



CIGNA FIT DAYS: PART 1

Bring Your Child to Work Day

Event Activity Ideas



CIGNA in partnership with Healthy Kids Challenge
Providing tools for employers, schools, and physicians



Tool Kit Contents: Bring Your Child to Work Day

Healthy Kids Challenge (HKC) strives for healthy C.H.A.N.G.E. (Connect Health And Needs, Get Excited). In the workplace, HKC suggests "healthy hooks" to build awareness, appeal, and interest in making healthy eating and physical activity choices. Think about the healthy messages your employees are currently hearing and seeing - or having the opportunity to choose. How many "healthy hooks" exist?

In this toolkit, you'll discover a wealth of ideas for tasty snacks, healthy lunchtime fun, on-the-move active time, visual messages for displays, take home tip sheets and MORE!

For the best impact, select a variety of activities that can be implemented in different areas of the workplace.

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- Family Wellness Menu

Just for youth

- Choices, Choices



Event Activity Ideas

Fit & Fun Families

Establish the need to focus on healthy eating and physical activity

Overweight and obesity increase health problems and costs, decreasing quality of life. Consider the following statistics:

A 40-year-old nonsmoking male who is overweight will lose 3.1 years of life expectancy; one who is obese will lose 5.8 years. A 40-year-old overweight nonsmoking female will lose 3.3 years of life expectancy; one who is obese will lose 7.1 years. (Peeters A, Barendregt JJ, Willekens F, Mackenbach JP, Al Mamun A, Bonneux L. Overweight and obesity by middle age are associated with a shortened lifespan. *Ann Intern Med* 2003; 138:24-32)

For adults with BMI above 45, life expectancy decreases by up to 20 years. (Fontaine KR, Redden DT, Wang C, et al. Years of life lost due to obesity. *JAMA* 2003;289: 187-93)

The health-related economic cost to U.S. business is significant representing about 5 percent of total medical care costs. (Thompson D, Edelsberg J, Kinsey KL, Oster G. Estimated economic costs of obesity to U.S. business. *Am J Health Promot* 1998; 13[2]120-7)

As BMI increased, so did the number of sick days, medical claims and healthcare costs. (Burton WN, Chen CY, Schultz AB, Edington DW. The costs of body mass index levels in an employed population. *Statistical Bulletin of the Metropolitan Life Insurance Co* 199;80[3]:8-14)

The excess medical expenditures that result from treating obesity-related diseases are significant. Obese adults under age 65 have annual medical expenses that are 36 percent higher than those of normal-weight people. But people age 65 and older account for one-fourth of the obese population, and because of the chronic nature of diseases resulting from obesity, medical spending for elderly obese people is probably much higher. (Sturm R. The effects of obesity, smoking, and drinking on medical problems and costs. *Health Aff [Millwood]* 2002; [March-April]:245-53)

Obesity-associated annual hospital costs for children more than tripled between 1979 and 1999. (Wang G, Dietz WH. Economic burden of obesity in youth aged 5 to 17 years: 1979-1999. *Pediatrics* 2002, 109(5):E81-E86)



Build the Parent - Child Connection

Parents spend a great number of hours each week away from home, on the job. Do children really know what their moms or dads DO at work? Or, do most children just know their parents are gone, come home tired, talk about struggles and problems at work, and then rush on to the next task at hand?

"There is always a moment in childhood, when the door opens and lets the future in."

Graham Greene

These very same challenging factors stemming from the worksite can be tools for teachable moments for both parents and children. Consider the following vision: What if... parents come home enthused about work, eager to spend some time together, take a family walk, discuss the events of the day (the challenges and the rewards), negotiate dinner plans and responsibilities, and together, sit down to enjoy a healthy evening meal.

"Nothing has a stronger influence on the children, than the lives of their parents."

Carl Jung

Positive involvement and interaction of parents with their children is a key to successful parenting, role modeling and part of a healthy, balanced lifestyle. Why not utilize the worksite to help guide and shape that desired outcome? The result is healthier and more satisfied employees. Consider utilizing "Bring Your Child to Work Day" as an annual opportunity to foster and strengthen relationships of your employees and their children.

Set the Stage with "HEAR, SEE, and DO" Healthy Messages

Set up your BYCTWD event for success by using the HKC concept of offering "Hear, See, and Do" messaging throughout the day.

HEAR >>>> Provide a message to increase awareness of knowledge/skills

SEE >>>> Show people HOW to make healthy changes

DO >>>> Help people practice and make healthy changes



Event Activity Ideas

*Fit & Fun
Families*

Simple Steps for a Successful BYCTWD Event

Identify your goals

Consider your goals for a FIT day. Besides getting people interested/motivated in healthy eating/physical activity, what 1 or 2 key event goals do you hope to achieve? Determine activities that will best meet those goals.

Our goals are to:

- ___ Let people know about what is happening with wellness at CIGNA this year that they can take part in.
- ___ Challenge people to change something related to healthy eating and physical activity, beginning NOW.
- ___ Other _____

Identify your needs

Use the following space to make notes of specific “needs” for your BYCTWD event as you determine activities!

- **Ages of participants** – Is the age variance large so that activities need to be designed for a variety of ages, or can the activities be used for all ages?

Age range anticipated: _____

- **Available space** – IF possible, plan enough area for movement, play, and hands on learning which is more effective than a lecture style atmosphere.

- **Time schedule** – Consider the age of children and their attention span. Plan for quick, teachable moments and MUCH activity to keep everyone energized!

- **Number of helpers suggested** – Organized “chaos” is important with a large group of youth! Plan ahead for extra staffing. Maybe employees who don’t have children can help out!

Number of helpers and whom:



Event Activity Ideas

Fit & Fun Families

- **Supplies and food items needed** – A healthy snack break, as well as a healthy lunch, are suggested as great learning opportunities. Don't forget decorations to make "SEE" messages fun and jazzy!

Supplies (based on the activities you select)

Food (based on the activities you select)

- **Equipment required** – Remember a sound system for ease of communicating with a large group, and to provide active play and movement with music.

■ **Other:**

Identify how you wish to measure success

How will you measure success?

- Surveys?
- Informal input by participants, including quotes?
- Participation?
- Other?

HKC encourages you to measure participation and positive attitudes for making healthy changes by having employees and their children set personal healthy goals, such as eat breakfast daily, or eat one more serving of fruit per day.

Use the *Balancing Acts Challenge*, on page 30 in this toolkit as a fun way for parents and their children to set goals together! Have participants anonymously submit goal sheets at the end of the day. Determine the following:

- How many employees set goals?
- What were the goals?

Use the information you collect to determine how you can follow up with all employees and support their change in the coming weeks.



“HEAR and SEE” pre-event checklist and tips

Help people “HEAR and SEE” about the event in advance!

Select one or more of the following HEAR ways of developing interest and excitement. How can employees and their families HEAR about BYCTWD?

Prepare in advance for this big event with “HEAR” opportunities for BYCTWD!

- Signage
- Employee newsletter
- E-mail take home invitation
- Office communications such as E-mail, web site, or staff meetings
- Other “HEAR” opportunities _____

Help employees to “SEE” change is coming with CIGNA FIT Days!

Get everyone involved! Encourage those who have grandchildren ages 9-15 to join the fun. For those who don't have children, consider how you can make this event welcome and inviting for them as well.

Begin to help participating employees “SEE” and build the parent connection by asking them to:

1. Encourage their children to either draw or write what they “think” work looks like for their parent. What does their parent “do” at work? Have the pictures and descriptions posted the day of the BYCTWD event for fun viewing!
2. Use the youths' writings and artwork for in-house discussion groups amongst employees. What are their children's perceptions of work? Do any of the children reflect a healthy, enjoyable environment? What would parents like their children to see or learn about their work? What lifestyle changes can each parent make to lead a more balanced lifestyle, and then, role model that at home?

Event Activity Ideas

Fit & Fun Families

When planning for the event, think of helping people “HEAR” the following concepts for healthy messages:

- ✓ Focus on healthy choices rather than weight.
- ✓ Create a positive self-esteem and “guilt free” choices message and environment.
- ✓ Remember all foods fit when balancing food choices and physical activity.
- ✓ Include MyPyramid guidelines: variety; proportion; balance; physical activity; recognizing fat and sugar; and locating food group placement.
- ✓ Offer fun, appealing activities to practice making healthy choices.

Select healthy messages for your event focus.

While BYCTWD may have several desired goals and outcomes, keep in mind, this tool kit is specifically designed to offer suggestions for developing the event to promote healthy eating and physical activity at the worksite and as an opportunity for employees to further model those behaviors at home.

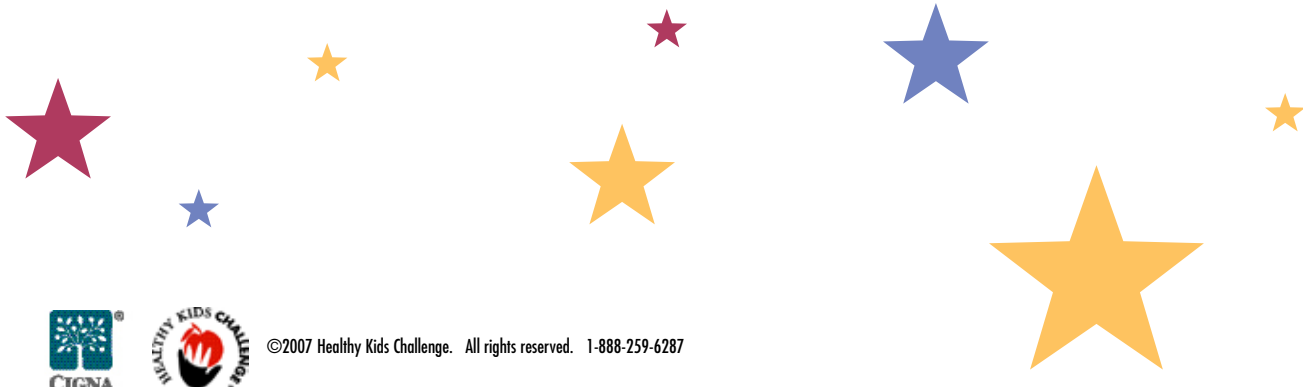
HKC recommends a focus on at least one eating behavior as well as physical activity so that both are equally represented in your message.

Create awareness and interest in changing identified behaviors so that adults and youth alike can achieve healthy balance.

Choose from the following healthy messages: (These correlate with the CIGNA-HKC Provider and Employer Tool Kit messages.)

- Drink Think – Decrease sugared drink consumption, increase water and low fat milk
- Discover Smart Servings – Learn healthy serving sizes
- Fruits & Veggies - Everyday the Tasty Way – Increase the number and variety of fruits and vegetables
- Breakfast GO POWER - Eat breakfast regularly
- Healthy Meals Fast – Eat healthy on the go
- Snack Attack – Limit portion and frequency of high fat and sugar snacks
- Active Play EVERY Day – Enjoy being active daily through play and work

If you choose to use other messages, think about current issues related to snacks/meals and obesity.



Event Activity Ideas

Fit & Fun Families

“SEE” event planning checklist and tips

Once the awareness of the event is built, the energy and enthusiasm are high, and the participation is determined, determine your “SEE” tools (the visuals for the day of the event). Consider as many of the “SEE” message opportunities listed below as feasible. Adapt “SEE” tools based on your environment and potential.

“SEE” Opportunities for BYCTWD

___ Bulletin Board

___ Displays in the cafeteria, hallway, or office locations

___ Name tags with a healthy message

___ Special shirts for the event with a healthy message

___ Give away items that encourage a healthy message such as physical activity

- Water bottles
- T-shirts with a healthy message
- Pedometers
- Frisbees (foam type are good for indoor and outdoor fun)
- Gift certificates for putt-putt or other active play opportunities
- Dance and movement DVDs
- Book bag tags with a healthy message
- Other _____

___ Other tools for a “SEE” Message _____



Bulletin Board Ideas

Put them up wherever employees and youth go! Choose from the following ideas or create your own.

Trivia Bulletin Boards

See www.dole5aday.com for fruit and veggie trivia questions or USDA for Kids <http://www.usda.gov/news/usdakids/index.html> for other agricultural trivia questions. Add childrens' food artwork.

Trivia Examples

How many

- Grapes in a bunch?
- Cherries on the stem?
- Seeds on the strawberry?
- Peas in the pod?
- Bananas in a bunch?
- Seeds in a watermelon?

“Did You Know” Bulletin Boards

Display ideas (see separate display supplement with ideas from HKC's *Setting Up for Success* activity booklet) can also be used for bulletin boards, such as "guess the amount of sugar in different beverages".

Develop “sound byte” message boards

For example:

It's hip to be fit!
Don't sit, get fit!

Grapes and bananas come in bunches...bunches of great taste!
Pear up fruits and vegetables to put on the shine!
Bananas have appeal!

Refer to the Fit and Fun Families Employer Tool Kit for more bulletin board ideas

<http://www.cigna.com/health/general/healthyworkforce/kit.html>



Event Activity Ideas

Fit & Fun Families

Post-event: Wrapping it up checklists

Checklist and planning for next year's event – Take time immediately following your event to make notes for next year.

✓ What worked?

✓ What ideas need change?

✓ What did we learn? (Input from employees and certainly from the youth!)

✓ How will we use the information we learned?

- Follow-up with tips in newsletters to support the goals employees identified
- Use quotes in newsletters
- Submit press releases to the media
- Report success to _____

✓ Notes for next year:



“DO” Activities for BYCTWD

“DO” – The FUN Part of the Healthy Message!

“DO” is the active part of BYCTWD, the activities and participatory learning opportunities provided for the children and their parents at the worksite. Choose from the following activity ideas to plan your event. Use each activity as it is written, or tailor to fit your needs. Of course your healthy message will be stronger if you can choose multiple activities.

After reviewing the activities check all that you wish to use:

■ Snacks!

- Trail Mix
- Fruit and Veggie People
- Food Art
- Name a Pizza
- Snack in a Cone
- Smoothies

■ Cafeteria

- Active Play Every Day Makes Me Want to Dance
- Fat Bucks Lunch

■ Physical Activity

- MyPyramid Fitness Stations
- Learning on the Go
- Plate Dancing

■ Games

- Food and Fitness Feud

■ Around the Building Ideas

- Vote for #1 Fruit and Veggie
- Fruit and Veggie Rainbow Wall
- Hold a Challenge

■ Handouts

- Balancing Acts
- Family Snack Attack Contest
- A New Look for Breakfast
- Family Activity Ideas
- Family Snack Ideas
- Family Wellness Menu
- Choices, Choices...for On-the-Go Youth

Snacks!

Ideas for healthy snacks

Trail Mix Activity and Snack

Supplies:

- Measuring cups
- Scoops
- Zip top baggies
- Trail Mix ingredients

Need per 100 people:

(Note: If you use peanuts, let people know of the ingredients in case there are peanut allergies)

- Chex® Cereal (or Cheerios®, or any other similar cereal): 25 cups
- Small pretzels (sticks or rounds): 25 cups
- Raisins (or other dried fruits): 18-3/4 cups
- Peanuts or soy nuts: 12-1/2 cups
- M&Ms®: 6-1/4 cups
- Zipped top “baggies” to hold 1 cup each: 100

Age: Elementary and older

Concept: This activity offers a tasty, healthy snack alternative while helping participants understand smart servings, and how to balance the proportion of high fat/high sugar foods with those healthier choices lower in fat and sugar.

Directions:

Build a Balanced “Trail” to Go!

1. Have youth identify MyPyramid food groups represented in the trail mix:

Pretzels: Grains Cereal: Grains

Raisins: Fruits Peanuts: Meat

M & M’s®: Outside MyPyramid

2. If time permits, have children measure what they THINK is a full serving size of each of the ingredients. After they have guessed, read the labels and use measuring cups to determine the label specified serving size.
3. Explain why different amounts of each ingredient are used to build the trail mix. Which ingredients should be in the largest measure in the mix for good balance? (Answer: MORE grains, LESS fats and sweets.) Why not make the recipe 1-cup M&M’s, 1-cup marshmallows, 3/4 cup Skittles™, and 1/2 cup pretzels? (Answer: **No balance...no GO power!**)
4. Finally, either have the children go through the line and use scoops to fill their plastic bags, or have volunteers serve the trail mix.

Portion size served per person:

Cereal - 1/4 cup

Pretzels - 1/4 cup

Raisins (or other dried fruit) - 3 Tbsp

Peanuts - 2 Tbsp

M & M’s® - 1 Tbsp



Event Activity Ideas

Fruit and Veggie People or Food Art

Supplies:

- Foods needed to create your healthy art work (based on activity selected)

_____	_____
_____	_____
_____	_____

- Equipment and supplies for food preparation and service

_____	_____
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Age: Elementary and older

Concept: Food preparation and tasting is fun. Being comfortable with snack/meal preparation is a good learning experience for young and old alike, along with learning food safety, and having new food experiences. Even if you don't offer a snack time at your event, copy and paste these snack ideas into a handout for families. Or, add to the *Healthy Tips to Go Family Snack Ideas* tip sheet on page 36.

Fruit and Veggie People

Use round, sturdy toothpicks and fruit and veggie pieces to build "fruit and veggie people". Suggested fruit and veggie pieces: Baby carrots, celery sticks, baby tomatoes, orange wedges, apple slices (dip in orange juice to keep from turning brown), pineapple chunks, strawberries, and blueberries.

Toast Faces

Spread toast with peanut butter (or low fat cream cheese) and use raisins, fresh or dried fruit bits or pieces of vegetables to make faces.

Apple Flowers

Cut an apple in slices and dip in orange juice (to keep them from turning brown). Arrange the apple slices in a flower shape and place a dollop of yogurt in the center of the "flower".

Orange Fun

Cut a peeled orange into round slices. Decorate each round with strawberry halves, diced kiwi, blueberries or other colorful fruit.



Name a Pizza

Supplies:

- (For 100 participants)
- 100 English muffin halves (50 whole muffins)
- 6 ¼ lbs grated Mozzarella cheese (1/4 cup per each)
- 12 ½ cups assorted chopped veggies (2 Tbsp per muffin)
- 12 ½ cups pizza sauce (2 Tbsp per muffin)

Electrical Equipment: Oven or broiler for heating pizzas

Age: Elementary and older

Concept: Food preparation and tasting is fun. Being comfortable with snack/meal preparation is a good learning experience for young and old alike, along with learning food safety, and having new food experiences. Even if you don't offer a snack time at your event, copy and paste these snack ideas into a handout for families. Or, add to the *Healthy Tips to Go Family Snack Ideas* tip sheet on page 37.

Directions:

If each child builds his or her own pizza, the result is Tim's Pizza, or Jen's Pizza!

1. Arrange one or more English muffin halves in a single layer on a baking sheet.
2. Top with pizza sauce, chopped veggies choices, and Mozzarella cheese (or other light cheese).
3. Bake at 400 degrees for 5 minutes or until golden.
4. Serve each half, or cut the "pizza" in quarters or halves to serve.
(note fewer ingredients needed if each pizza is cut in ½ or ¼'s).

Snack in a Cone

Supplies:

- Small, flat-bottomed ice cream cones – 1 per person
- Fresh fruit, such as sliced banana, kiwi, strawberries, or finely chopped apples – 2 Tbsp per person
- Low-fat yogurt (or pudding) - 3 Tbsp per person
- Graham cracker crumbs (or crushed cereal) – 1 Tbsp per person

Age: Any

Concept: Youth are aware of a healthy snack idea and identify the MyPyramid food groups represented in the cone.

Directions:

1. Place sliced fruit in the bottom of the cone.
2. Spoon low-fat yogurt (or pudding) over the sliced fruit.
3. Top with more sliced fruit.
4. Sprinkle with graham cracker crumbs (or crushed cereal).



Banana-Strawberry Smoothie

Supplies:

■ Ingredients for 3 servings:

- 1 cup calcium-fortified orange juice
- 1-1/4 cups frozen strawberries
- 1 cup sliced ripe banana
- 3/4 cup vanilla fat-free yogurt
- 1/3 cup nonfat dry milk
- 1 tablespoon sugar

■ Ingredients for 99 servings:

- 8 1/4 qt. calcium-fortified orange juice
- 1 qt. + 1/4 cup frozen strawberries
- 6 qt + 3/4 cup sliced ripe banana
- 2 qt + 3 cups vanilla fat-free yogurt
- 11 cups nonfat dry milk
- 2 cups + 1 tablespoon sugar

Electrical Equipment: Blender

Age: Elementary and older

Concept: Food preparation and tasting is fun. Being comfortable with snack/meal preparation is a good learning experience for young and old alike, along with learning food safety, and having new food experiences. Even if you don't offer a snack time at your event, copy and paste these snack ideas into a handout for families. Or, add to the *Healthy Tips to Go Family Snack Ideas* tip sheet on page 37.

Directions: Combine all ingredients in a blender; process until smooth. Serving size: 1 cup

Note: There are more than 300 milligrams of calcium in this power smoothie! Frozen berries ensure a thick, creamy consistency, but you can also use fresh ones. Other frozen fruits, such as peaches or mangoes, work well, too.

Activity: (Use to promote a healthy snack or a breakfast message)

For a breakfast focus the leader will:

1. Discuss the benefits of eating breakfast

Breakfast gives you GO power that helps you

- Feel good
- Look good
- Think smart

All day long!

2. Take a survey of how many youth eat breakfast.
3. Challenge youth to set healthy breakfast goals:
 - a. If they aren't eating breakfast at all: Eat breakfast at least several times per week.
 - b. If they are eating breakfast sometimes: Eat breakfast MORE days of the week.
4. **NOTE** - This activity can be altered to promote healthy snack choices as part of good balance.



Cooking up Excitement with the Cafeteria

Work with the cafeteria staff to serve delicious, healthy food choices and fun activities at lunch time!

Theme Meal Idea: “Active Play Every Day... Makes Me Want to Dance!”

Supplies:

- Decorations
- Music
- Food!

Age: Any

Concept: Atmosphere is a key part of enjoying food and an active lifestyle.

Make the cafeteria and lunch time a social and fun time while providing a healthy message.

Directions:

1. Choose a theme

Any of the 7 healthy eating and physical activity messages could be used for a theme day.

Here is an example: “Active Play Every Day...Makes Me Want to Dance!” (or “Feeling Fit: Makes Me Want to Dance” for older youth)

2. Create signs or bulletin boards that read “Put Feeling Good into MOTION!” with pictures of youth being active. Before lunch, lead participants in “practicing” dance moves from the oldies like the

- *Twist*
- *Swim*
- *Monster Mash*
- *Hip Hop* (there are good Hip Hop fitness videos available on the market if you choose to purchase one, i.e., *Active Videos* <http://www.activevideos.com/kidonly.htm?gtse=goog>kw=hip%20hop%20for%20kids>, other selections available at Amazon.com)
- And more - use your imagination
- Let mom or dad show those youngsters some MOVES!!!

3. Serve an “Active” Menu:

- Hip Hop Sandwich
- Salsa & Relishes
- Twists (pretzels)
- Monster Mash (Applesauce and Strawberries)
- Moo’ving (Milk)

MyPyramid Fat Bucks Buffet

Supplies:

- Menu
- Fat Bucks - \$1, \$2, and \$5 (Approx. 20-25 “bucks” per person)

Age: Ages 9 and older

Concept: Create an awareness of the fat in our food choices by offering a variety of high, medium, and low fat options for a buffet lunch and let participants make decisions how to use their “fat bucks”. This activity emphasizes the concepts for all foods fit, smart servings, and showcases fruits and veggies as low fat healthy food choices.

Directions:

1. Set up a sandwich and salad buffet (an example of a menu is given on page 20).
If you use different items, be sure to read labels to identify the correct number of fat grams in items you serve. Label the items. 1 gram fat = 1 fat buck.
2. Before lunch, provide a quick healthy message about recognizing fat in foods and making healthy choices.
3. Provide participants with “fat bucks” they can use to “buy” their lunch (choices from a salad and sandwich bar). Twenty to twenty-five “fat bucks” works well with most lunch menus that include some healthy options.

Comment: The same concept can be done with a snack break using 7-10 “fat bucks”.



Event Activity Ideas

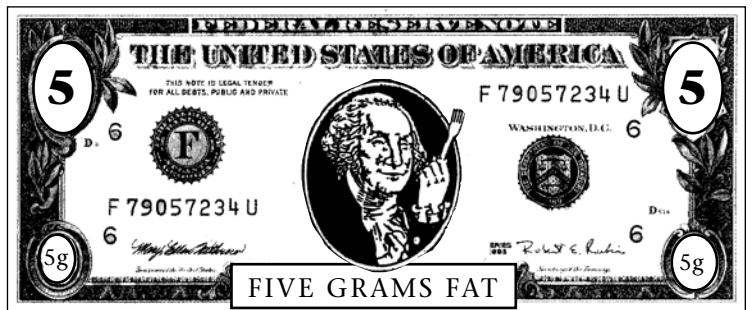
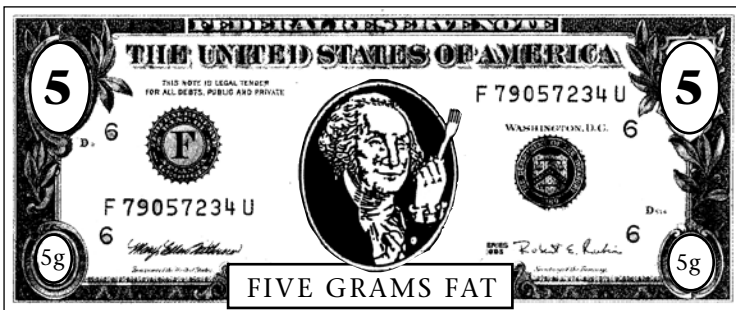
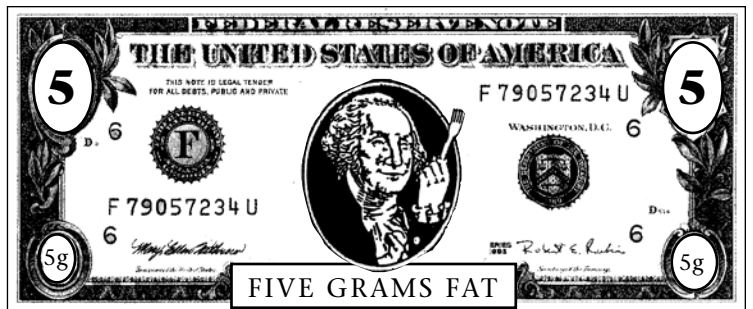
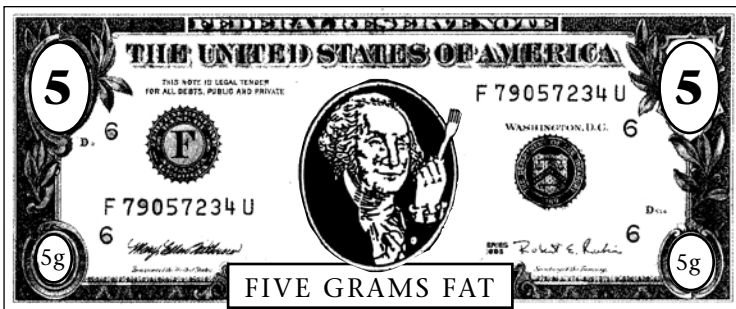
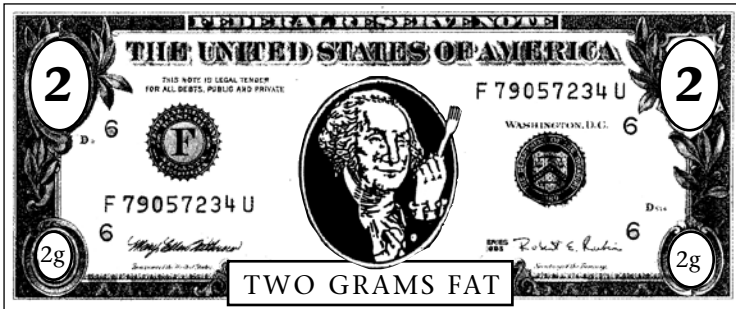
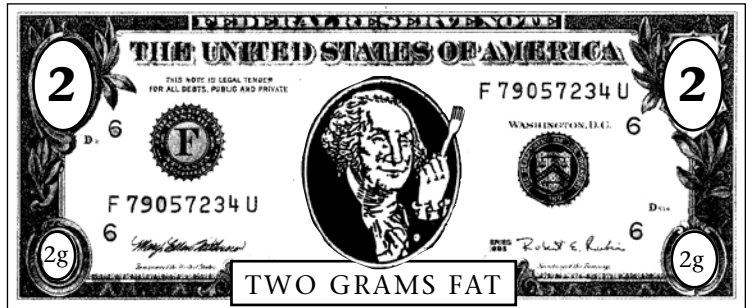
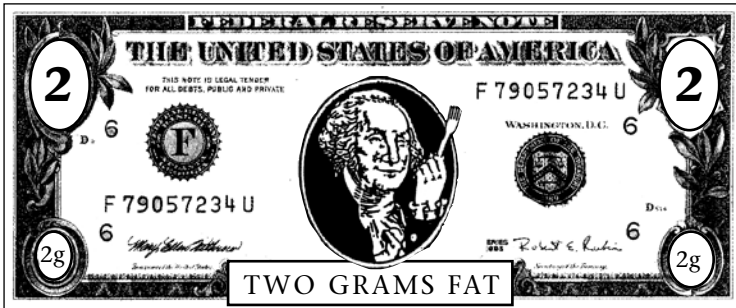
Fit & Fun Families

"MyPyramid" Fat Bucks Buffet

Menu Item	Serving Size	Fat Grams	Food Group
Sandwich Bread	1 slice	1 gram	Grains
Bun	1 bun	2 grams	Grains
Turkey	1 oz.	1 gram	Meat & Beans
Ham	1 oz.	8 grams	Meat & Beans
Fresh green peppers	2 rings	0 grams	Vegetable
Fresh onions	2 slices	0 grams	Vegetable
Fresh tomatoes	2 slices	0 grams	Vegetable
Cheese Slice	1 oz.	9 grams	Milk
Mayonnaise	1 Tbsp.	5 grams	Oils
Mustard	1 tsp.	0 grams	None
Fresh Fruit/Veggies	1 cup	0 grams	Fruit and Vegetable
Potato Chips	1 oz.	10 grams	Grain (high fat)
Brownie	2" X 2"	9 grams	Grain (high fat/sugar)

Variety, Balance, Choices!





Physical Activity!

Get up and move ideas!

MyPyramid Fitness Stations

Supplies:

- Floor layout of MyPyramid (Use cones, crepe paper, scarves, chairs, or masking tape as ideas for creating the design)
- Magazine or cardboard cutout food pictures or food labels
- Active play items like bean bags, scarves, foam balls with a door basketball hoop, and jump ropes

Age: Ages 9 and older

Concept: Teach active play and MyPyramid at the same time! This activity creates a fun way for all participants to be moving (at their own personal ability and skill level) while learning the food groups and about high sugar/fat versus lower sugar/fat food choices in MyPyramid.

Directions:

1. On the floor, make a large MyPyramid so that as many individuals as your group size can stand in or around the pyramid area. If possible, use the colors of MyPyramid to make the pyramid as “real” as possible. Check out www.mypyramid.gov for a look at the MyPyramid colors and design.
2. Set up fitness stations around the room or outdoor space. The number of stations should be such to keep all participants active and moving, with little wait time at each station.
3. Station ideas – Jumping jacks, jump rope, bean bag toss into a trashcan, foam ball toss into a trashcan or door basketball hoop, scarf juggling, others of your imagination!
4. Lay food pictures out on a table. Indicate to the participants that there are choices from all the food groups and some are higher in sugar and fat than others.
5. When the facilitator says “go”, all participants are to
 - a. Choose a fitness station and do the activity.
 - b. After completing the activity, go to the food picture table and randomly select a food picture.
 - c. Take the food picture to the MyPyramid and place it in the correct food group.
 - d. If the food is high in fat or sugar, place it closer to the top of the food group.
If the food is lower in fat or sugar, place it closer to the bottom of the food group.
 - e. If the food is a high sugar food, like soda pop that does not have a food group, have a location outside the pyramid for placing such items.
 - f. Also have a location outside the pyramid for foods that participants have a question about and those can be discussed with the group at the end.

MyPyramid Fitness Stations (continued)

6. A timeframe of about 15 minutes works well for this activity. In this time everyone has an opportunity to try all the stations, choose several foods, and build the pyramid of foods.
7. Call the group together around the pyramid and discuss the following:
 - a. Are there any foods that were not placed in the correct food group that need to move?
 - b. How should combination foods be placed in food groups?
 - c. Are there any changes that need to be made within food groups so that the highest fat/sugar items are near the top of the group and the lowest fat/sugar items are near the bottom of the group?

Learning on the Go!

Supplies:

- Pedometers
- Healthy eating questions and display set ups (See separate display supplement with ideas from HKC's *Setting Up for Success* activity booklet)
- *NOTE – The display ideas can be used in this “on-the go-activity” or as stand alone displays for wonderful “SEE” messages throughout the building.*

Age: Elementary and older

Concept: Make learning more fun with active play and movement. Displays add challenge and guessing game intrigue to the mix to further guide fun learning. This type of fun movement and healthy eating messages take away “lecture-style boredom” from a presentation.

Directions:

Participants use pedometers to walk a specified distance outside or inside a large building. (Or, walk off the path in advance and post signs about how many steps from one signpost to another.) While walking, participants are given instructions by a facilitator with a whistle to perform other moves, such as swim, skate, ski, and hop. At designated stations, participants stop to answer healthy eating questions, such as guessing the amount of sugar in an 20 oz. bottle of soft drink, or the amount of fat in a snack size bag of chips or serving size of a food item.

Plate Dancing

Movement and active play can be FUN!

Supplies:

- 2 (inexpensive) paper plates per participant
- CD or DVD sound system
- Energetic leader
- Lively music that “fits” the audience

Suggested songs:

- Crocodile Rock (Elton John)
- Be True to Your School (Beach Boys)
- Just Can't Wait to Be King (From Lion King soundtrack)
- Little Old Lady from Pasadena (Beach Boys)

Age: Any

Concept: Many people are too inhibited to “dance” but putting something in their hands to keep them occupied lessens the inhibition and allows them to relax as well as makes for a really GREAT visual when you see so many people jumping, dancing, and waving paper plates around in the air! This activity has been successfully embraced by all ages, young and old alike and a request with every workshop we do! Enjoy plate dancing, the fun is catching!

Directions:

Plate dancing is a follow the leader dance activity. The leader makes up the active motions as the song is played and the audience follows along. Audience participants can be invited to the front to help lead the dance. Participants have a paper plate in each hand and the plates are used as an active part of the movements.

Suggested movements

While moving feet to the music:

- Bring both plates over the head and wave plates in the air
- Squat down and bring plates to the floor
- Use a windmill motion
- Bring both plates to the right and then to the left
- Anything you wish to do goes here! There is no right or wrong move, just keep moving!

Game

Game Show Fun Learning!

The same marketing strategies that draw us to the television hour after hour can be used to guide healthy lifestyle learning with FUN! Try a breakout session at your BYCTWD event that features eating and activity game shows. Create the questions to fit your audience age range and your message. Involve parents and their children together on teams or youth against the adults!

Food and Fitness Feud

Supplies:

- Bell or buzzer
- Prepared questions
- VALUABLE prizes, i.e., fruit and vegetable refrigerator magnets or pencils, fresh fruit, Frisbees, beach balls, t-shirts, or anything that sends a healthy eating and activity message

Age: Adults or youth ages 6 and up (adjust questions for age appropriateness)

Concept: Friendly competition and challenges are great ways to create skill building for healthy learning. Game show concepts make healthy eating and physical activity concepts come to life!

Welcome to our lively team game show where friends and family go head-to-head in a food and fitness FEUD!

Similar to the popular television game show “Family Feud”, two teams square off to outdo each other to try to be the fastest and the best at answering eating and activity questions.

Comments: To maintain audience enthusiasm and limit time, this version of “Feud” is slightly quicker and a little different than the real game. Revise “rules” to fit your needs!

Directions and Rules:

1. Divide participants into:
 - 2 teams of 3-4 players
 - 1 scorekeeper
 - Game show host
2. The host reads the question out loud.
3. Each team “huddles” to discuss their answer.
4. One person rings the buzzer or bell when their team thinks they have the right answer.
5. The team to buzz in first has the first opportunity to answer the question correctly.
6. If the first team to buzz in does NOT have the correct answer, the other team gets a chance to guess the correct answer.

Food and Fitness Feud (continued)

7. The team that gives the correct answer scores **one point**.
8. If neither team gives the correct answer, the audience is asked if they know the answer.
9. The game continues until a designated score is reached or a time limit is reached.
The team with the most points is declared the winner!
10. If time allows, the winning team can go on to play FAST FEUD, the lightning round.
MORE valuable prizes are won when players “match” answers with the audience!

Fast Feud Lightning Round Rules:

- Use sample surveys given here or, poll your audience ahead of time to find out their actual answers.
- One team member is asked the survey questions and tries to “match” what the audience answered.
- To keep it simple, give one point for each answer that matches any response given by the audience. The number of questions can be altered to fit your timeframe.
- EXTRA prizes can be awarded for each matching answer, or if so many matches are achieved after a series of survey questions.
- Remember, there are no right or wrong answers, the idea is to “match” what audience participants said!

Fruit and Vegetable Questions for Food and Fitness Feud:

Trivia obtained from Dole 5 A Day www.dole5aday.com and
Fruit and Veggies More Matters www.fruitandveggiesmorematters.org

- Name the most popular pear eaten in the US. **Bartlett**
- What is the most commonly eaten fruit in the US? **Banana**
- Name a rhyme, saying, song, or slogan with the word apple. **An apple a day keeps the doctor away, you’re the apple of my eye, the Big Apple, Johnny Appleseed, As American as apple pie (just to name a few!)**
- Which vegetable did Mark Twain refer to as “nothing but cabbage with a college education”? **Cauliflower**
- What is the only fruit with its seeds on the outside? **Strawberry**
- “True” or “False”, artichokes are part of the sunflower family? **True, the part we eat is actually an immature flower bud**
- After which city are tangerines named? **Tangiers (Morocco)**



Food and Fitness Feud (continued)

- Which vegetable is named from a derivative of the Italian word “sweetest”? **Zucchini**
- Which fruit was served in a nest of snowy cotton wool for high fashion dinners during Queen Victoria’s reign? **Peach**
- Valencia oranges are mostly consumed how? **As orange juice**
- What is the number of rows in an average ear of corn? **16 (with 800 kernels)**
- Which has more vitamin A and C, red or green peppers? **Red (about 9 x more vitamin A and 2 x more vitamin C)**
- There are only 3 fruits native to North America, what are they? **(3 correct answers for 3 points – blueberries, cranberries, and Concord grapes)**
- Name the 4 most commonly eaten vegetables in the US. **(4 correct answers for 4 points – potatoes, iceberg lettuce, onions, and tomatoes...yes, tomatoes ARE a fruit botanically but, are eaten as a veggie and classified as a veggie by the USDA!)**

Sample Questions for Fast Feud Lightning Round:

1. Name 5 ingredients commonly found in a tossed salad.
Sample audience responses: **Lettuce, carrots, celery, tomato, mushrooms**
2. Name a fruit not commonly used for juice.
Sample audience responses: **Banana, cantaloupe, watermelon, strawberry, honeydew melon, mango**
3. Name a fruit you wouldn’t like to bake.
Audience answers: **Watermelon, cantaloupe, honeydew melon, grapes**

Around the Building Activities

These are activities you can set-up in small spaces in different parts of a building

Vote for #1 Fruit and Veggie

Supplies:

- A “ballot” box (a shoe box or other type of small box)
- Magazine cut-outs of fruits and vegetables to decorate the ballot box
- Paper for “ballots” (Suggestion: divide 8 ½ x 11 in. paper in half and cut each half into 4 equal pieces to create the ballot)
- 2 poster boards and markers (to make the voting booth sign and graph)
- 4 to 6 foot table

Age: Any

Concept: Youth have fun thinking about fruits and vegetables by “voting” for their favorite. After voting, a discussion is held about the variety and different colors of fruits and vegetables for which people voted. This presents a good opportunity to stress the importance of eating a variety of fruits and vegetables in a rainbow of colors every day.

Directions:

1. Decorate the “booth” with a vegetable and fruit theme.
2. Ask youth to vote for their favorite vegetable and fruit.
(Use ballots for older youth. For very young youth you can use pictures.)
3. Count the ballots.
4. Post a “tally board”. If space permits, list all of the fruits and vegetables (of those that received votes) and the number of votes each received.
5. Identify and post a PICTURE of the winners...the fruit and the veggie voted #1!
6. Have a discussion about the variety of colors. Are most of the colors of the rainbow found (blue/purple, green, white, red, and yellow/orange)?
7. Encourage youth to set simple goals related to fruit and vegetable intake.
For example: Eat more colors or if they are eating less than 5 servings per day, add one more fruit and/or vegetable. Encourage them to slowly work towards the EVENTUAL goal of 5 (and then up to 9) servings of fruits and vegetables per day.

Fruit and Veggie Rainbow Wall

Supplies:

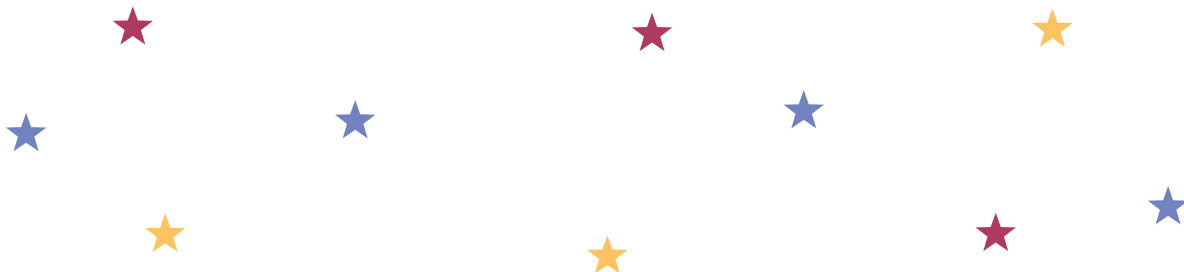
- 1-paper (inexpensive) plate per participant
- White “butcher” paper on which to draw a large rainbow (suggest 5 x 10 ft)
- Masking tape
- Transparent (Scotch-type) tape
- Crayons or watercolor markers in colors of fruit and veggie groups: blue/purple, green, white, red, and yellow/orange, approximately 20 sets per 100 participants

Age: Any

Concept: Similar to the Vote for #1 Fruit and Veggie Activity (above). Youth have fun drawing their favorite fruit or veggie and placing into a “Fruit and Veggie Rainbow” to see if they can fill every color in the rainbow.

Directions:

1. On “banner-size” butcher paper, draw and label a rainbow with 5 arcs: a) blue/purple, b) green, c) white, d) red, and e) yellow/orange with enough space between the arcs for participants to place their paper plates. Hang the banner on a visible wall.
2. On a paper plate, have participants draw and color their favorite fruit or veggie and hang them on the “rainbow”. See if you can build a fruit and/or veggie rainbow with all the colors represented!
3. Encourage youth to set simple goals related to fruit and vegetable intake. For example: Eat more colors or if they are eating less than 5 servings per day, add one more fruit and/or vegetable. Encourage them to slowly work towards the EVENTUAL goal of 5 (and then up to 9) servings of fruits and vegetables per day.
4. Report the results of this simple fruit/veggie rainbow “survey” in a newsletter after the event.
5. Include tips for simple fruit/veggie snacks at the event or in a newsletter article.



Hold a Balancing Acts Challenge!

Have participants make a challenge chain that can then be hung up in the building. It is also a good evaluation tool to demonstrate the number of participants who set healthy goals.

Supplies:

- Strips of paper (3 x 8 in.) in 2 different colors--one for healthy eating and another for physical activity
- MyPyramid poster if possible. Optional, a MyPyramid handout for each participant (downloadable for printing at www.mypyramid.gov)
- Glue sticks – 1 for each group of 5 participants

Age: Elementary or older

Concept: Challenge participants to think about and set healthy goals related to healthy eating and physical activity:

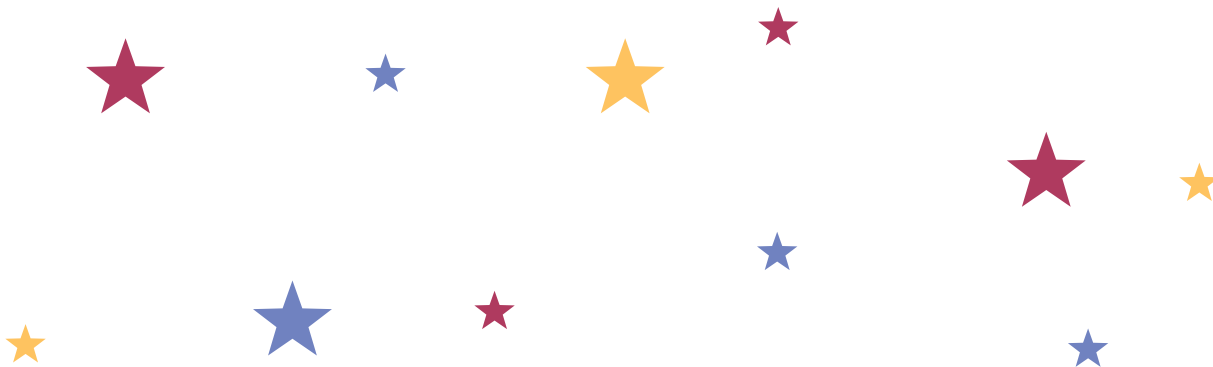
- More fruits and vegetables
- Less TV time
- Breakfast every day
- More “active” time...at least an hour a day
- Less soda and more water

Build and hang a “chain” with the goals participants set! See how long you can make it!

Directions:

Talk about how healthy balance comes with making healthy choices like those suggested by MyPyramid.

Message for Older Youth/Adults: ALL FOODS FIT. There are no good or bad foods. If we CHOOSE a large PROPORTION of our foods from the grain group; BALANCE these with vegetables; eat a VARIETY of fruits for a rainbow of colors; add 3 A Day (Milk) and “Active Time”; include small amounts of oils; and include different CHOICES from the meat and bean group, then our Pyramid will stack up for a healthy body. CHOOSE small amounts of sugar for flavor!



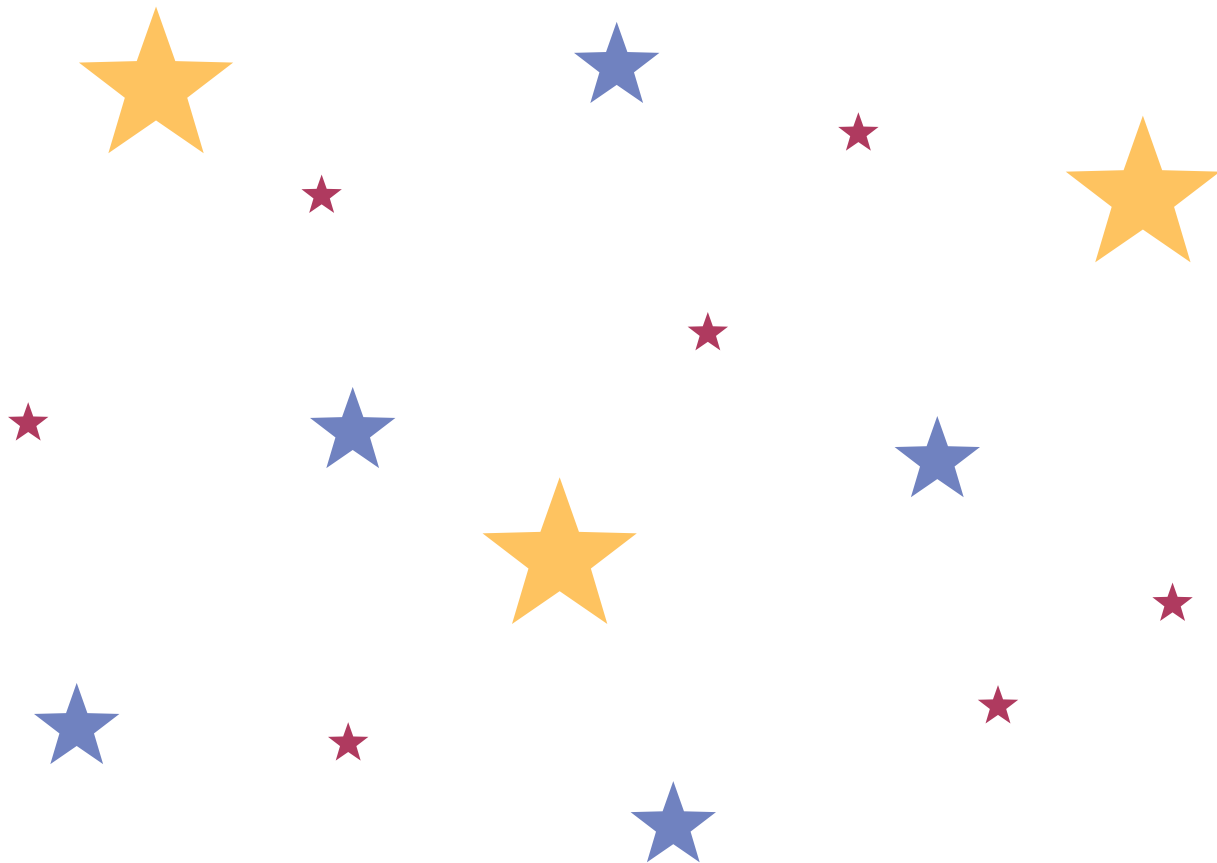
Event Activity Ideas

Fit & Fun Families

Message for Younger Youth: Too many foods high in sugar cause tipsy pyramids! High sugar foods (those at the top of the pyramid) shift our energy balance and may cause our pyramid to tip over. Ask: What can happen with too many high sugar foods? Answer: A tipsy pyramid! Option: Have youth stand on one foot to show how long they can have good balance. Compare this to a Pyramid that falls over if too much or too many of these foods are added at the tip and it becomes too heavy.

2. Have everyone choose the color strip representing the goal they wish to set (healthy eating or physical activity). Or they may choose both colors if they wish.
3. Have each person write their goal on the strip they chose (eating or physical activity). Use a glue stick to add the link to the challenge chain!

Options: If you aren't likely to have time to build the chain, put the information in a "meter format" on poster board. Have participants color in either a physical activity or healthy eating change they choose to set as a goal and initial their choice.



Handouts

TAKE IT HOME! Model, Learn and Practice

One day alone does not change lifestyle habits. Consider the factors that help build healthy change over time:

- ✓ Repetition of the message
- ✓ Fun learning
- ✓ Consistent messaging
- ✓ Opportunities to practice healthy change
- ✓ A supportive environment
- ✓ Supportive friends, family, and work peers

To enhance the learning opportunity, we're providing you with 7 take home pages to copy and provide at the end of the BYCTWD event for the employee and his/her family. These include ideas for breakfast, snacks, active play, and preparing foods together. The handouts also include a Family Wellness Menu and Choices, Choices...for Youth On-the-Go!. Both of these are excellent healthy goal setting tools for their intended audiences. Also consider using these for employee newsletters, paycheck stuffers, and at staff meetings.

- Balancing Acts.....page 33
- Family Snack Attack Contest.....page 34
- A New Look for Breakfast.....page 35
- Family Activity Ideas.....page 36
- Family Snack Ideas.....page 37
- Family Wellness Menu (2 pages - copy front to back).....pages 38-39
- Choices, Choices...for Youth On-the-Go!..... page 40

**Help your employees' model, learn, and practice healthy habits for a lifetime.
Start the healthy changes with Bring Your Child to Work Day this year!**





**Up to Date
Balancing Acts**
Help You to Look
And Feel Great!

**Check your
"BALANCING ACT"!**

Read the statements and
for each, decide whether

- (A) always
- (S) sometimes
- (N) never

best describes the choice
you make!

Balancing Acts!

When making choices for snacks and meals:

- I choose a snack size that keeps me from feeling hungry but doesn't make me feel "stuffed."
- I choose lower fat and sugar snacks like fruits or vegetables.
- I choose higher fat and sugar foods, less often (like chips, salad dressing, mayo, margarine, soft drinks, snack cakes, cookies).
- I choose smaller servings of higher fat and sugar foods.
- I choose to eat breakfast.

When eating fast foods:

- I choose regular fries over the super-sized.
- I choose regular sized drinks over the super-sized.

When choosing to be active:

- I choose an hour or more of active play/movement most days of the week.
- I choose physical activity over watching TV.

For more balance, set goals to increase the "always" and "sometimes" choices and decrease the "nevers"!

Write a balancing act goal below:

Need ideas?

- CHOOSE more physical activity - for 15 minutes every day dribble a basketball, go for a walk, ride a bike, or whatever sounds fun!
- CHOOSE less sugar or fat - a 12-oz can instead of 20 oz soft drink bottle - or have chips every other day for lunch instead of every day - or have a piece of fruit instead of cookies sometimes.

Now, for one week,
place a checkmark in the table
for each day you meet your goal.
Give yourself a pat on the back at
the end of the week if you have 3
or more checks!

Sun	
Mon	
Tues	
Wed	
Thurs	
Fri	
Sat	



A FAMILY Snack Attack Contest

A simple family activity that involves kids in the kitchen and provides a great chance to talk about making healthy choices.

Create recipes and vote so that each single serving recipe wins in at least one category!

Reminder:
Any time you work with food, wash hands and keep germs away.

Family Snack Attack Contest

Recipe Contest: “Proof is in the Pudding”

Contest Ingredients and Measures (individual servings)

- 1/3 cup pudding (canned, refrigerated, or prepared from a package)
- 1/2 cup fruit (any combination of different fruits)

Contest rules:

1. Everyone follows the “recipe” for ingredients and measures (to create individual servings).
2. Each person can use creativity to mix and match different flavors of pudding and fruits for their own “unique recipe”.

Begin the fun! Go to the grocery store, as a family, to make fruit choices.

- Talk about fruit choices - canned, frozen and fresh.
- Talk about differences in cost, taste, and whether or not extra sugars are added (and why it might be a good idea to choose some with less sugar).

Contest directions:

- Create single serving dishes, one per family member.
- Mix or layer the ingredients - use your choice of pudding flavors, fruits or combination of fruits.

Example Recipe: Combine: 1/4 cup strawberries with 1/4 cup kiwi slices. In a bowl, alternate layers of a) 1/3 cup pudding and b) 1/2 cup strawberry/kiwi mixture.

Vote: For Best Color, Best Taste, Best “Crunch”, Best Recipe with ___(name the fruit)...make up more categories if needed so everyone wins!

Enjoy eating your creations! Create other contests for more healthy fun!

Healthy Tips to Go!



The “Look for You”

If you need to take a NEW look at breakfast consider that studies report breakfast as a key factor in:

- Helping individuals achieve a healthy body size
- Increasing the ability to concentrate
- Helping kids achieve at a higher level with academics
- Making you feel better both physically and mentally

A New Look for Breakfast Could Mean a New Look for You!

✓ **Take a Look!** Check if these breakfast pitfalls apply to you.

- ___ Is breakfast missing in your day?
- ___ Do you need a little more “breakfast food” excitement?
- ___ Are you too pushed for time to eat breakfast?

A New Look for the Menu

If you are tired of the same breakfast foods, mix it up a bit! Consider the following ideas and add a few of your own!

- Egg Burrito (add potato, rice, or beans)
- Tortilla with Low Fat Cheese
- Leftover Pizza or Spaghetti
- Rice with Fruit or Vegetables
- Melted Low Fat Cheese, Sliced Tomato, and Ham on an English Muffin
- Write your own ideas: _____

Ideas for the Times When there is No Time

- Peanut Butter/Tortilla Roll-up
- Low Fat Cheese and Crackers
- Cereal Bar
- Smoothie to Go (Blend: juice, ¼ cup yogurt, ¼ cup fruit, 1 Tbsp. nonfat dry milk, 1 tsp. sugar)



Families in Motion

Talk about things you'd like to do as a family; then commit to doing them at a set time each week.

At birthday and holiday time consider active gifts that the whole family can play!

Family Activity Ideas

Explore games not played very often.

Bocce ball and disk golf are two fun family games. If you haven't played these games, learn more about them, together as a family. Bocce balls are fairly heavy and work well with older youth, but for younger youth, substitute lightweight (foam-type) balls! If you don't have access to a "disk golf course", create your own by marking the spot on a lawn or in the park with a plastic cone (available at discount stores).

Play familiar childhood games together!

How about Red Light – Green Light? Give the game a "twist" by having the person calling out red light also call out a motion with which to move. Instead of walking, call out motions such as the following:

- Hop
- Be a "windmill" with your arms as you walk
- Walk like a penguin
- Walk two steps sideways and one step forward

Give gifts with "motion"

Ideas include:

- Soft balls of all sizes
- Hoops and rings for tossing
- A day at the park
- Miniature golf game certificates
- Tennis racquet with lessons at the community recreation center
- Swim park certificate
- Ski lesson



Family Snacks

Identify healthy snack ideas with your youth; then grocery shop for them together.

A Few Healthy Snack Ideas to Have on Hand:

- ✓ Fresh fruit
- ✓ Fresh veggies
- ✓ Graham crackers
- ✓ Animal crackers
- ✓ Pretzels
- ✓ Baked chips
- ✓ Low fat tortillas
- ✓ Low fat string or mozzarella cheese

Family Snack Ideas

Pear'n Dip: Cut a fresh pear (or apple) in slices and dip into flavored yogurt.

Blender Banana-Strawberry Smoothie: (3 servings)

- 1 cup calcium-fortified orange juice
- 1-1/4 cups frozen strawberries
- 1 cup sliced ripe banana
- 3/4 cup vanilla fat-free yogurt
- 1/3 cup nonfat dry milk
- 1 tablespoon sugar

String Cheese on a Budget: Cut your own strips from a block of mozzarella cheese.

Name a Pizza: Crisp a small flour tortilla (depending on the age of the child, parents will need to provide assistance) To crisp: Arrange one or more tortillas in a single layer on a baking sheet coated with cooking spray. Bake at 400 degrees for 5 minutes or until golden. After "crisping", top with salsa or pizza sauce, veggies of choices, and low fat cheese. The result is Tim's Pizza, or Jen's Pizza! Cut the "pizza" in quarters or halves depending on the age of the child and size of the tortilla.

Great Grahams!: Make a graham cracker "sandwich" with thinly sliced banana and a small amount of no fat cream cheese.

Little or "no prep" ideas: Pretzels; baby carrots; red or green pepper slices; dry cereal, graham crackers; ready-to-eat fresh fruit wedges; and low fat milk.



Take the Challenge Family Wellness Menu

Create your own family menu of healthy choices. Sprinkle it with fun. Serve it with support and reward for efforts.

Start where you are and take simple steps! There are probably different options for wellness resources in your community including hospitals, a community recreation department, or local Family Y. As you plan, keep in mind **there are many simple things you can do at home**. Use ideas on the “menu” and add your own!

Check boxes for menu choices below to use in family wellness planning!

Main Course

Keep a healthy attitude

- Health rather than appearance
- Achieving wellness with small steps
- Ban guilt - All foods can fit

Record goals with target dates

- Set small goals
- Change only 1-2 things at a time
- Check progress weekly

Create healthy choice rewards

- Miniature golf/bowling
- A hike in the country
- A healthy picnic
- Other _____

A la Carte Menu

Arrange time for healthy choices

- Grocery shopping with kid help
- Plan & prepare meals together
- Eat breakfast
- Plan adequate time for meals
- Eat meals together
- Other _____

Plan healthy choices in your budget

- Inexpensive physical activity
- Quick, from scratch/lower cost foods
- Check ads for seasonal/on sale items
- Other _____

A la Carte Menu (continued)

Use MyPyramid to plan family meals:

- Grains
- Fruits
- Vegetables
- Meat & Beans
- Milk
- Other _____

Include less fat and sugar

- Smaller amounts
- Less often
- Good balance when eating out
- Keep fruits & veggies on hand
- Make healthy snacks available
- Other _____

Eat recommended portion sizes

- Use MyPyramid servings
- Adjust portion sizes for youth
- Read labels for serving size
- Check recipe serving sizes
- Other _____

Other items for healthy choices:

- Limit mealtime distractions (TV)
- Carry healthy snacks in the car
- Use good balance when eating out
- Model healthy choices
- Other _____

A la Carte Menu (continued)

Plan steps for healthy activity:

Schedule family time for activity

Make activity a routine

- Choose a time of the day
- Choose days of the week
- KidLinks-at least 30 min. most days
- Youth-at least 60 min. most days
- Other _____

Find fun activity for the whole family

- Recreational (softball)
- Individual (cycling, walking)
- Purchase toys that promote activity
- Use physical activity for reward
- Other _____

Model healthy choices in everyday activities:

- Park farther from destination
- Take the stairs
- Walk instead of ride

Reduce “sitting” activities

- Video games
- Television

Find anytime/anywhere activity

- Dancing (at home)
- Walking
- Stretching
- Other _____

Your Family Menu

Write your wellness menu below.

Choose 1-2 items each week to keep it

simple so you can realistically meet goals!

Check your progress and celebrate success.

Problem solve the things that don't work well!

Beginning of Week 1

The plan: _____

The end of Week 1

Did the plan work? _____

What was successful? _____

What needs problem solving? _____

What is the plan to solve the problem?

Beginning of Week 2

The plan: _____

The end of Week 2

Did the plan work? _____

What was successful? _____

What needs problem solving? _____

What is the plan to solve the problem?

Simple, steady steps create healthy habits! Move on to Week 3 and beyond!



Choices, Choices

For Youth On-the-Go!

A healthy lifestyle is all about choices and YOU are the decision maker! It's about finding a good balance with the foods and activities we choose every day. Computer games, television, and videos are GREAT activities if balanced with some time "getting physically" active. High fat and sugar snacks, like brownies and sugared sodas, if chosen in small servings, less often, can still fit into balanced eating.

Parents, teachers, and other adults in your life are great resources for learning about healthy balance but, when it comes right down to it, it's up to YOU!

Use this sheet to set fun goals to help you make healthy choices for BALANCE!

Morning Report...Breakfast

- Make a blender smoothie the night before for an on the go breakfast
- Challenge a parent to eat breakfast with you
- Challenge a friend to eat breakfast every day for a week
- Other "Breakfast" choice I'd like to make _____



In the Bag...Brown Bag or Backpack Meals

- Skip the candy, add raw veggies and dip instead
- Choose baked chips or a smaller bag of regular chips
- Pack a water bottle instead of soda
- Other "Bag It" choice I'd like to make _____



Between Times...Snacks

- Choose fruit or veggies at least once a day for a snack
- Eat smaller servings of cookies, chips, and candy bars
- Make a list of healthier choice snacks for family grocery shopping
- Other "Nibble" choice I'd like to make _____



Getting Physical

- Challenge a friend to an active game at least 3x/week (Frisbee, tag)
- Earn some money being active – wash cars, mow the lawn, trim bushes, baby sit and play games with the younger youth
- Decrease computer/video/TV time and increase time with active games, sports, walking, or biking
- Other "Movin'" choice I'd like to make _____



Veggin' Out...With Fruits and Veggies

- Try at least one new vegetable or fruit this week
- Include veggies at both lunch and dinner meals this week
- Have a family challenge to see who can eat at least 5 fruits/veggies a day for a week
- Other "Veggin' Out" choice I'd like to make _____



Gulp...Drink Choices

- Drink less sugared beverages and replace with water
- Drink low fat milk with meals
- Challenge a friend to limit soda intake to 2x/week
- Other "Gulp" choice I'd like to make _____

