

Help! You're the Doctor

1. There are many things Mr. Lee could do to improve his health and feel more energetic, including the following:
 - *Keep moving!*

Mr. Lee could walk the two miles to and from work instead of taking the bus.

He could get off the bus a few stops early and walk the rest of the way to work.

He could go for a walk at lunch.

He could walk to a restaurant that is farther away than the nearby fast-food places.
 - *Choose fruits and veggies instead of junk food—go for color!*

Mr. Lee could eat less frequently at the fast-food restaurants and bring a nutritious lunch from home that includes fruits and vegetables, such as a salad with some sliced chicken and a piece of fruit.

When he does go to fast-food restaurants, he could choose foods that have vegetables, such as bean soup with salad or whole-grain pizza with vegetable toppings, and skip sugary, salty, or fried foods with high amounts unhealthy fat.
 - *Freeze the screen!*

Instead of watching television after dinner, Mr. Lee could also do something more physically active, such as play a sport, join a gym, play with his children, take walks with his family, do household chores, or even garden.
 - *Sleep well!*

To avoid oversleeping and having to rush out of the house, Mr. Lee could go to sleep earlier, rather than watching television late into the evening.
 - *Get whole grains and sack the sugar!*

Mr. Lee could bring or buy lunches that include whole grains, such as a sandwich on 100% whole-wheat bread or bulgur tabouleh from the local deli.
 - *Drink water!*

Mr. Lee could drink water with his lunch instead of soda or lemonade.
 - *Keep the fat healthy!*

Mr. Lee could have a grilled chicken sandwich or some other lunch item that is low in saturated fat.

He could choose a lunch item from a restaurant that is a good source of healthy fat, such as a salad with olive oil dressing.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

He could bring a lunch from home that includes healthy fat, such as an almond butter sandwich.

- *Start smart with breakfast!*

If he doesn't have time to eat breakfast at home, Mr. Lee could grab a piece of fruit to bring with him to work.

2. Susan should be concerned about her new lifestyle for a number of reasons:

She is very inactive because she stopped playing basketball and she now spends more than two hours playing on the computer and watching TV at night, instead of giving herself enough time to get a good night's sleep. While she sits, she snacks on sugary candy that probably contains unhealthy fat, many calories, and no healthy nutrients. Susan is not getting the balanced and varied diet that is very important for energy, growth, and health. On top of this, all those sweets will also greatly increase her chances of cavities. Her lifestyle is also affecting other aspects of her life: she sees her friends less frequently and is not even cleaning her room.

Here are several things Susan can do to find a healthy balance:

Susan can rejoin the basketball team or try another team sport or after-school activity. This will give her the opportunity to be active as well as the opportunity to be with friends and learn about teamwork.

By getting involved in an after-school activity other than spending time at the computer for fun, she will be less likely to snack on junk food. She can pack an extra piece of fruit or a box of raisins to munch on, or she could get a healthy snack at the after-school program.

Susan should pay attention to how much time she spends on the computer and watching TV at night and make sure she is not getting more than two hours of recreational screen time per day.

She can also skip the computer time after school or TV at night to find more time to spend with friends, clean her room, or go to bed early enough to get the 10 hours of sleep she needs to feel energized for the next day.

3. Shawn's energy levels are low because he skips breakfast and eats unhealthy snacks. To increase his energy levels, he should be sure to eat a healthy breakfast that contains a balance of nutrients—ideally a meal that includes whole grains and some healthy protein (such as a whole-grain cereal or steel-cut oatmeal with unflavored milk, or 100% whole-wheat toast with peanut butter or eggs) and is low in saturated fat, trans fat, and added sugar. Also, packing nutritious snacks (such as bananas, carrot sticks, or nuts) to eat during the ride and drinking plenty of water as his friends do will give him more energy as he cycles throughout the morning.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).