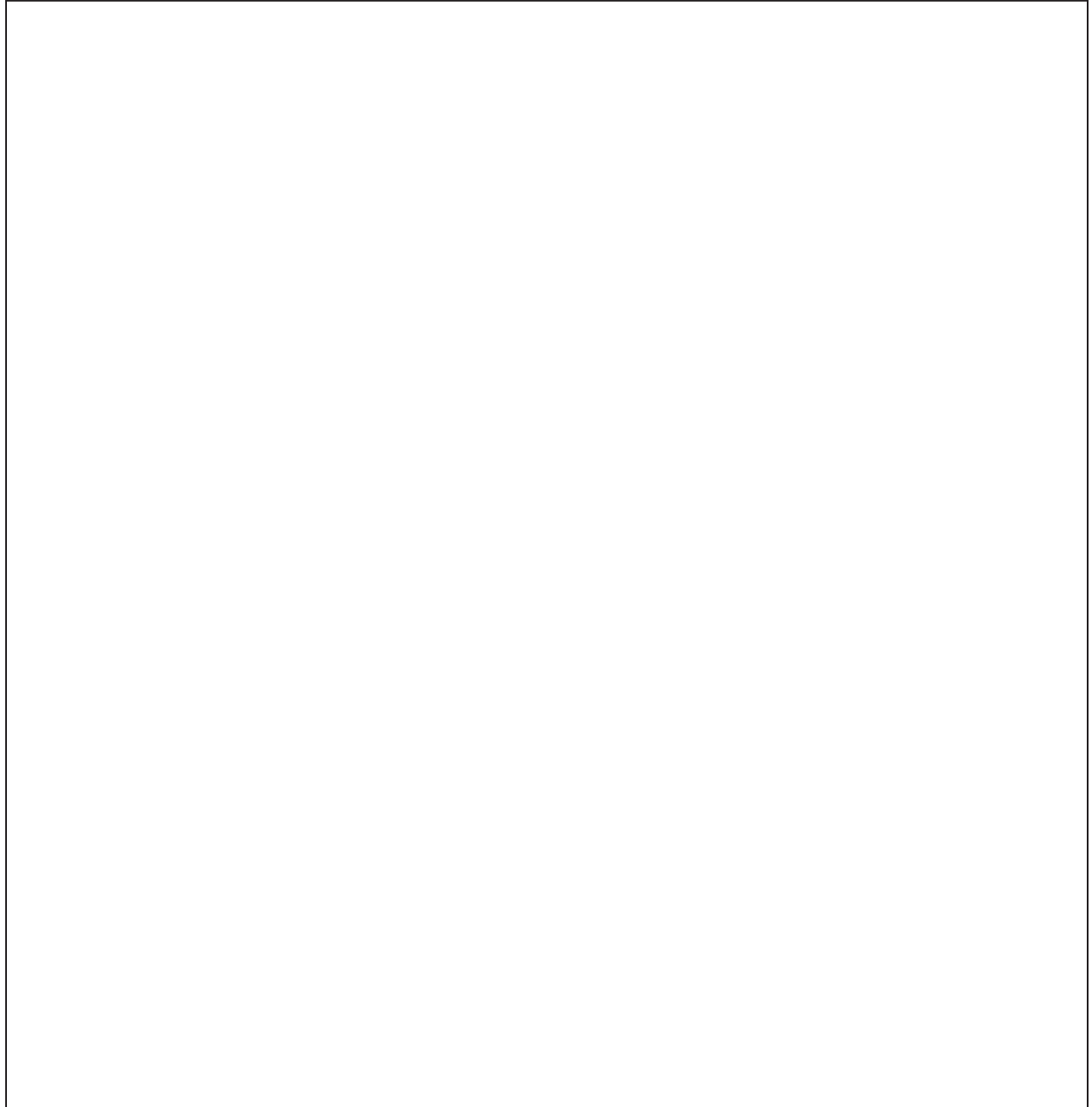


My Tour de Health—How I Can Eat Well and Keep Moving



Draw a picture of your favorite healthy food and your favorite activity that gets your body moving.

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).

Name _____

Instructions

Review the Principles of Healthy Living. For each message, list three things you can do to be healthier, and then list three things your family can do to be healthier.

Principles of Healthy Living



Drink water!



Choose fruits and veggies instead of junk food—go for color!



Get whole grains and sack the sugar!



Keep the fat healthy!



Start smart with breakfast!



Keep moving!



Freeze the screen!



Sleep well!

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Drink Water!

Make water the main choice for your drink. Sugary drinks are filled with empty calories because they provide many calories but almost none of the nutrients the body needs to stay healthy and grow strong.

Here are three types of sugary drinks I can avoid so that I can drink more water:

1. _____
2. _____
3. _____

Here are three things my family can do make water our main drink of choice:

(Examples: Family members can individually choose a favorite refillable water bottle; the family can brainstorm healthy ways to flavor water, such as adding citrus fruits.)

1. _____
2. _____
3. _____



Choose Fruits and Veggies Instead of Junk Food—Go for Color!

Rather than eating sugary, salty, fried, and fast food, fill half your plate with fruits and vegetables at every meal, and choose them as snacks. Eating five servings each day is a good goal, and more is always better. Try a variety of colors—red, orange, yellow, green, blue, and purple.

Here are three fruits and vegetables I can eat instead of junk foods to put me on track to eating five or more servings each day:

1. _____
2. _____
3. _____

Here are three things my family can do to eat five or more servings of fruits and vegetables each day:

(Examples: Always keep fruit on the counter so it is easy to snack on; pack lunches and snacks filled with vegetables instead of buying prepackaged meals or going to a fast-food restaurant.)

1. _____
2. _____
3. _____



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Get Whole Grains and Sack the Sugar!

Choose healthy whole grains without added sugar for flavor, fiber, and vitamins. Limit sweets, which are filled with sugar and contain almost nothing good for you.

Here are three things I can do to eat more whole grains and limit sweets and other foods with added sugar:

1. _____
2. _____
3. _____

Here are three things my family can do to eat more whole grains and limit sweets and other foods with added sugar:

(Examples: Buy 100% whole-wheat bread instead of white bread; scan the ingredients list to spot added sugar.)

1. _____
2. _____
3. _____



Keep the Fat Healthy!

We need fat in our diets, but not all types of fat are good for us. Our bodies like the healthy fat that tends to come from plants, found in foods such as olive oil, vegetable oil, nuts, and seeds. Our bodies do not like unhealthy fat, which comes from foods high in saturated fat (usually found in animal products such as red meat and dairy) and especially foods with trans fat (which may be found in fast food and store-bought cookies). Of the unhealthy fat, trans fat is the worst and should be avoided.

Here are three foods with healthy fat that I can choose for snacks:

1. _____
2. _____
3. _____

Here are three foods with healthy fat that my family can choose for meals:

(Examples: Buy healthy oils for cooking; use chopped almonds and sunflower seeds for a crunchy topping on a salad.)

1. _____
2. _____
3. _____



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Start Smart With Breakfast!

Eating breakfast helps you focus on schoolwork and gives you energy to play. A breakfast with whole grains and colorful fruits and veggies is a great way to start your day!

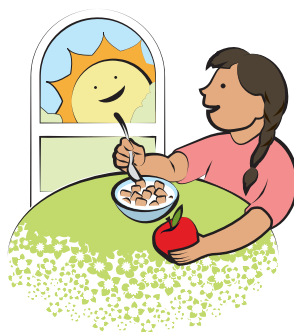
Here are three things I can do to make sure I eat a healthy breakfast every day:

1. _____
2. _____
3. _____

Here are three things my family can do to make it easy to have a healthy breakfast every day:

(Examples: Buy fruit that is easy to eat on the way to school, such as bananas or apples; have whole-grain breakfast cereals or 100% whole-wheat breads available with healthy spreads such as peanut butter.)

1. _____
2. _____
3. _____



Keep Moving!

Being active is a very important part of healthy living. Choose a variety of activities that you enjoy—whatever gets your body moving for at least an hour a day!

Here are three fun activities I can do to get my body moving for at least an hour per day:

1. _____
2. _____
3. _____

Here are three fun things my family can do to make sure we are active for at least an hour per day:

(Examples: Go for a walk together after dinner, turn off the TV or computer, do household chores together.)

1. _____
2. _____
3. _____



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Freeze the Screen!

Watching TV, playing video games, or playing on the computer keeps your body still. You don't move much at all when you're looking at any type of screen, whether it's a computer, smartphone, or TV. When you're out of school, remember: Keep screen time as low as it can go, and never let it add up to more than two hours per day.

Here are three things I can do to cut down on screen time:

1. _____
2. _____
3. _____

Here are three things my family can do to cut down on screen time:

(Examples: Turn off the TV and do fun things together, such as play games, take walks, or play sports; take the TVs and computers out of everyone's bedrooms.)

1. _____
2. _____
3. _____



Sleep Well!

It takes a lot of energy to work hard in school, eat well, and stay active, which is why it's important to get enough rest to stay charged! Try to get 10 hours of sleep every night to refuel for the next day.

Here are three things that I can do to get more sleep:

1. _____
2. _____
3. _____

Here are three things my family can do so that we all get more sleep:

(Examples: Limit TV viewing at night so everyone has enough time to get ready for bed; leave computers and smartphones outside of everyone's bedrooms so there is no distraction from sleep.)

1. _____
2. _____
3. _____



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