

WHAT ACTIVITIES CAUSE ME TO STORE FAT?

- *Watching T.V.
- * Playing computer games
- * Talking on the phone



WHAT ACTIVITIES WILL HELP ME BURN FAT?

- Climb stairs more often
- Ride a bike to do errands
- Swim laps
- Play miniature golf
- Play softball
- Take a dance class



BE PATIENT



- It may take 2 months before you see a change
- Everyone grows differently, don't compare yourself with others
- Don't rush into anything without checking with your provider
- Have your parents and friends exercise with you
- Everything you do now will help keep you healthy in the future



Additional information available at
www.oregondairyCouncil.org
www.powerofprevention.com
<http://consumerhealthdigs.com>

COOL IDEAS TO STAY HEALTHY AND PHYSICALLY FIT AS A TEEN



A Gonzaga graduate nursing student, Cheryl Loetscher, created this informational material. It should be used in consultation with a health care provider.

WHAT'S THE BIG DEAL?

In the last ten years the number of overweight teenagers has more than doubled. We are overweight because we overeat and aren't physically active.

You need to learn how to stay healthy and eat right now, so you will have less chance of having a heart attack, stroke, or developing diabetes when you get older.

WHO CAN HELP ME?

Ask your provider for guidelines to help you learn how to eat better. Ask your parents and friends for their support, and ask them to exercise with you.

WHY SHOULD I CARE IF I'M HEALTHY?

Being healthy means being physically active; being physically active helps...

- Strengthen peer friendships
- Improves fitness and makes you feel good
- Improves confidence
- Improves self esteem
- Provides outlets for anxiety
- Helps you strive toward a personal goal

HOW DO I GET HEALTHY?

- Make exercise part of your day
- Set reachable goals
- Avoid high fat and high sugar foods

HOW MUCH DO I NEED TO EXERCISE TO STAY HEALTHY?

It is different for each person. Food is measured by calories, the more calories you eat, the more you need to exercise.

Different activities burn different numbers of calories, for example if you exercised 30 minutes every day you could achieve the following:

- *Running can burn 300 calories
- *Jumping rope can burn 420 calories
- *Swimming can burn 360 calories
- *Fast walking can burn 210 calories
- *Biking can burn 180 calories



Ask your provider for information on how many calories you should eat everyday.

WHAT FOODS SHOULD I EAT TO STAY HEALTHY?

Fruits: 2-4 pieces every day

Apples, bananas, watermelon

Vegetables: 3-5 cups every day

Potatoes, carrots, broccoli

Whole grains: 6-11 servings every day

Cereal, rice, pasta

Dairy products: 3 cups every day

Yogurt, milk, cheese

Protein: 2-3 servings every day

Fish, lean meat, eggs

Drink 8-12 glasses of water every day

*Listen to your body, when you feel full stop eating.

WHAT FOODS SHOULD I EAT LESS OF?

Soda, french fries, milkshakes, pizza and other high fat foods.

We store extra foods our body doesn't need as fat, if we don't stay active; the fat hangs on our bodies.

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