dishes rather than eating out of the box or bag to make sure you are eating the correct serving sizes.
- Keep a food diary for 2 days and write down everything you eat and drink. Discuss this with your health care provider to find out how your choices can help you be healthy.





Social Eating

- Make cooking fun. Get together with friends and family to create healthy, balanced meals.
- Participate in food shopping and choose healthful foods that you like to eat.
- Reward yourself for healthful food choices; go out to a movie, read a new book, or go shopping with friends.
- Eating out can be healthy. Try grilled chicken sandwiches or salads, use mustard instead of mayonnaise, and try smaller sizes. You can also ask to switch french fries with grilled vegetables.



UNDERSTANDING THE NUTRITION FACTS LABEL

The Nutrition Facts label can help you make smart food choices by giving you information on serving sizes, calories, and nutrients, such as saturated and *trans* fats, cholesterol, sodium, fiber, vitamins, and minerals. Just look on the back of most food packages to find the label.

- Read the label to see if a food is a good source of a nutrient or to compare similar foods—for example, to find which brand of macaroni and cheese is lower in fat.
- The food label gives you information on the calorie content of the portions you eat. Check the serving size and the number of servings per container. Compare this to how much you actually eat.
- The % Daily Values (DVs) that are listed on the right-hand side tell what percentage of a certain nutrient you'll get from one serving of that food. If you want to limit a nutrient, such as sodium, then choose foods with a % DV of 5 % or less. If you want to eat more of a nutrient such as calcium, then choose foods with a % DV of 20 % or more.

Sample label for Macaroni & Cheese

Nutrition Facts

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

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value *

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Trans Fat 1.5g

Cholesterol 30mg **10%**

Sodium 470mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A **4%**

Vitamin C **2%**

Calcium **20%**

Iron **4%**

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

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



For more information on the Nutrition Facts label, see <http://www.cfsan.fda.gov/~dms/foodlab.html>.



HINTS FOR GETTING STARTED ON PHYSICAL ACTIVITY AND HEALTHY EATING

- Choose to move. Add more physical activity into your daily life.
- Set realistic and safe goals. Build up your strength, endurance, and fitness.
- Involve your friends and family in your physical activity choices.
- Choose a variety of foods from all food groups to eat a balanced meal plan within your calorie needs.
- Be careful to limit saturated and *trans* fat, sodium (salt), and added sugars.
- Share and enjoy mealtimes with friends and family.
- Be sure to start your day with breakfast, and eat regular meals and snacks that fit into your daily schedule. Think about **what**, **when**, and **how much** you eat.
- All foods fit into a healthful meal plan when eaten in moderation. Your body needs many vitamins and minerals. Remember to eat:
 - ✦ Low-fat and fat-free foods from the milk group for **calcium**.
 - ✦ Lean meats; shellfish such as shrimp; ready-to-eat cereals with added iron; spinach; cooked dry beans, peas, and lentils; and enriched and whole grains for **iron**.
 - ✦ Breakfast cereals with added vitamins and minerals, dark green leafy vegetables, and citrus fruits for **folate**.
- Eat healthy and be active to improve your health and energy level today and later in life.

“My teacher said that physical activity is a good way to boost energy so I started riding my bike to school with friends instead of the bus whenever the weather is nice. She was right – I get to school feeling great and ready to take on the day!”

*Megan
Daleville, Alabama*



For More Information

Bright Futures for Women's Health and Wellness

www.hrsa.gov/WomensHealth

MyPyramid

www.mypyramid.gov

4 Girls Health

www.girlshealth.gov

The National Bone Health Campaign

www.cdc.gov/powerfulbones

VERB Campaign

www.verbnow.com

Milk Matters

www.nichd.nih.gov/milk/milk.cfm

***Other resources that I can use to help me meet
my physical activity and healthy eating goals:***

- ***Public library***
- ***Health newsletters at grocery store checkouts***
- ***Community recreation center***