

***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?

- Over 60 minutes
- 30-60 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 foods you eat 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 milk, add milk to your cereal, eat 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 group such as 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 bread group such as cereal, rice, pasta, 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
- Folic acid
- 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 servings of (milk, meat, fruit, vegetables, or breads) 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.

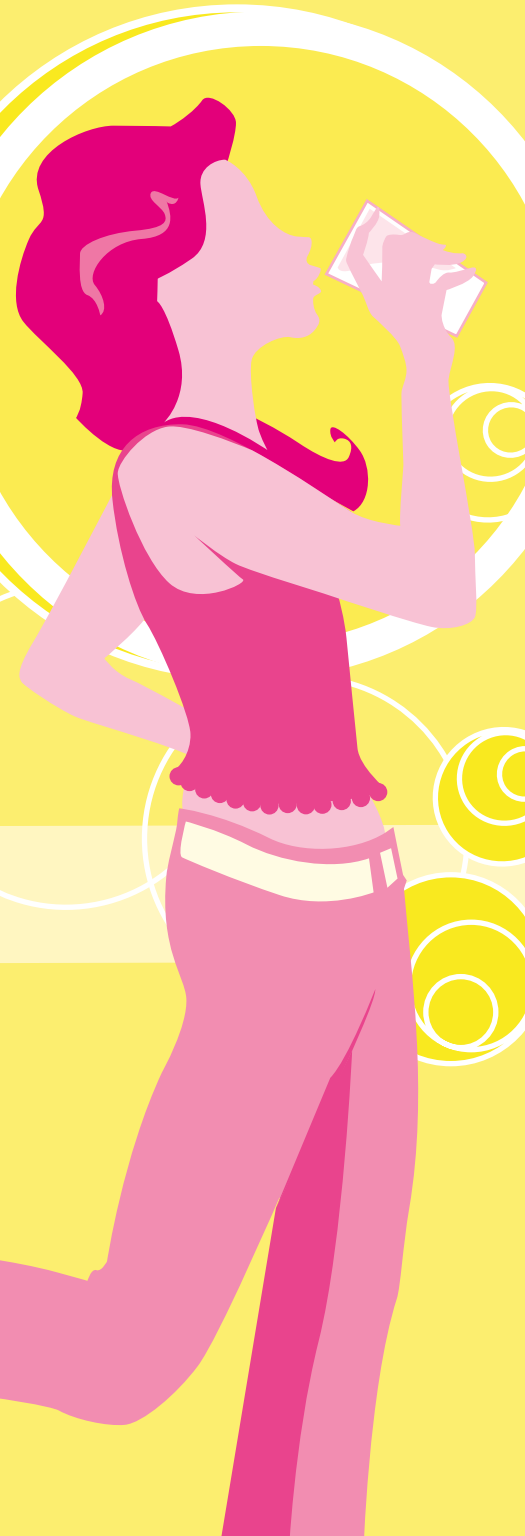
**My own questions:**

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 a measure that uses your weight and height to track your size and growth. The BMI is an estimate and doesn't measure bone, fat, or muscle. Your health care provider will write your BMI down for you.

Weight (lbs.): \_\_\_\_\_

Height (inches): \_\_\_\_\_

BMI: \_\_\_\_\_

Age: \_\_\_\_\_

BMI percentile for age and sex: \_\_\_\_\_

Growth comment: \_\_\_\_\_

≥ 95 <sup>th</sup> percentile	Overweight
85 <sup>th</sup> to < 95 <sup>th</sup> percentile	Risk of overweight
5 <sup>th</sup> to 84 <sup>th</sup> percentile	Healthy weight
< 5 <sup>th</sup> percentile	Underweight



### 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.

<b>Sample Goal</b>	<b>Get calcium with every meal</b>
My reason for this goal	To have stronger bones so I can play better basketball.
Steps I'll take	<ol style="list-style-type: none"> <li>1. Drink calcium-fortified orange juice with breakfast.</li> <li>2. Always drink low-fat or non-fat milk with lunch and dinner.</li> <li>3. Eat low-fat or non-fat string cheese as a snack.</li> </ol>
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

<b>My Goal</b>	
My reason for this goal	
Steps I'll take	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
Who will help me	
When I'll achieve my goal	
How I'll reward myself for making progress toward my goal	
<b>My Goal</b>	
My reason for this goal	
Steps I'll take	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
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 moderate 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 can improve emotional well-being and self-esteem, reduce feelings of depression and stress, increase energy, and lower your risk of many diseases. Different kinds of physical activities also provide different kinds of benefits.



## Physical Activity

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, walking, dancing, jumping rope, roller skating

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

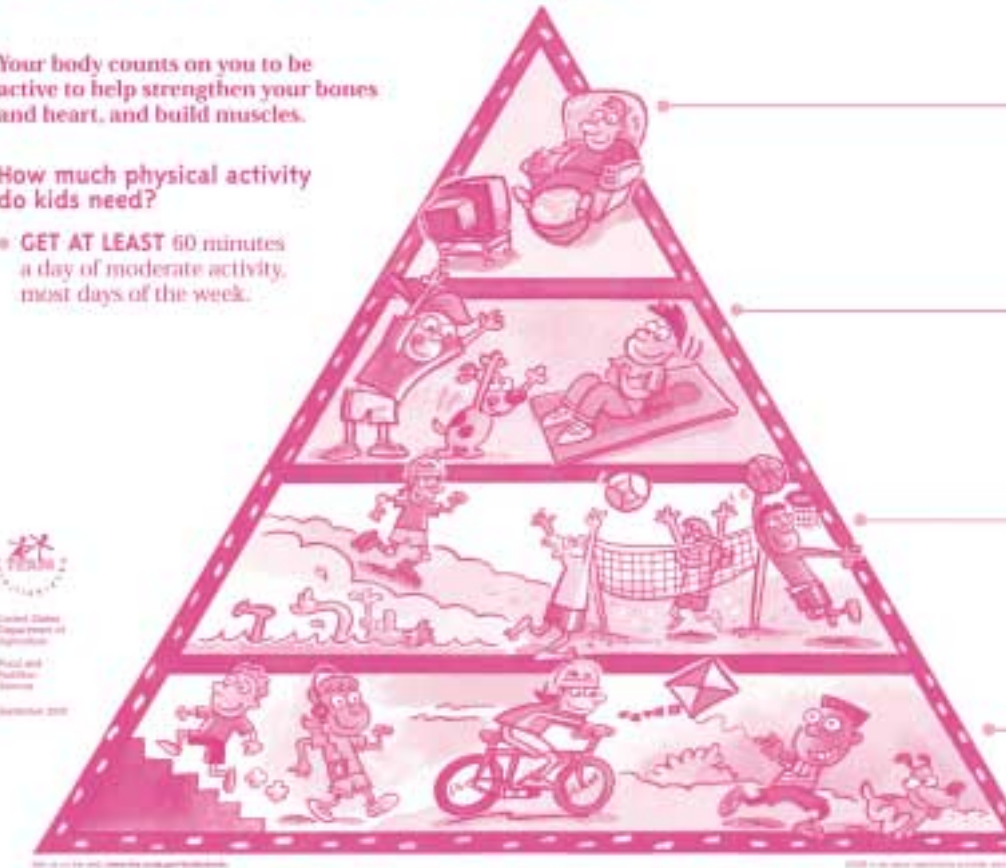
- Move safely, move often, move for fun.
- Dance, jump rope, or roller skate.
- Take your dog for a walk.
- Move to music.
- Ask a family member to join you for a physical activity date.
- Play soccer, tennis, or softball.
- Walk with friends through the shopping mall or to school.
- Try a fun new activity that pumps up your heart.
- Spend less time watching television or sitting at the computer.
- Wear a step counter to count your daily steps.
- 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 moderate 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 while exercising without gasping for breath.
- Drink water before, during, and after exercise (even during water workouts).
- Avoid brisk exercise for 2 hours after a big meal (but a short walk is OK).
- 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 EXERCISING 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

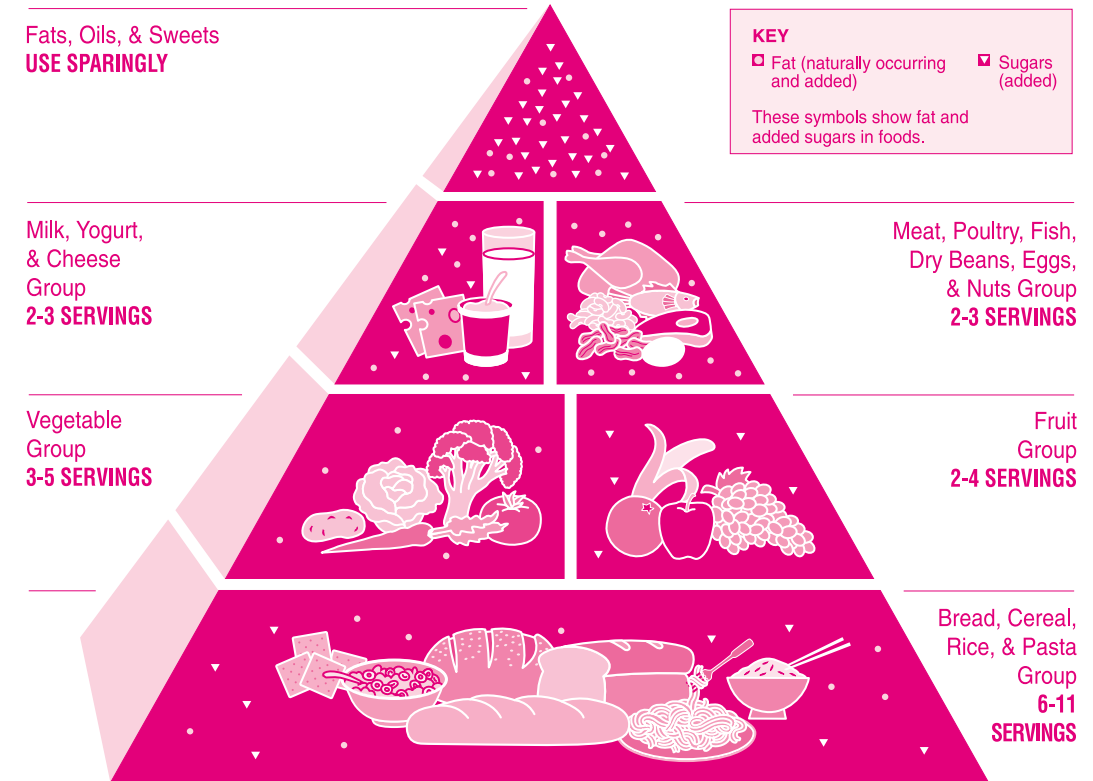
### Variety/Balance

- Eat a variety of foods from all food groups to meet your body's needs. Limit foods from the top of the Food Guide Pyramid. These can be high in fat or sugars.
- Eat at least the minimum number of servings from all food groups. See the Food Guide Pyramid for the number of servings you should eat each day.

### Nutrients

- Eat foods and drink beverages that contain calcium to build strong bones.
- Add more colors in your diet – eat at least 3 servings of vegetables and 2 servings of fruit daily.
- Drink more low-fat or non-fat milk or water instead of soda or high-sugar drinks.
- Eat iron-rich foods such as lean meats; shellfish such as shrimp; ready-to-eat cereals with added iron; spinach; cooked dry beans, peas, and lentils; and enriched and whole grain breads.
- Get fiber from foods like oatmeal, whole wheat bread, brown rice, fruits, and vegetables to help protect against certain diseases.

# Food Guide Pyramid



U.S. Department of Agriculture and the U.S. Department of Health and Human Services



REACHING MY GOALS



## Nutrients

*Calcium, folic acid, and iron are three of the many nutrients that are important for you.*

Important Nutrients	How to get them
Calcium	Low-fat or non-fat milk and milk products like yogurt or cheese.
	Check the food label for calcium-fortified orange juice, cereals, bread, soy milk, or soy-based beverages. Tofu if made with calcium (check the label).
	Collards, turnip greens, kale, and Chinese cabbage (contain small amounts of calcium).
Folic acid	Oranges, orange juice, dark green leafy vegetables, green peas, fortified cereals. (Check the food label for folic acid-fortified breakfast cereals.)
Iron	Lean meats; shellfish such as shrimp; ready-to-eat cereals with added iron; spinach; cooked dry beans, peas, and lentils; enriched and whole grain breads.

### 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.
- Skipping meals can lead to overeating later in the day.
- Choose foods made with little or no added fat like baked chicken or grilled fish.
- Be “snack smart” and pack healthy snacks like low-fat crackers, fruit, or a small bag of nuts.
- Choose healthy snacks from vending machines, such as raisins, pretzels, low-fat popcorn, or baked potato chips.

## Serving Size

### What is one serving?

**Milk, Yogurt, Cheese** – 1 cup of low-fat or non-fat milk or yogurt; 1½ ounce natural cheese; or 2 ounces processed cheese. An ounce of hard cheese is about the size of a **pair of dice**.

**Bread, Cereal, Rice, and Pasta** – 1 slice of bread; 1 small tortilla; about 1 cup of cold breakfast cereal; or ½ cup cooked cereal, rice, couscous, or pasta. A ½ cup serving is about the same size as a **computer mouse**. Choose whole grain foods like whole wheat bread, brown rice, and oatmeal.

**Vegetables** – ½ cup of raw, cooked, canned, or frozen vegetables; ¾ cup of 100% vegetable juice; 1 cup of raw, leafy vegetables such as spinach or greens.

**Fruits** – 1 medium piece of fruit; ½ cup chopped, cooked, frozen, or canned fruit; ¼ cup dry fruit; or ¾ cup 100% fruit juice.

**Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts** – 2 to 3 ounces of cooked, lean meat, poultry, or fish, which is about the size of a **deck of cards**. ½ cup of cooked dry beans; ½ cup of tofu; 1 egg; 2 tablespoons of peanut butter; or ⅓ cup of nuts counts as 1 ounce of meat.

### 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 portion 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.

*“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*





### Social Eating

- Make cooking fun. Get together with friends and family to create healthy, balanced meals.
- Participate in food shopping to help choose healthy foods that you like to eat.
- Reward yourself for healthy food choices; go out to a movie, read a new book, or go shopping with friends.
- Eating out can be healthy. To eat less fats and oils, 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.



Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 30
	<b>% Daily Value*</b>
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein</b> 3g	
Vitamin A 80%	• Vitamin C 80%
Calcium 4%	• 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Understanding the Nutrition Facts Food Label

The Nutrition Facts Food Label can help you make healthy food choices by giving you information on serving sizes; calories; and nutrients like fat, fiber, vitamins, and minerals. Just look on the back of most food packages to find the label. Use it to see if a food is a good source of a nutrient or to compare similar food – for example to find which brand of frozen dinner is lower in fat.

- Check the **servicing size** and the number of servings that are in the food package. Compare this to how much you actually eat. The food label can help you control the portions and calories that you eat.
- Check the **% Daily Values (DVs)** that are listed on the right-hand side in percentages. They tell you how much of a specific nutrient you'll get from one serving of that food. If you want to limit a nutrient such as saturated fat or sodium, try to choose food with a lower % DV. If you want to eat more of a nutrient like calcium, choose foods with a higher % DV. As a guide, 5% or less has a low nutrient amount and 20% or more has a high nutrient amount.





## 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. Be careful to limit food from the top of the Food Guide Pyramid, as they can be high in fat and 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 healthy meal plan when eaten in moderation. Your body needs many vitamins and minerals. Remember to eat:
  - ✦ Low-fat and non-fat foods from the dairy 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 **folic acid**.
- ♥ 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/brightfut.htm](http://www.hrsa.gov/womenshealth/brightfut.htm)***

***4 Girls Health***  
***[www.4girls.gov](http://www.4girls.gov)***

***The National Bone Health Campaign***  
***[www.cdc.gov/powerfulbones](http://www.cdc.gov/powerfulbones)***

***VERB Campaign***  
***[www.verbnow.com](http://www.verbnow.com)***

***Milk Matters***  
***[www.nichd.nih.gov/milk/kidsteens.cfm](http://www.nichd.nih.gov/milk/kidsteens.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***