



Let's Go!

# Healthy Workplaces Toolkit



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# Introduction to Let's Go! Healthy Workplaces

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**5-2-1-0 Poster**

**Scientific Rationale**

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# Introduction to **Let's Go!** **Healthy Workplaces**





## Welcome!

Welcome to the new *Let's Go!* Healthy Workplaces toolkit designed to help employers and employees integrate movement and healthy eating into the work day. Wellness isn't something you 'do' only after work. It is a part of every hour! *Let's Go!* is here to help support employees in improving and maintaining health inside and outside of work.

This toolkit is a part of *Let's Go!*, a program designed to help children and their families increase healthy eating and active living. *Let's Go!* is working in schools, child care centers, after school programs, workplaces, and health care practices to ensure that healthy choices are the easiest choices.

### The Let's Go! Healthy Workplaces toolkit focuses on three goals:

#### Increase Movement at Work:

- Active Meetings
- Walking Meetings
- Movement in Your Office

#### Increase Healthy Eating at Work:

- Healthy Meetings and Celebrations
- Healthy Vending and Smarter Cafeterias

#### Support Healthy Families:

- Tips for Healthy Lifestyles
- Parent Education: providing 5-2-1-0 and other health messages to parents

### Let's Go! Healthy Workplaces is guided by the following principles:

- Focuses on health and wellness for all employees.
- Messages are positive and action oriented.
- Efforts are employee driven.

We hope you find this tool useful at your workplace. Please direct any questions or feedback to Let's Go! at [info@letsgo.org](mailto:info@letsgo.org).

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Let's Go! thanks:

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# What is Let's Go!?

Let's Go!, a program of The Kids CO-OP at the Barbara Bush Children's Hospital at Maine Medical Center, uses a multi-sector approach to reach youth and families where they live, study, work, and play to reinforce the importance of healthy eating and active living. The program is based on the premise that if families are exposed to the same health promotion messages through several settings, and if those settings have policies and environments that support healthy choices, they will be more likely to adopt or maintain the behaviors in their daily lives.

The Let's Go! multi-sector model is pictured below and includes the core principles of:

- Healthy Places Support Healthy Choices
- Consistent Messaging Across Sectors is Essential
- Strategies are Based on Science & Recommended by the Medical Community



The Let's Go! program interventions center on the use of the common message of "5-2-1-0". These behaviors are supported by science and endorsed as recommendations by medical professionals:

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

Let's Go! has identified strategies and created tools to support and evaluate those strategies. All of these sectors are supported by a marketing campaign that utilizes multiple methods of communication including television advertising.

For more information, contact the Let's Go! Home Office at 207.662.3734, or email us at [info@letsgo.org](mailto:info@letsgo.org).



# Let's Go! Healthy Workplace Framework

The Let's Go! Workplace tool is designed to integrate movement and healthy eating into your overall worksite wellness initiative.

## Increase Healthy Eating at Work

Healthy Meetings and Celebrations

Healthy Vending & Smarter Cafeterias



## Increase Movement at Work

Active Meetings

Walking Meetings

Stairwells & Walking Paths



## Support Healthy Families

Tips for Healthy Lifestyles

Parent Education



## Guiding Principles:

Focuses on health and wellness for all employees.

Messages are positive and action oriented.

Efforts are employee driven.







Every Day!

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



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# Scientific Rationale for 5-2-1-0

## **5** or more fruits and vegetables.

A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development and for optimal immune function in children. High daily intakes of fruits and vegetables among adults are associated with lower rates of chronic diseases such as heart disease, stroke, high blood pressure, diabetes, and possibly, some types of cancers. Emerging science suggests fruit and vegetable consumption may help prevent weight gain, and when total calories are controlled, may be an important aid to achieving and sustaining weight loss.

## **2** hours or less recreational screen time\*.

According to the American Academy of Pediatrics (AAP), the typical child watches an average of 5–6 hours of television a day. Watching too much television is associated with an increased prevalence of overweight and obesity, lower reading scores, and attention problems. The AAP recommends that children under age 2 shouldn't watch any television. For children age 2 and older, the AAP recommends no TV or computer in the room in which the child sleeps, and no more than 2 hours of screen time a day.

## **1** hour or more of physical activity.

Regular physical activity is essential for weight maintenance and prevention of chronic diseases such as heart disease, diabetes, colon cancer, and osteoporosis. While most school age children are quite active, physical activity sharply declines during adolescence. Children who are raised in families with active lifestyles are more likely to stay active as adults than children raised in families with sedentary lifestyles.

## **0** sugary drinks, more water & low fat milk.

Sugar-sweetened beverage consumption has increased dramatically since the 1970s; high intake among children is associated with overweight and obesity, displacement of milk consumption, and dental cavities. It is recommended that children 1–6 years old consume no more than 4–6 ounces of 100% juice per day and youth 7–18 years old consume no more than 8–12 ounces. Whole milk is the single largest source of saturated fat in children's diets. Switching to low or non-fat milk products (once a child reaches 2 years old) significantly reduces dietary saturated and total fat, as well as total calories.

\*Keep TV/computer out of the bedroom. No screen time under the age of 2.

Adapted from the Maine Center for Public Health



# Getting Started

## Healthy employees are happy employees!

Employees and employers can work together to make sure that the workplace promotes and supports healthy eating and regular daily activity.

## We recommend taking one step at a time.

Perhaps you'll begin by adding movement breaks into meetings or by eliminating soda at meetings and offering a pitcher of ice water instead. Recruit supporters. Cultural change can be challenging. Having allies in various departments will help!

**Choose one or two items to get started!**



## The Let's Go! Healthy Workplaces toolkit shows you how to:

- Follow the *Healthy Food and Beverage Guidelines for Meetings*.
- Follow the *Healthy Vending Guidelines* if you have vending machines.
- Transform cafeterias into *Let's Go! Smarter Cafeterias*.
- Stand and stretch during meetings.
- Provide movement breaks in meetings.
- Host walking meetings when possible.
- Provide and promote *Safe Walking Routes* at or near your workplace. Encourage and make time for walking breaks. Lead by example.
- Promote *Taking the Stairs* with signs and clean, safe stairwells.
- Share *Let's Go!* parent handouts with parents and families.
- Incorporate *Healthy Messages* in interoffice communications ex. intranet, e-newsletters, screensavers, newsletters, and bulletin boards.





# Increase Healthy Eating at Work

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IN THIS SECTION

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**Healthy Food and Beverage Guidelines for Meetings**

**Alternatives to Food Rewards at Work**

**Smarter Workplace Cafeterias**

**Making the Healthy Choice the Easy Choice in  
Hospital Cafeterias: A Case Study**

**Instituting Vending Guidelines at Work**

**Food and Beverage Criteria for Vending Machines**

**Items That Meet Nutritional Criteria for Vended Food**





# Increase **Healthy Eating** at Work



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# Healthy Food and Beverage Guidelines for Meetings and Occasions

Hosting a meeting or celebration? Thinking about providing food and beverages? Follow these guidelines to promote healthy, nourished employees!

## Guidelines:

- Water —Provide pitchers with cold, fresh water and cups, or bottled water.
- Mealtimes—Food doesn't need to be provided at every meeting, especially at meetings less than one hour.
- Notify meeting attendees ahead of time if food will be provided.
- If possible, avoid holding meetings during lunch. Lunch may be the best time for employees to get movement into their workday.

## If your meeting is 2+ hours:

MEETING TIME	CONSIDER PROVIDING	ALWAYS PROVIDE
7 a.m. – 8 a.m.	Light Breakfast, Coffees, Teas	Water
9 a.m. – 11:30 a.m.	Healthy Snacks	Water
11 a.m. – 12:30 p.m.	Light Lunch	Water
1 p.m. – 4 p.m.	Healthy Snacks	Water



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## Guidelines for Meetings *continued*

### Healthy Beverages:

Provide fresh cold water, low fat or fat free milk, coffee, tea or 100% juice. Soda is not a healthy option.

### A Healthy Breakfast includes:

- Fruit (whole or cut up).
- Whole grains such as whole grain bagels, muffins, granola or oatmeal. You must specifically request whole grain bagels or muffins from your caterer. Ask for 'mini' versions.
- Protein – eggs (hard boiled or egg sandwich if it's a grab and go breakfast), peanut butter for bagels, yogurt, smoothies made with yogurt or protein powder, or protein bars.

### A Healthy Lunch includes:

- Fruit (whole or cut up).
- Vegetables (salad, crudité, soup, hot or cold vegetable sides).
- Whole grains such as sandwich bread, couscous, tabouli, quinoa, crackers. You must specifically request whole grain items from your caterer.
- Entrées – Sandwiches (e.g. turkey, chicken, hummus, portabella mushroom), entrée salads (e.g. chicken caesar salad, chef salad), vegetable pizza with low-fat cheese on whole grain crust.

### A Healthy Snack may be:

Trail mix, pretzels, baked chips, veggie platter, fruit (whole or cut up), peanut butter and whole-grain crackers, yogurt or popcorn.

### Healthy Food Tips:

- Serve whole grains, fruits and vegetables whenever possible.
- Serve small portions – cut items in half or quarters.
- Dessert doesn't have to be heavy – fresh fruit, fruit crisp, or small cookies are excellent choices. No dessert is also an option!
- Include a vegetarian option at all meals.
- Identify food items with signage.
- Serve salad dressing on the side.

## Remember!

### Think twice before providing food!

If you do provide food, make it an opportunity for folks to get at least one or two of their "5" fruits and vegetables a day!





# Alternatives to Food Rewards

**Has the target been met? The project completed? The deal signed?**

As an employer, you have the opportunity to **support healthy lifestyles** by eliminating rewards that undermine health and replacing them with **rewards that are just as meaningful!**

Whatever your reason, providing incentives and rewards for employees can increase productivity and compliance.

**What's the best reward for your employees? To get the best answer, ask!**

Each workplace will have its own resources and limitation on what can be provided. To the right is a list of possibilities to get your wheels turning! Ask your employees to rank the rewards that you can provide in order of what would be most meaningful to them.

## Reward Ideas:

- Offer gift certificates that promote health:
  - Farmers market
  - Gym/aerobic/yoga classes
  - Passes to state or national parks
  - Local supermarket
  - Massage
- Hold a meeting outside or make it a walking meeting.
- Offer a monetary incentive.
- Allow employee to come in an hour later or to leave an hour early.
- Allow casual clothing or jeans on a specific day.
- Allow for an extra-long lunch break.
- Offer an extra vacation day.
- Allow a 'work from home' day.

## Healthy Tip!

**Let's Go! recommends that water is available at all meetings.**







# Smarter Workplace Cafeterias

## Smarter Workplace Cafeterias:

- Provides multiple choices of **vegetables, fruits, whole grains, lean protein, and low fat or fat free dairy.**
- Provide fruit in multiple locations. Fruit is displayed in fruit bowls or baskets, not stainless steel pans.
- Offers only healthy items such as fruit, veggie sticks, or water by the check out.
- Offers a **quick-moving 'healthy express'** checkout line for customers not buying chips or desserts.
- Keeps unhealthy a la carte items (such as chips and desserts) away from the main flow of traffic.
- Places the salad bar (if available) in the main line of traffic.
- Offers **healthy items as the default** (brown rice vs. white rice; whole grain bread vs. white bread).
- Makes water the most visible and plentiful beverage available. **Provides and promotes free, cold tap water.**
- Prices unhealthy items (such as soda and ice cream) higher than healthy items (such as water and fruit).
- **Prices are made available** at the point of decision.
- Only advertises healthy food, (i.e. no soda or dessert advertising).
- Offers the healthiest food at the beginning of the serving line.
- Use **descriptive naming** for healthy food items such as 'immune boosting sautéed spinach'.

## Do you have a Smarter Cafeteria?

Smarter Cafeterias make the healthy choice the easy choice by using special marketing, pricing, and placement strategies. These gentle 'nudges' naturally lead customers to make healthier decisions.







# Making the Healthy Choice the Easy Choice in Hospital Cafeterias

## CASE STUDY

**As centers for health and wellbeing, MaineHealth hospitals know they have a responsibility to provide their community members with affordable yet healthy food and beverage options.**

Because of this, the MaineHealth Food Service Task Force, a diverse group of Food Service Directors and staff, Registered Dietitians, Public Health and purchasing professionals, and other stakeholders, came together to increase access to healthy food throughout their organizations. The group quickly discovered that in order to effectively create change throughout an entire hospital system, it would be beneficial to develop shared goals, structure, and guidelines to follow. During this process, the group was invited to join the Partnership for a Healthier America's Hospital Healthy Food Initiative, and 10 hospital CEO's signed onto the commitment to align their efforts with a national initiative.

It is through this commitment that the following hospital cafeterias are working to make the healthy choice the easy choice, building upon many of the healthy practices already in place:

**Maine Medical Center**

**Southern Maine Medical Center**

**Goodall Hospital**

**Stephens Memorial Hospital**

**Spring Harbor Hospital**

**Lincoln County Healthcare**

**Pen Bay Healthcare**

**Waldo County Healthcare**

**St. Mary's Regional Medical Center**

**Mid Coast Hospital.**



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## These 10 hospitals are working to adopt standards in the following categories:

- Boost access to **fruits** and **vegetables**
- Make healthy meals more affordable
- Encourage healthier beverage choices
- Focus on preparing healthier foods
- Label foods with nutrition information
- Market healthy foods in cafeterias & on menus

“Our goal is to make sure we offer more healthy options for those who might want them,” says Mike Sabo, Director, Hospitality Services, Southern Maine Medical Center & Goodall Hospital, and Chair of the MaineHealth Food Service Task Force.

“We firmly believe that this commitment will allow us to better fulfill our primary goal of providing our patients with the best care possible, while also promoting health throughout the community.”

## Here are a few examples of the hospitals' shared goals:

- Display only health-promoting food options in all advertising in the cafeteria and on general patient menus;
- Offer only health-promoting food options within five (5) feet of all cash register stations in the cafeterias;
- Label all items available in the cafeteria and general service patient meals at point of purchase/service with calories per serving;
- Increase percentage of healthier beverage dollar purchases to 80% of overall beverage dollar purchases;
- Remove all fryers and deep fat fried products offered in the cafeteria and on the general patient menu.

**MaineHealth hospitals have engaged employees in this process through focus groups, surveys and direct feedback. The Task Force plans to utilize this information to make changes in the cafeterias and to develop marketing materials and signage that promote healthy food and beverages throughout the organizations.**

Finding a set of guidelines that align with MaineHealth's mission and organizational initiatives has allowed them, as a system, to take steps towards modeling healthy eating in all of their hospitals and to further support the health of their employees and the communities they serve.

### For more information contact:

**Emily Kain**

**EKain@mainehealth.org**

**or (207) 661-7154**





# Instituting Vending Guidelines

Employees eat in a variety of settings at work. Doing your best to ensure your employees have access to healthy foods involves thinking about all places that food is available. This might include cafeterias, snack bars, food from caterers, and vending machines.

Try these three different approaches for creating healthy vending machines. You may start with level 1 and progress through level 2 and 3, or you may begin at level 2 or 3.

## Level 1

### Make Healthy Choices Available

Most vending machines do not currently offer health choices. Provide your vendor with the 'Food and Beverage Criteria for Vending Machines' and request that they fill at least half of the machine with products that meet the criteria.

## Level 2

### Make the Healthy Choice the Easy Choice

Ensure that healthy options (fruits, whole grains, vegetables, low fat dairy and the ones that meet the 'Food and Beverage Criteria for Vending Machines') have the lowest price and are placed at eye level and above. Use signage to identify the healthiest options.

## Level 3

### Offer Only Healthy Food and Beverages

Your organization may be ready to implement vending guidelines right away. If that is the case, provide your vendor with the resources available in the following pages 'Food and Beverage Criteria for Vending Machines' and 'Items that Meet Nutrition Criteria for Vended Food' and follow up to ensure the criteria is met.



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## Best Practices for Implementing Healthy Vending Guidelines:

- Ensure you are working with the person in your organization who manages the relationship with the vendor. This may be the food service director, HR manager, or facilities manager.
- Assess current vending environment – How many vending machines? Where are they located? What's in them? Who services them?
- Taste test new vended snacks (your vendor may be able to do this for you).
- All signage and advertising on the vending machine should be for healthy products only (i.e. water instead of soda).
- Re-evaluate items in the vending machine at least annually.

### Healthy Tip!

**Implementing vending guidelines makes it easier for people to drink water and eat healthy snacks.**





# Food and Beverage Criteria for Vending Machines

For Vendors

Our organization supports healthy employees by providing high quality, healthy vending options.

## Refrigerated vending machines must emphasize:

- **Fresh Fruit and Vegetables** (e.g. apples, oranges, carrot and celery sticks),
- **Canned fruit** (packed in juice or light syrup),
- **Low fat or non-fat yogurt** with less than 30 grams sugar per serving,
- **Reduced fat cheese** (e.g. part skim mozzarella cheese stick).

## Non-refrigerated vending machines must meet the criteria below and emphasize:

- **Whole grains** (e.g. where 'whole grain' is listed as the first ingredient).
- **Fruits** (e.g. dried apple rings, dehydrated fruits).
- **Trail mixes** without yogurt or chocolate coatings.

## Approved Beverage Items:

- **Water** (plain, flavored, and sparkling)
- **1% or fat free milk**
- **100% juice**

## Criteria for Packaged Food Items (as offered, per package):

- **Calories:** 200 or less
- **Fat:** 35% or less of total calories from fat
- **Trans Fat:** 0g
- **Saturated Fat:** 10% or less of total calories from saturated fat
- **Sugar:** 35% or less of the total weight
- **Sodium:** 480mg or less

## Resources to determine if a food item meet the criteria:

- See 'Items that Meet the Criteria for Vended Foods'
- Calculator: [http://powervending.org/nutritional\\_calculator.php](http://powervending.org/nutritional_calculator.php)



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# Items That Meet the Criteria for Vended Food

**Food vending machines must emphasize:**  
 whole grains, fruits and vegetables, and low fat dairy.

## Criteria for Food Items (as offered):

- Calories: 200 or less
- Fat: 35% or less of total calories from fat
- Trans Fat: 0g
- Saturated Fat: 10% or less of total calories from saturated fat
- Sugar: 35% or less of the total weight
- Sodium: 480mg or less



## The following items may not meet the guidelines but are still acceptable:

trail mix, nuts, seeds, nut or seed butters, dried fruit (without chocolate or yogurt coatings), fruit packed in natural juices (no syrup-packed selections), whole grain crackers (whole grain is listed first in the ingredient list), low fat cheese, baked chips, pretzels, sugar free gum or mints.

ITEM NAME	MANUFACTURER	CATEGORY
Bunny Grahams (Chocolate Chip)	Annie's Homegrown	1 oz (28g)
Bunny Grahams (Honey)	Annie's Homegrown	1 oz (28g)
Power Snacks Raisins	Azar Nut Co.	1 oz (28g)



Criteria for Vended Food *continued*

Animal Snackers	Basil's Bavarian Bakery	1 oz (28g)
Raisins	Boghosian	1.5 oz (42g)
YoCrunch Yogurt (Raspberry)	Breyers	6 oz (170g)
YoCrunch Yogurt (Strawberry)	Breyers	6 oz (170g)
Yogurt (Strawberry)	Chobani	6 oz (170g)
Yogurt (Strawberry)	Chobani	6 oz (170g)
Yogurt (Blueberry)	Chobani	6 oz (170g)
Yogurt (Peach)	Chobani	6 oz (170g)
ZBAR (Chocolate Chip)	CLIF	1.27 oz (36g)
ZBAR (Chocolate Brownie)	CLIF	1.27 oz (36g)
Minute Maid Juice Bar (Grape)	Coca-Cola	2.25 fl oz (66.54g)
Snack Pack Fat Free Pudding (Vanilla)	ConAgra	3.5 oz (99g)
Snack Pack Fat Free Pudding (Chocolate)	ConAgra	3.5 oz (99g)
Sunflower (Honey Roasted)	Dakota Gourmet	1 oz 28.4g
Sunflower (Lightly Salted)	Dakota Gourmet	1 oz 28.4g
Skinny Cow (Low Fat Fudge Bar)	Dreyer's	74g
Baked Lay's (Barbecue)	Frito-Lay	7/8 oz (24.8g)
Baked Lay's (Barbecue)	Frito-Lay	1 1/18 oz (31.8g)
Baked Lay's (Sour Cream & Onion)	Frito-Lay	1 1/8 oz (31.8g)
Baked Lay's (Sour Cream & Onion)	Frito-Lay	1 3/8 oz (38.9g)
Baked Lay's (Southwestern Ranch)	Frito-Lay	1 oz (28.3g)
Baked Ruffles	Frito-Lay	1 1/8 oz (31.8g)
Baked Ruffles (Cheddar & Sour Cream)	Frito-Lay	1 1/8 oz (31.8g)
Baked Lay's Potato Chips	Frito-Lay	1 1/8 oz (31.8g)
Lay's Potato Chips (Original Fat Free)	Frito-Lay	1 oz (28.3g)
Rold Gold Tiny Twists Pretzels	Frito-Lay	1 oz (28.3g)

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Rold Gold Tiny Twists Pretzels	Frito-Lay	.5 oz (14.1g)
Cheerios (Bowl)	General Mills	11/16 oz (19g)
Cheerios (Honey Nut, Bowl)	General Mills	1 oz (28g)
Nature Valley Crunchy Granola Bar (Oats 'N Honey)	General Mills	1.5 oz (42g)
Nature Valley Granola Bar (Oats 'n Honey)	General Mills	1.5 oz (42g)
Nature Valley Granola Bar (Apple Crisp)	General Mills	1.5 oz (42g)
Team Cheerios Cereal Bar (Strawberry)	General Mills	1.3 oz (37g)
Total Cereal (Bowl)	General Mills	13/16 oz (23g)
Ice Cream Cup (Raspberry Sherbet)	Hood	(90g)
Crisp Rice Cereal (bowl)	Hospitality	3/4 oz (21g)
Kettle Corn	Indiana Popcorn	1 oz
Luigi's Real Italian Ice (Lemon)	J&J Snack Foods	4 fl oz (118mL)
Luigi's Real Italian Ice (Strawberry)	J&J Snack Foods	4 fl oz (118mL)
Heart to Heart (Box)	Kashi	1.4 oz (40g)
TLC Bar (Cherry Dark Chocolate)	Kashi	1.2 oz (35g)
TLC Fruit & Grain (Dark Chocolate Coconut)	Kashi	1.1 oz
TLC Fruit & Grain (Pumpkin Pie)	Kashi	1.1 oz
Austin Zoo Animal Crackers	Kellogg	1 oz (28g)
Cheez-it Baked Snack Crackers (Reduced Fat)	Kellogg	1.5 oz (42g)
Corn Flakes (Box)	Kellogg	.81 oz (23g)
Nutri-Grain Cereal Bar (Apple Cinnamon)	Kellogg	1.3 oz (37g)
Nutri-Grain Cereal Bar (Blueberry)	Kellogg	1.3 oz (37g)
Nutri-Grain Cereal Bar (Raspberry)	Kellogg	1.3 oz (37g)
Nutri-Grain Cereal Bar (Strawberry)	Kellogg	1.3 oz (37g)
Nutri-Grain Cereal Bar (Yogurt Strawberry)	Kellogg	1.3 oz (37g)
Raisin Bran (Box)	Kellogg	.88 oz (25g)

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Criteria for Vended Food *continued*

Rice Krispies (Box)	Kellogg	1.52 oz (43g)
Rice Krispies Treats	Kellogg	1.7 oz (48g)
Rice Krispies Treats	Kellogg	1.3 oz (37g)
Special K (Box)	Kellogg	.81 oz (23g)
Special K Bar (Honey Nut)	Kellogg	.77 oz (22g)
Crispy Rice (Bowl)	Malt-O-Meal	.63 oz (17.7g)
Toasty O's	Malt-O-Meal	1 1/16 oz (19.5g)
Cheese Nips (100 Calorie Packs)	Nabisco	.74 oz (21g)
Chips Ahoy Thin Crisps (100 Calorie Pack)	Nabisco	.81 oz (23g)
Honey Maid Grahams (Cinnamon Sticks)	Nabisco	1 oz (28g)
Newton's Fruit Crisp (Mixed Berry)	Nabisco	1 oz (28g)
Oreo Thin Crisps (100 calorie pack)	Nabisco	.81 oz (23g)
Wheat Thins Toasted Chips Minis (100 Calorie Pack)	Nabisco	.77 oz (22g)
Goldfish Baked Snack Crackers (Cheddar)	Pepperidge Farm	1 oz (28g)
Goldfish Giant Grahams	Pepperidge Farm	.9 oz (26g)
Breakfast Cookie (Oatmeal Raisin)	Quaker Oats	1.69 oz (48g)
Cereal Bar (Apple Crisp)	Quaker Oats	1.3 oz (37g)
Chewy Granola Bar (Low Fat Chocolate Chunk)	Quaker Oats	.84 oz (24g)
Chewy Granola Bar (Oatmeal Raisin)	Quaker Oats	.84 oz (24g)
Chewy Granola Bar (Peanut Butter Chocolate Chip)	Quaker Oats	.84 oz (24g)
Chewy Granola Bar (S-Mores)	Quaker Oats	.84 oz (24g)
Instant Oatmeal (Original)	Quaker Oats	.98 oz (28g)
Quaker Express Oatmeal (Golden Brown Sugar)	Quaker Oats	1.9 oz (54g)
Quaker Instant Oatmeal (Cinnamon & Spice)	Quaker Oats	1.62 oz (46g)
Quaker Instant Oatmeal (Maple & Brown Sugar)	Quaker Oats	1.51 oz (43g)
Quaker Oatmeal Express (Cinnamon Roll)	Quaker Oats	1.9 oz (54g)

MORE



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Criteria for Vended Food *continued*

Quakes Rice Snacks (Caramel Corn)	Quaker Oats	.91 oz (26g)
Snack Mix (Kids Mix)	Quaker Oats	7/8 oz (24.8g)
Pirate's Booty (Aged White Cheddar)	Robert's American Gourmet	1 oz (28g)
Cascadian Farm Chewy Granola Bar (Chocolate Chip)	Small Planet Foods	1.2 oz (35g)
Honey Wheat Sticks	Snyder's of Hanover	2.25 oz (63.8g)
Mini Pretzels	Snyder's of Hanover	1.5 oz (42.5g)
Pita Chips (Cinnamon Sugar)	Stacy's	1 3/8 oz (38.9g)
Pita Chips (Parmesan Garlic & Herb)	Stacy's	1 3/8 oz (38.9g)
Pita Chips (Simply Naked)	Stacy's	1 3/8 oz (38.9g)
Soy Thin Chips (Sweet BBQ)	Stacy's	1.5 oz
Whales Baked Snack Crackers	Stauffers	.75 oz (21g)
Low Fat Yogurt (Blueberry)	Stonyfield Farm	6 oz (170g)
Low Fat Yogurt (Strawberry)	Stonyfield Farm	6 oz (170g)
YoKids Squeezers Organic Lowfat Yogurt (Strawberry)	Stonyfield Farm	2 oz (57g)
Fruit in a Flash Apple Slices	Sun Rich Fresh	2 oz (57g)
House Recipe Instant Oatmeal (Regular)	Sysco	(56g)
Yogurt (Raspberry)	Upstate Farms	4 oz (113g)
Yogurt (Strawberry/Banana)	Upstate Farms	4 oz (113g)
Fruit Snacks (Reduced Sugar Mixed Fruit)	Welch's	1.5 oz (43g)
Yoplait (Light Strawberry)	Yoplait	6 oz (170g)
Yoplait Light (Harvest Peach)	Yoplait	6 oz (170g)







# Increase Movement at Work

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## IN THIS SECTION

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**Active Meeting Guidelines**

**Stand Stretch and Move Poster**

**Sit for 60 Move for 3 Poster**

**Led Movement Breaks**

**Simple Stretches**

**Top 5 Exercises to Do Anywhere**

**Walking Meeting Guidelines**

**Provide and Promote Safe Walking Routes**

**Promote Taking the Stairs**

**Motivational Signage**





# Increase Movement at Work





# Active Meeting Guidelines

Movement during a meeting – standing, stretching or participating in a movement break – increases meeting participation and attention span, which can mean a more productive meeting. *Let's Go!* encourages movement in all meetings. Everyone will benefit from increased movement, no matter how brief. To increase movement during your meetings, follow these basic guidelines.

## Guidelines for Meeting Leaders:

- At the beginning of every meeting **let participants know it's okay to stand up** and move during the meeting or to ask for a movement break.
- Provide **one to two movement breaks each hour** (self-directed or structured).
- **Include breaks on the agenda.**
- Always allow for participants to opt out of the activity.
- Movement breaks may be self-directed, led by the meeting facilitator, or video routines may be viewed on a website. Resources for each are in the *Let's Go!* Healthy Workplace toolkit and at [www.letsgo.org](http://www.letsgo.org).

## Quick Tips

- When the energy is waning, ask everyone to stand up, take a deep breath, lift their arms over their head to reach to the ceiling, lower their arms and sit back down.
- If your discussion stalls, take a two-minute stretch break.
- Movement breaks can be as quick as two minutes, so no matter how long your meeting is, you can fit one into the agenda!

## Guidelines for Meeting Participants:

- Movement is always optional.
- **Feel free to stand up in the back of the room.**
- Move only in ways you feel comfortable.
- Assess space and clearance to avoid injury.
- Individuals with acute or chronic conditions, or other concerns about their health, should check with their provider before beginning any new physical activity.







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IN MEETINGS YOU ARE ENCOURAGED TO:

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# Stand *Stretch* AND Move





# *Sit for 60* *Move for 3*

**All meetings lasting more than 60 minutes will include a physical activity break of at least 3 minutes for every hour of sitting time. (This applies to office sitting too!)**

## **EXAMPLES OF MOVE FOR 3 PHYSICAL ACTIVITY BREAKS**

- Go up and down a few flights of stairs
- Walk back and forth in a nearby hallway
- Go outside and walk around the building
- Stand up and stretch
- Participate in a 'Led Movement Break' at the meeting table

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To ensure the physical activity guideline is put into action, designate one person at the beginning of meetings to be responsible for announcing the time for a physical activity break, just as you would designate a meeting facilitator or record keeper.





# Led Movement Breaks

Meeting Leaders: Here are a few quick and easy movement breaks. If you prefer, you may show a video for people to follow for the movement break: go to [www.youtube.com](http://www.youtube.com) and in the search box type: "Instant Recess 5-Minute Physical Activity Break."

## To lead a movement break, slowly read aloud the instructions below:

"Movement is always optional. Move only in ways you feel comfortable and check around you to make sure you have enough space."

### Triathlon *3–5 minutes*

#### We are going to do a Triathlon.

Before starting our triathlon, we will spend some time stretching our strong muscles.

While standing, we will reach our right arm high to the sky. Switch arms.

Lower the left arm and reach both hands down towards the ground (if we are taking care of low backs, we can rest our hands on the front of our legs).

Returning to a standing position, we will reach our arms back behind us as though we are squeezing a beach ball. If it feels comfortable for our shoulders, we can clasp our hands together to open up our chest to prepare for our swim.

Release your hands and return to a standing position in order to get ready for the start of the triathlon. Racers ready? 1...2....3...GO!

The first event is the swim. From your chest, move your arms in a butterfly swimming technique, making large circles out to the side with both arms. Continue swimming as fast as you can to ensure other racers don't pass you.

Following the swim, we will trot over to our transition station to jump on our bike. Standing on one foot, we will make circular patterns with the opposite leg, as though we are pedaling. Switch over to the other foot. Someone is coming up fast behind us, so we need to start pedaling faster!

We've finished the bike portion so it's time to trot over to our last transition to prepare for the run. After completing the swim and bike legs of the race, we will start out with a slow jog, by simply marching in place.

We get passed by another runner so we start to pick up our pace by jogging in place. We see the finish line and pick up the jog to an even faster pace!

As we cross the finish line we throw our arms up in the air and high five the person next to us."

MORE





## Energy Builder *3–5 minutes*

### Torso Twists

“First we’ll do some torso twists while seated. Sit up tall, hands on your thighs. Take a deep breath in and exhale. Slowly turn your body to the right, placing your right hand on your hip and left hand on your thigh. Hold for 10 seconds. Slowly turn back to the front. Take a deep breath in and exhale. Sit tall. Turn to the left side, placing your left hand at your hip and your right hand on the outside of your thigh. Hold for 10 seconds.

### Heel Taps

Now we’ll do some heel taps. Stand up and make sure you have space around you. March in place for one minute. Now, do heel taps. Move your right foot in front of your body placing the heel of the right foot on the ground. Bring the right foot back and move the left foot forward, placing your left foot on the ground. At the same time, alternate bending the arms at the elbow like you are doing a bicep curl. Use opposite arms and legs. As your right heel taps the floor in front of you, bend your left elbow. Then switch. Do for one minute.

### Arm Circles

Now we’ll do some arm circles. Stay standing and make sure you have space around you. Extend your arms straight out to the sides, making sure your arms are parallel to the floor. Slowly start making small circles with each outstretched arm. Slowly make the circles bigger and bigger in diameter until you are making large arm circles (take about 30 seconds to go from small circles to large circles). Then reverse the movement, going in the opposite direction.”



MORE





## Boot Camp Break *2–5 minutes*

**“We will perform 4 exercises for 15 seconds each in this movement break. Everybody stand up and give yourself some space.”**

### 1 Single Leg Balance

If you are working on balance, steady yourself by holding onto a wall or chair for this move. Balance on one foot and lift the other foot off the ground. Begin to draw a square in one direction out in front of you with your opposite foot. After 15 seconds, change the direction of your square. Switch legs and repeat.

### 2 Boxing

Pretend you have a punching bag in front of you. With stomach tight, begin to punch the bag with alternating arms for 5 seconds. Increase the speed of your punches by hitting the bag more quickly for the last 10 seconds. Don't forget to breathe.

### 3 Y's, T's & W's

The next sequence is a set of shoulder strengthening exercises, so try to think about pulling your shoulder blades down and back away from your ears, keep your knees soft and your ears directly over your shoulders. While standing, place your hands up overhead in a Y position, keeping your shoulder blades down and back for 5 seconds, then bring your arms out to the side in a T position with thumbs pointing to the sky. Rotate your hands to point your thumbs towards the floor. Conclude with a W, by bringing your elbows to your sides with your fingertips up and thumbs pointing behind you for 5 seconds, squeezing your shoulder blades together.

### 4 March In Place

Stand in place and begin to march and don't forget to move your arms. If you feel comfortable in the last 5 seconds, pick up your pace by making your march a jog.”



MORE



## Sit & Get Fit Circuit

**“We will perform this circuit while seated. There will be a series of 6 exercises that will be performed back-to-back 5 times. All of the exercises will be performed while sitting at the edge of your seat with the legs even with the chair and maintaining an upright posture.**

### 1 Shrugs

Make fists with your hands and let them hang by your sides. Shrug your shoulders by bringing your shoulders up towards your ears and hold for 2 seconds and slowly lower. Repeat 5 times.

### 2 Bicep Curls

Start with the left arm, make a fist and let it hang toward the floor. Use the right hand to provide resistance. Slowly raise the left fist toward the left shoulder, hold for 1 second and slowly lower it. Repeat 5 times. Switch to the right arm.

### 3 Overhead Press

Bringing your elbows to shoulder height, bend your arms at the elbow and hold your fists to the ceiling, push your fists up overhead towards the ceiling, keeping your hands about shoulder-width apart, then slowly lower 5 times.

### 4 Leg Extensions

Sit with your feet on the floor and thighs even with the floor. Slowly straighten one leg until your knee almost locks and then bring it back to starting position without touching your foot to the floor. Repeat on each side 5 times.

### 5 Ab Crunchers

Place the hands at the side of the head and rest your elbows on your thighs. Contract the abdominals while applying pressure on the thighs with the elbows, holding for 2 seconds. Repeat 5 times.

### 6 Butt Busters

While sitting up tall in your chair tighten the bum. Hold for a count of 1 and repeat 5 times.

**Now let's quickly go through the circuit again 5 times without any rest in between each.”**

*(Start with #1 and lead the group through to #6)*



MORE



# Simple Stretches



Calves



Upper Body



Back



Neck



Knees



Quadriceps





# Top Five Anywhere Exercises

All of these exercises can be done with limited space and no equipment!



## 1 Kneeling Push-Ups

Start with your knees on the ground, feet lifted and your hands directly underneath your shoulders. Put your body into a kneeling plank position. Slowly lower your chest down and push your body back up to the starting position. You can also do these on the wall to start or on your toes as you gain more strength.



## 2 Planks

Start by lying face down. Place your elbows and forearms underneath your chest and prop yourself onto your toes and forearms. Maintain a flat back and do not allow your hips to sag toward the ground. These can also be done in a kneeling position. Start by holding this position for 10 seconds and work your way up to a longer time!



## 3 Squats

Sit back like you are sitting in a chair, bending at the knees, hinging at the waist and putting your weight in your heels. Be careful not to extend your knees over your toes! Return to standing once you have reached a comfortable range of motion. Taking care of knees? Don't go as far down into the squat or use a chair behind you. Slowly sit back on the edge of the chair and then return to a standing position.



## 4 Jumping Jacks

Start out with this move by stepping one foot out, then the other. As you feel comfortable, work up to jumping both feet out at one time and bring your arms out into a V-position at the same time. Great for warming up your muscles!



## 5 Running in Place

Just starting out? March in place and build up to a jog. Keep it up for 10-30 seconds. This simple exercise gets the heart pumping and works important muscles!





# Walking Meeting Guidelines

## Before a Walking Meeting:

- Provide advanced notice.
- Ask invitees if they would be interested in a walking meeting. Walking meetings are always voluntary.
- Encourage comfortable clothing and walking shoes.
- Set an agenda and distribute it ahead of time so walkers are prepared.
- Decide on the route and length ahead of time. Parks, trails and walking paths are good options.
- Avoid busy roads and noisy places.
- Confirm there are safe sidewalks and places to cross roads safely.

## During a Walking Meeting:

- Read the agenda out loud to walkers before you start walking.
- Ask walkers to turn off their cell phones.
- Remind walkers to avoid confidential conversations.
- Walk at a pace that is comfortable for all.
- Encourage walkers to speak up if the pace is uncomfortable.
- Track your distance with a walking app like Walk Watch or RunKeeper.
- Obey all traffic laws.

## After a Walking Meeting:

- Recap and document next steps. Distribute by email after your walking meeting.
- Ask for feedback on how to improve future walking meetings.
- Share distance walked with walkers.

### Why Lead a Walking Meeting?

Walking Meetings provide a chance to:

- Move
- Re-energize
- Reduce stress
- Enjoy fresh air and natural light
- Increase productivity
- Strengthen teams and relationships
- Shift group dynamics







# Provide & Promote Safe Walking Routes

Make it easier for employees to fit more movement into their day by providing and promoting walking routes at or near the workplace.

## To provide and promote safe walking routes:

### Find Safe Areas to Walk

Safe areas could include non-congested indoor hallways, around the edges of the employee parking lot, a nearby town park or walking path, or sidewalks through a nearby neighborhood.

### Get Approval

Remember to check with the building owner or property management before installing signage or marking distances.

### Measure Distance of Walking Routes (optional)

For routes on your organization's property, mark or post distances. Use an app such as Walk Watch or RunKeeper or ask to borrow a measuring wheel from your local recreation department or police department.

### Promote Walking Options

Install signage along paths to direct walkers and show them the distance they have walked. Provide laminated walking maps in conference rooms so meeting attendees know where they can take a walk during a movement break. Recruit champions (including department and senior management and wellness committee members) to lead by example by taking walks and leading walking meetings. (See Active Meeting Guidelines and Walking Meeting Guidelines handouts.)

### Provide Time for Walks

Allow and encourage staff to take walking breaks.







# Promote Taking the Stairs

Taking the stairs is a great way for employees to add movement to their day.

## To Promote Taking the Stairs:

### Check Stairwells

Address maintenance issues and make sure your stairwells are clean and well lit.

### Get Approval

Remember to check with the building owner or property management before installing signage.

### Promote the Stairwell Option

Hang **point of decision signage** near elevators and stairs and hang **motivational signage** inside stairwells. (See *Let's Go! Healthy Workplaces* toolkit online to print motivational signage.) Recruit champions (including department and senior management and wellness committee members) to lead by example by taking the stairs.

## In Action!

Anthem Blue Cross and Blue Shield of Maine posted signage and employee art in stairwells to encourage taking the stairs.







# Feeling *Stressed?* Burn Some Steam!







# Feeling *Stressed?* Burn Some Steam!







# Door to a *Stronger* ♥♥ *Heart!*







# Door to a *Stronger* Heart!







*Don't just  
stand there...*

Take the  
**STAIRS**







*Don't just  
stand there...*

Take the  
**STAIRS**







*No time  
for activity?  
Your opportunity  
is **NOW!***







*No time  
for activity?  
Your opportunity  
is **NOW!***







# Still *Stressed?*

# Take another *Flight!*





***Keep Going!***  
**You're**  
***almost***  
***there!***





# *You Made It!*





# Support Healthy Families

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## IN THIS SECTION

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### **Healthy Lifestyle Tips**

**Healthy Brown Bag Lunches**

**Healthy Shopping on a Budget**

**Healthy Tips for Dining Out**

**Get Your Portions in Proportion**

### **Parent Education**

**Breakfast is Best**

**A Meal is a Family Affair**

**Healthy Kids' Snacks**

**Non-Food Rewards at Home**

**Eat At Least 5 Fruits and Vegetables a Day**

**To Have Fruits and Vegetables Year-Round Add Frozen or Canned**

**Limit Recreational Screen Time to Two Hours or Less**

**Get One Hour or More of Physical Activity Every Day**

**Drink Water And Low Fat Milk; Limit Or Eliminate Sugary Beverages**

**How Much Sugar Do You Drink?**

**Enlightening Facts About Juice**

**Water is Fuel for Your Body**







# Support Healthy Families



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# Healthy Brown Bag Lunches

## Monday:

- ½ cup low-fat cottage cheese
- 10-15 whole wheat crackers with 1-2 tablespoons almond butter, peanut butter or sunflower seed butter
- Assorted vegetables (e.g. tomatoes, sweet peppers, carrots, broccoli, etc.)
- Tea, coffee or water\*

## Tuesday:

- ½ of a large or 1 mini whole wheat bagel
- 1-2 tablespoons almond butter, peanut butter or sunflower seed butter
- Apple or banana
- 6 ounces low-fat, low-sugar yogurt
- Tea, coffee or water\*

### \*Healthy Choice

If you think you'll need more food than listed here to fill you up, increase your portions of fruits and veggies first!



## Wednesday:

- 6 inch whole wheat tortilla with 2-3 ounces turkey, 1 ounce low-fat cheddar cheese, 2 tablespoons hummus and assorted vegetables (e.g. tomatoes, sweet peppers, carrots, broccoli, sugar snap peas, etc.)
- Grapes
- 8-10 whole wheat pita chips or multigrain tortilla chips
- Tea, coffee or water\*

## Thursday:

- Burrito made with ½ cup black beans, ½ cup brown rice, salsa and 2 tablespoons low-fat plain Greek yogurt on a 6 inch whole wheat tortilla (feel free to add any other vegetables you like on burritos like lettuce, onion, and peppers, too)
- Orange
- Tea, coffee or water\*

## Friday:

- 3-4 ounces grilled chicken on salad greens with assorted vegetables (e.g. tomatoes, sweet peppers, carrots, broccoli, sugar snap peas, etc.)
- 1 ounce feta cheese, and 1-2 tablespoons oil-based or light creamy dressing
- 3 cups air-popped popcorn
- Tea, coffee or water\*



## Shopping List:

- Lean deli turkey
- Raw vegetables of your preference (e.g. tomatoes, sweet peppers, carrots, broccoli, sugar snap peas, etc.)
- 6 inch whole wheat tortilla
- Hummus
- Grapes
- Low-fat cottage cheese
- Whole wheat crackers
- Whole wheat bagels (large or mini size)
- Almond butter or peanut butter
- Apples or bananas
- Low-fat, low-sugar yogurt (look for 20 grams of sugar or less per serving)
- Brown rice
- Black beans
- Salsa
- Low-fat plain Greek yogurt
- Orange
- Grilled chicken
- Salad greens
- Feta cheese
- Oil-based or light creamy dressing
- Air-popped popcorn





# Healthy Shopping On a Budget



**These tips will help you save time, save money and eat healthier!**

## Plan Ahead

Take time on the weekend to plan 3-4 healthy dinners for the upcoming week. No need to make a meal every day of the week. Make extra that can be eaten on those busy nights when you can't cook — leftovers!

## Use What You Have

Take time to go through the pantry, fridge and freezer. Take note of what's on hand.

## Make a List

Make a list of what you need and stick to it.

## Look for Sales

Use store flyers when planning your menu. Plan your menu around what fruits and vegetables are on sale each week.

## Try Canned or Frozen Produce

Canned or frozen fruits and vegetables keep for a long time and may be less expensive per serving than fresh. Look for items that are made with no added sauces or sugar, or that are labeled either "low sodium", "no salt added" or "in 100% juice."

## Shop In Season

Buying fruits and vegetables in season generally means your food not only tastes better, but costs less. Check out your local farmers' market or look for farm stands in your community.

## Go Generic

Try store brands. Store brands on average are cheaper by about 26% to 28% and their quality is usually the same or better than that of name brand products.

## Buy in Bulk

Buy in bulk when foods are on sale. Frozen and canned fruits and vegetables, and some fresh items (like apples and carrots) will last a long time. If you have storage space, save money by stocking up on the foods you eat more often.

## Shop the Perimeter

Spend most of your grocery budget on foods found around the outside of the store like fruits, vegetables, low-fat dairy and lean protein foods. Limit your shopping in the middle aisles to staples like whole wheat pasta, rice, canned tuna, and almond butter or peanut butter.

## Compare Unit Prices

Use the unit price to compare similar products. This will help make sure you are getting the best deal. The unit price is the cost per a standard unit (often in ounces or pounds) and is usually found on a sticker on the shelf beneath the item.

## Don't Shop Hungry

People who shop when they are hungry or stressed tend to not only buy more food, but also buy unhealthier food items.





# Healthy Tips for Dining Out

Here are some tips to help make dining out tasty AND good for you:

## Ask your server...

### ...for a **carry-out box** at the beginning of your meal!

Restaurants tend to serve big portions – put some of your meal in a carry-out box before you start to eat. You save some calories AND get to enjoy the meal again for lunch tomorrow – a great way to save money!

### ...to **split the entrée** or for a **second plate to share with a friend.**

### ...for **fat-free milk** instead of **whole milk or cream**

Fat-free or skim milk contains all the calcium and vitamins of whole milk, with no saturated fat and with fewer calories.

### ...for the **fat to be trimmed** from **meat and chicken**

Trimming the visible fat from meat is an easy way to make a delicious meal more heart-healthy.

### ...for **sauce on the side** (like **butter, gravy, and salad dressings**)

Many sauces and dressings contain extra fat and sugar that add up to extra calories – order the sauce for your meal on the side, and you control how much you eat.



## When ordering healthier meals, look for words like:

- Steamed
- Broiled
- Roasted
- Lightly sautéed or stir-fried
- Garden Fresh
- Baked
- Poached



# Get your portions in proportion

THIS HEALTHY WEIGHT AWARENESS MESSAGE IS BROUGHT TO YOU BY



Five simple, healthy steps families can take when serving food at home:

## 1. Breads, Cereals & Grains

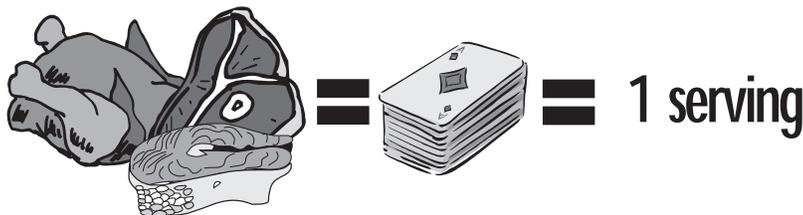
A bagel the size of a hockey puck = 2 servings



- Health experts recommend that adults eat at least six servings of breads, cereals and grains daily. At least half of those grain servings should be whole grain\*. A bagel the size of a hockey puck equals two of those servings.

## 2. Meat, Poultry or Seafood

A meat, poultry or seafood portion the size of a deck of cards = 1 serving



- Health experts recommend that adults eat two servings of lean meat, poultry or seafood daily. An average serving size is three ounces cooked. That's the size of a deck of cards.

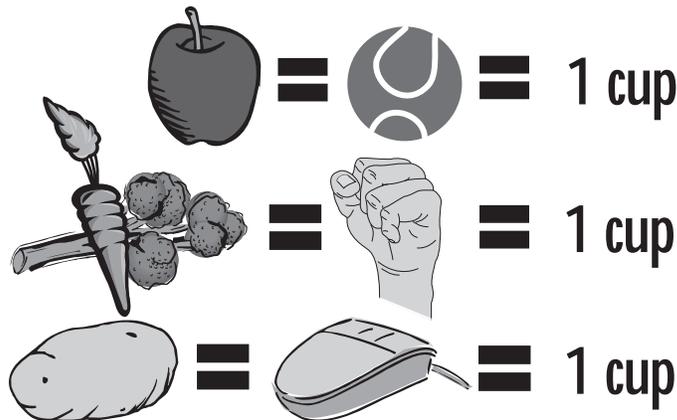
## 3. Fruits & Vegetables

An apple or orange the size of a tennis ball = 1 cup

Carrots or broccoli the size of a fist = 1 cup

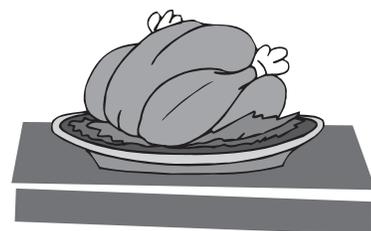
A potato the size of a computer mouse = 1 cup

- Health experts recommend that adults should have two cups of fruit daily and two and one half cups of vegetables daily.



## 4. Serve only from the Kitchen Counter!

- When serving meals at home, portion your food at the counter. Then, instead of bringing all the extra food to the table, leave it on the counter. Studies show people are far less likely to load their plate a second time—and double their calories—if the food is not right in front of them.



## 5. Serve it on the Side!

Teaspoon of butter = 36 calories



- Serve salad dressing, sour cream, mayonnaise and butter on the side, or use salsa or mustard to add flavor without the additional calories. Every added teaspoon of butter, margarine or oil is approximately 36 more calories.

\*Whole grains are: brown rice, bulgur (cracked wheat), graham flour, whole grain corn, oatmeal, pearl barley, whole oats, whole rye, whole wheat. Examples of these foods are whole wheat bread; whole grain ready-to-eat cereal; low fat whole wheat crackers; oatmeal; whole wheat pasta; whole barley added to soups, casseroles and salads.



# Breakfast Is Best!

**Boost your energy  
and brain power!**

## Why eat breakfast every day?

- It will give you the energy you need to start your day. It is “fuel” for the body!
- It can help you do better in school!
- It can help you feel and act your best!
- It can help with weight control and keep you healthy!

## Not hungry in the morning? Start small... try:

- a cup of low fat fruited yogurt
- a piece of fruit such as a banana, orange or apple
- a bowl of cereal with low fat milk
- a slice of toast with peanut butter and a glass of low fat milk

## Keep it simple, but keep it delicious! You may like:

- oatmeal with cinnamon, apple-sauce, a glass of low fat milk
- a waffle or pancake with light syrup and blueberries
- an English muffin with a slice of ham, egg and low fat cheese
- a low fat raisin bran muffin, glass of low fat milk and a banana

- half of a toasted English muffin with a slice of low fat cheese
- trail mix of raisins, nuts and cereal



**Try a variety of  
healthy foods!  
Find the ones  
YOU like!**

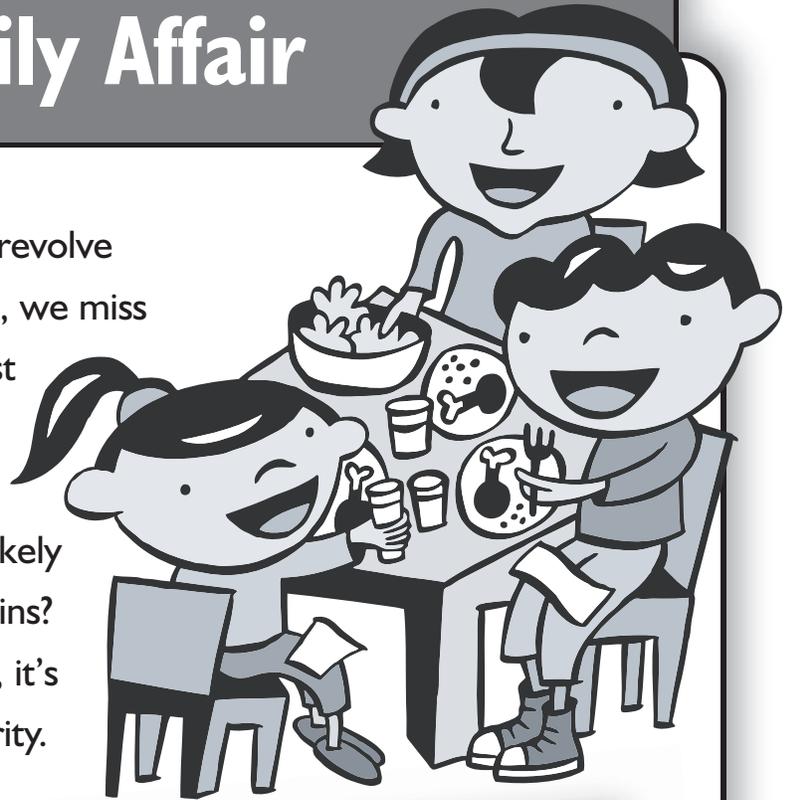


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# A Meal Is a Family Affair

In such a busy world, mealtimes often revolve around our lifestyles. As a result of this, we miss meals or eat foods that are not the best for our bodies. Did you know that experts have found that kids who eat regularly with their families are more likely to eat fruits, vegetables, and whole grains? So, no matter how busy life may seem, it's important to make family meals a priority.



## To get started, try some of these ideas:

- Choose a time when everyone can enjoy at least one meal together—it may be breakfast, lunch, or dinner.
- As the parent, you should decide what time meals are served and what the choices are. Your children can then decide what to eat and how much.
- Include your children in preparing the meal and turn off the TV.
- Gather around the table for a meal.
- Make the meal pleasant by keeping the conversation positive.
- Help your child learn good manners and mealtime behaviors.
- Limit eating and drinking unhealthy snacks between meals.
- Role model the habits you want your children to develop.

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# Healthy Kids' Snacks

Snacks are a bigger part of kids' diets than in the past. Snacks can make positive or negative contributions to kids' diets — depending on the choices we offer. Next time your children say, "I'm hungry," or if you need to get them through to the next meal, reach for one of these healthy snacks.



## Vegetables

Most of the snacks served to children should be fruits and vegetables, since most kids do not eat the recommended five to thirteen servings of fruits and vegetables each day. Popular vegetables that can be served raw with dip or salad dressing include:

- Broccoli
- Baby carrots
- Celery sticks
- Cucumber
- Peppers
- Snap peas
- Snow peas
- String beans
- Grape or cherry tomatoes
- Yellow summer squash
- Zucchini slices

**For dips:** Try salad dressings such as nonfat ranch or Thousand Island, store-bought light dips, bean dips, guacamole, hummus (which comes in dozens of flavors), salsa, or peanut butter.

## Low Fat Dairy Foods

Dairy foods are a great source of calcium, which can help to build strong bones. However, dairy products also are the biggest sources of artery-clogging saturated fat in kids' diets. To protect children's bones and hearts, make sure all dairy foods are low fat or nonfat.

- Yogurt
- Lower fat cheese
- Low fat pudding and frozen yogurt – Serve only as occasional treats because they are high in added sugars.

## Fruit

Fruit is naturally sweet, so most kids love it. Fruit can be served whole, sliced, cut in half, cubed, or in wedges. Canned, frozen, and dried fruits often need little preparation.

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes (red, green, or purple)
- Honeydew melon
- Kiwifruit
- Mandarin oranges
- Mangoes
- Nectarines
- Oranges
- Peaches
- Pears

*(continued on other side)*

# Healthy Kids' Snacks *(continued)*

- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines
- Watermelon

## **Other popular fruit forms:**

- Applesauce (unsweetened), fruit cups, and canned fruit
- Dried fruit – Try raisins, apricots, apples, cranberries, and fruit leathers with little or no added sugars.
- Frozen fruit
- Fruit salad – Get kids to help make a fruit salad.
- Popsicles – Look for popsicles made from 100% fruit juice with no added caloric sweeteners.

## **Healthy Grains**

Try to serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains.

- Whole wheat English muffins, pita, or tortillas
- Breakfast cereal – Either dry or with low fat milk, whole grain cereals like Cheerios, Grape-Nuts, Raisin Bran, Frosted Mini-Wheats, and Wheaties make good snacks. Look for cereals with no more than about 8 grams of sugar per serving.
- Whole grain crackers like Triscuits
- Rice cakes
- Popcorn
- Baked tortilla chips
- Granola and cereal bars – Look for whole grain granola bars that are low in fat and sugars.
- Pretzels, breadsticks, and flatbreads – These low fat items can be offered as snacks now and then. However, most of these snacks are not whole grain and most pretzels are high in salt.

## **Important!**

Water should be the main drink served to kids at snack times. Water satisfies thirst and does not have sugar or calories. (Plus, it is low cost!) If kids are used to getting sweetened beverages at snack times, it may take a little time for them to get used to drinking water.



For more tips, go to [www.cspinet.org/nutritionpolicy](http://www.cspinet.org/nutritionpolicy)

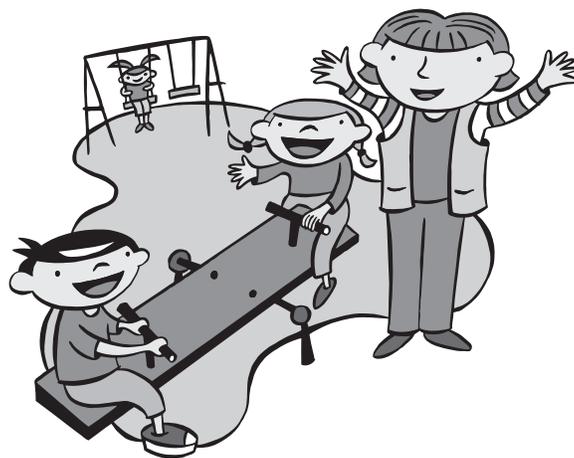


# Nonfood Rewards at Home

## How can you celebrate a job well done without using food treats?

### Here are ways to reward your child:

- Make a list of fun, nonfood rewards that don't cost much and post it where the whole family can see it.
- Have a separate list of special and inexpensive rewards for those really big achievements.
- Give certificates or ribbons for healthy behaviors.
- Allow your child to have a few friends over after school to play sports.
- Invite a few of their friends to a sleepover.
- Have a family game night.
- Keep a box of special toys or art supplies that can only be used on special occasions.
- Go to a sports game.
- Camp out in the back yard.
- Encourage the use of electronics that support physical activity, like Dance Dance Revolution.
- Choose toys and games that promote physical activity like jump ropes, balls, or Skip-Its.



Words of appreciation can go a long way. Children love to hear "You did a great job" or "I appreciate your help."

### Using Food as a Reward:

- Contributes to poor health
- Encourages overconsumption of unhealthy foods
- Contributes to poor eating habits
- Increases preference for sweets

Be sure to avoid giving extra time in front of the TV or computer as a reward!



Eat at least five fruits and vegetables a day.

5

## Food for thought

### What is a serving?

#### Adults

- A whole fruit the size of a tennis ball
- 1/2 cup of chopped fruit or veggies
- 1 cup of raw, leafy greens
- 1/4 cup of dried fruits

#### Kids

- Size of the palm of their hand

#### Choose with the seasons

- Buy fruits and veggies that are in season
- Don't forget that frozen fruits and veggies are always available and are a healthy choice; choose those without any added sugars, salt or fat.



## Did you know?

- A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function.
- Family mealtime:
  - Do not underestimate the importance of family mealtime: take 10-15 minutes to sit down together.
  - Get your family involved with meal planning and preparation.

## Redy's Rules

### Try it!

- Try the three bite rule. Offer new fruits and veggies different ways and try at least three bites each time—it can take 7 to 10 tries before you like a new food.
- Many fruits and veggies taste great with a dip or dressing. Try a low fat salad dressing with yogurt or get protein with peanut butter.
- Make a fruit smoothie with low fat yogurt.



### Mix it!

- Add them to foods you already make, like pasta, soups, casseroles, pizza, rice, etc.
- Add fruit to your cereal, pancakes, or other breakfast foods.
- Be a good role model for your family and have at least one veggie at every meal.

### Slice it!

- Wash and chop veggies and fruits so they are ready to grab and eat.
- Most people prefer crunchy foods over mushy ones. Enjoy them fresh or lightly steamed.

### Be a Role Model.

- Snack on fruits and veggies.
- Have the family help plan & prepare meals.

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# To have fruits and vegetables year-round, add frozen or canned.

## For health:

- Just as good for you as fresh fruit and vegetables—nutrients are preserved in the canning and freezing process
- Choose fruit packed in their natural juice, not in syrup
- Choose canned vegetables that are salt free and season to taste

## For savings:

- Cost less than fresh fruit and vegetables

## For convenience:

- Always in season
- Lots of choices
- Easily stored
- Already washed and cut—ready for your favorite recipe



Eat at least  
five fruits and  
vegetables  
a day!

5



## Use Frozen and Canned by Adding:

### Vegetables to:

- Chili
- Soup or stews
- Stir fry

### Tomatoes for sauce

Black beans & corn to spice up  
a Mexican dish

Chick peas, kidney or garbanzo  
beans to any salad

### Fruits to:

- Smoothies
- Yogurt parfaits
- Plain yogurt
- Fruit salad
- Cereal
- Stir fry (pineapple)

Or use as a  
side dish!



Limit recreational screen time to two hours or less.\*

## Turn on the fun!

Life is lots more fun when you join in!  
Try these activities instead of watching TV.

- Ride a bike.
- Go on a nature hike.
- Put together a puzzle.
- Turn on the music and dance.
- Read a book or magazine.
- Spend time catching up with your family.
- Take your kids to the park or beach.
- Play board games.
- Walk, run, or jog.
- Start a journal.
- Play ball (basketball, catch, soccer, etc.).
- Go to the library.
- Explore gyms in your community.
- Rollerblade.
- Play charades.
- Sled, ski, or snowshoe.



## Did you know?

- Screen time includes TV, computer, Playstation, and Gameboy. All are important to limit.
- Watching TV is associated with more snacking and increased obesity.
- Too much TV has been linked to lower reading scores and attention problems.
- Healthy screen time:
  - No TV/computer under the age of 2
  - No TV/computer in the room the child sleeps
  - One hour of educational TV/computer time between ages 2 and 5
  - After the age of 5, 2 hours or less

## Redy's Rules

Tame the TV and Computer!

Set Limits – know how much TV your child is watching.

- Set some basic rules, such as no TV or computer before homework or chores are done.
- Do not watch TV during mealtime.
- Use a timer. When the bell rings it's time to turn off the TV.
- Eliminate TV time during the week.

### Tips from Redy

Help your child plan television viewing in advance.

- Keep books, magazines, and board games in the family room.
- Make a list of fun activities to do instead of being in front of a screen.
- Set family guidelines for age-appropriate shows.

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

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Get one hour or more of physical activity every day.

## Redy's Rules

### Move An Hour Every Day!

- Encourage at least an hour of daily physical activity...for kids and adults!

### Let Physical Activity be Free and Fun!

- Take a walk with your family
- Play with your pet
- Play tag
- Take a bike ride (remember to wear your helmet)
- Turn on music and dance
- Jump rope
- Play Frisbee
- Take the stairs
- Park the car at the end of the parking lot
- Make snow angels



## Tips from Redy

### Make Physical Activity Easier.

- Make gradual changes to increase your level of physical activity.
- Incorporate physical activity into your daily routines.
- Try tracking the level of your physical activity using a pedometer.
- Turn off the TV and computer and keep them out of the bedroom.
- Limit recreational computer time.
- Choose toys and games that promote physical activity.
- Encourage lifelong physical activity by incorporating physical activity into your routine.
- Keep physical activity fun!!

### Be A Role Model.

- Use a pedometer.
- Take a walk after dinner.

## Did you know?

One hour of **moderate** physical activity means:

- Doing activities where you breathe hard like hiking or dancing

20 minutes of **vigorous** physical activity means:

- Doing activities where you sweat, like running, aerobics, or basketball

Physical activity...

- Makes you feel good
- Makes your heart happy
- Helps you keep a healthy weight
- Makes you stronger
- Makes you flexible



# Drink water and low fat milk; limit or eliminate sugary beverages.

## Put limits on juice

- Juice products labeled “-ade,” “drink,” or “punch” often contain 5% juice or less. The only difference between these “juices” and soda is that they’re fortified with Vitamin C.
- Always try to choose whole fruits over juice.
- If you choose to serve juice, buy 100% juice.
- Each day, juice should be limited to:
  - 4-6 ounces for children 1-6 years old
  - 8-12 ounces for children 7-18 years old
  - No juice for children 6 months and under
- Make changes slowly by adding water to your child’s juice.
- Suggest a glass of water or low fat milk instead of juice.



## Redy's Rules

### Water

#### Keep It Handy, Keep It Cold:

- Keep bottled water or a water bottle on hand.
- Add fresh lemon, lime, or orange wedges to water for some natural flavor.
- Fill a pitcher of water and keep it in the fridge.
- Drink water when you're thirsty. It's the best choice.
- Cut back slowly on sugar-sweetened drinks.
- Replace soda with water, instead of other sugar-sweetened beverages, such as juice or sports drinks.

#### Be a Role Model:

- Grab a glass of water instead of soda.
- Try mixing seltzer with a small amount of juice.

### Milk

#### Encourage low fat milk instead of sugar-sweetened drinks:

##### According to the national dairy council:

- Children ages 4-8 years old should be consuming three 8-ounce glasses of milk or other dairy each day.
- Children ages 9-18 years old should be consuming four and a half 8-ounce glasses of milk or other dairy each day.

Make a milkshake using low fat milk, ice, and your favorite berries.

## Did you know?

Soda has no nutritional value and is high in sugar. Just nine ounces of soda has 110-150 empty calories. Many sodas also contain caffeine, which kids don't need.

Energy drinks are NOT sports drinks and should never replace water during exercise.

Water is fuel for your body:

- Water is the most important nutrient for active people.
- Between 70-80% of a child's body is made up of water.
- When you exercise, you sweat, and when you sweat you LOSE water and minerals – it is important to replace the water you lose when you sweat.
- Water is the #1 thirst quencher!

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# How Much Sugar Do You Drink?

Consider how frequently you or your child enjoy these beverages and what nutrition, if any, they get from it.

Common Drink Choices				
Drink	Size	Total Calories	Sugar Grams	Teaspoons Sugar
Arizona <sup>®</sup> Green Tea & Honey	20 oz	210 cal	51 g	12
Coca-Cola <sup>®</sup> Classic	20 oz	250 cal	65 g	15
Dole <sup>®</sup> 100% Apple Juice	15.2 oz	220 cal	48 g	11
Dunkin' Donuts Strawberry Fruit Coolata <sup>®</sup>	16 oz	290 cal	65 g	15
Gatorade <sup>™</sup>	20 oz	130 cal	34 g	8
Glaceau Vitamin Water <sup>®</sup>	20 oz	125 cal	32.5 g	8
Monster Energy <sup>®</sup> Drink	16 oz	200 cal	54 g	13
Mountain Dew <sup>®</sup>	20 oz	275 cal	78 g	18
Poland Spring <sup>®</sup> Water	20 oz	0 cal	0 g	0
Sprite <sup>®</sup>	20 oz	250 cal	65 g	15
Starbucks Bottled Frappuccino <sup>®</sup>	9.5 oz	200 cal	32 g	8

## Tips to make cutting back on sugary drinks easier:

- Cut back slowly
- Don't replace soda with other sugar-sweetened beverages, such as juice and sports drinks
- Remember, water is the best drink when you are thirsty
- Make low fat milk and water the drink of choice



# Enlightening Facts About Juice

## ACCORDING TO THE AMERICAN ACADEMY OF PEDIATRICS (AAP):

- Fruit juice offers no nutritional benefits for infants younger than 6 months.
- Fruit juice offers no nutritional benefits over whole fruit for infants older than 6 months and children.
- Fruit “drinks” are not nutritionally equivalent to fruit “juice” (see below).
- Fruit juice is NOT appropriate in treating dehydration or diarrhea.
- Excessive juice consumption may be associated with malnutrition.
- Excessive juice consumption may be associated with diarrhea, flatulence, abdominal distention, and tooth decay.
- Calcium-fortified juices do provide calcium, but lack other nutrients present in breast milk, formula, or cow’s milk.

## RECOMMENDATIONS :

- If you decide to give your child juice, it is recommended that you do not introduce it until your infant is twelve months old.
- Serve juice in open cups, not bottles or “sippy” cups that allow children to consume juice easily throughout the day.
- Offer and encourage children to eat whole fruit instead of juice. They will get all the great fiber of the whole fruit and feel more full than with drinking juice.
- Serve only pasteurized juices.
- Choose 100% juice instead of fruit “drinks,” which, by definition, could contain between 10% and 99% juice and most likely contain added sweeteners and flavors.
- Younger children aged 1 to 6 years should have only 4-6 ounces of juice a day, if any at all.
- Older children should be limited to 8-12 ounces of juice a day, if any at all.

*Taken from the American Academy of Pediatrics Committee on Nutrition*

Check out how much sugar is in some popular  
(and marketed towards children) juice & juice drinks:

*\*One Teaspoon equals 4.2 grams of sugar.*

Beverage	Sugar Grams per Serving	Teaspoons of Sugar*
Sunny D® Baja Orange Drink	43g	10 <sup>1</sup> / <sub>4</sub>
Capri Sun® Red Berry Drink	25g	6
Apple & Eve® Bert & Ernie Berry 100% Juice	13g	3
Earth’s Best® Strawberry Pear 100% Juice	11g	2 <sup>2</sup> / <sub>3</sub>
Water	0g	0

**Rule of Thumb:**  
You are better off giving  
your children fruit  
instead of fruit juice.



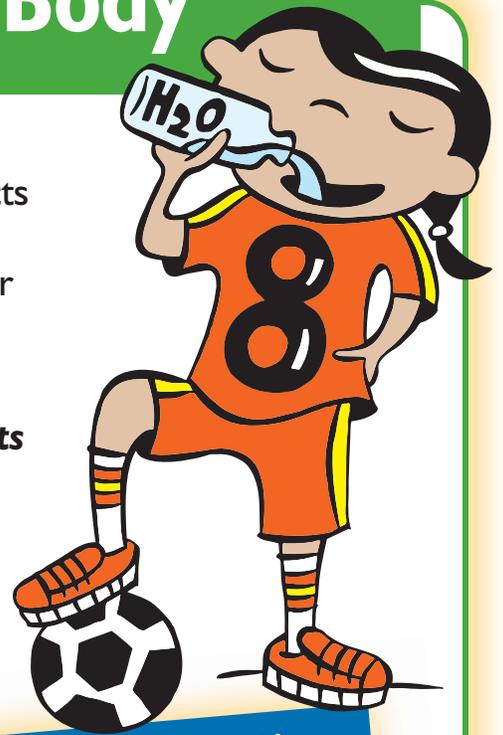


# Water Is Fuel for Your Body

Ever wonder why you need water? Like food, water acts like fuel in your body and helps your body function. To keep your body running smoothly, drink plenty of water throughout the day.

**Children who eat healthy, drink enough water, and sleep well at night will have energy for all their sports and activities.**

- Water is the most important nutrient for active people.
- Between 70-80% of a child's body is made up of water.
- Water is the #1 thirst quencher!



**Fuel your body with water when you need more fuel!**

**When you exercise, you sweat, and when you sweat, you LOSE water and minerals.** It is important to replace the water you lose when you sweat. Kids who are very active for longer than 60 minutes may need to replace water and minerals using sports drinks, like Gatorade® and Powerade®, especially when it's hot and humid.

**Energy drinks are NOT sport drinks and should never be used to replace water during exercise.** Most energy drinks, like Red Bull® and SuperStar™, contain CAFFEINE. Caffeine causes the body to lose water and can sometimes cause anxiety, headaches, stomachaches and sleep problems.

**Energy drinks contain HIGH amounts of sugar and calories.** The extra sugar and calories may add to weight gain and tooth decay.

**“In a game, when my players get thirsty, water gets the call.”**

—Arnie Beyeler, Manager, Portland Sea Dogs





# Healthy Messaging

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IN THIS SECTION

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**Quick Messages**

**Short Messages**

**Long Messages**







# Healthy Messaging

**Take a moment to consider what channels you currently use to communicate with employees. Possibilities may include:**

**Newsletters**

**E-newsletters**

**Bulletin boards**

**Screensavers**

**Emails**

**Facebook**

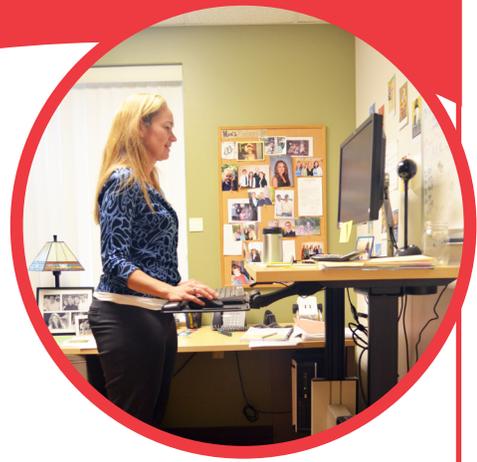
**Intranet**

**Twitter**

**And more...**



# Healthy Messaging Quick Messages



Here are some sample messages that you can distribute. Consider these quick messages for screen savers, the intranet, or social media.

- “ Do a little bit more physical activity, a little more often!
- “ Get more daily activity! Walk around the building before you go to your car.
- “ Get more daily activity! Invite a co-worker for a walk during lunch.
- “ Walking is a great way to start being active more often!
- “ Walking helps lower your blood pressure.
- “ Walking gives you more energy.
- “ Walking helps relieve stress.
- “ Walking helps you sleep better.
- “ Celebrate family occasions with a walk or hike. Get outside and play.
- “ Bike to your children’s sporting events.
- “ Walk the dog.
- “ Family meal time is important; take 10-15 minutes to sit down together.
- “ How do you involve your family in meal planning.
- “ Don’t waste time waiting for the elevator, use the stairs!

## Social Media Tips

Social media is great for stirring up conversation around a topic or message. It can be used to inspire or assist people in making changes. Follow the number one rule: share information or ask questions in a way that makes healthy choices fun, easy, and popular!

### Examples of Facebook posts from the Let’s Go! page:

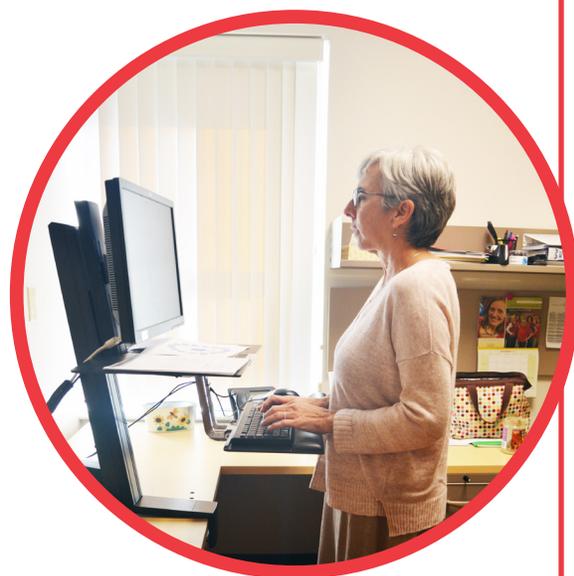
- “ Are you a bottle water or tap water person?
- “ What ‘in season’ produce are you looking forward to eating?
- “ What are your tips for making quick, healthy, homemade meals?
- “ Like this post if cool, clear, crisp, refreshing water is your favorite way to stay hydrated.
- “ How do you stay active in the winter?



# Healthy Messaging Short Messages

**These messages are appropriate for emails and bulletin boards.**

- “ Stair climbing and other small bursts of physical activity at work make a significant contribution to the recommended daily amount of 30 minutes (or more) of daily physical activity!
- “ Get more daily activity! If you have a choice, always take the stairs. If you have stairs, take as many trips up and down as possible.
- “ Get more daily activity! Walk around the office or building. There's no need to sit still while you talk on the phone or think. Pacing and fidgeting are physical activity.
- “ Wear a pedometer at work: Since every step counts, wearing a pedometer is wonderful motivator to walk more during your workday.
- “ Take small steps to help make health a priority. Small changes make a big difference over time! Incorporate the walking into activities you would be doing anyway. If you need to go to a different floor, use the stairs. Take the long way to the restroom and take a flight each way. Studies have shown that people are most likely to stick to exercise when it is part of their daily routine. Get started today!
- “ Along with its benefits to the heart, walking:
  - improves circulation
  - helps breathing
  - increases happiness
  - bolsters the immune system
  - helps prevent osteoporosis
  - helps prevent and control diabetes



“ Challenge yourself to take the stairs all day today. If it is not possible to use the stairs, challenge yourself to pick two new ways this week to increase your physical activity during the work day:

- Use the stairs instead of the elevator.
- Schedule a walking meeting with co-workers.
- Stand and/or stretch while talking on the telephone.
- Rather than using the telephone, walk down the hall to speak with someone.
- Walk around your building, stretch your muscles.
- Park in the farthest parking spot and walk the rest of the way.

“ What is a serving?

- A whole fruit the size of a tennis ball.
- ½ cup of cut up fruit or veggies.
- 1 cup of raw leafy greens.
- ¼ cup of dried fruits.
- For kids, a serving is the size of the palm of their hand.

“ Be a healthy family. Keep the TV out of bedrooms and turn off the TV during meals.

Kids and adults should be active for at least one hour every day. You are your family's number one role model, so start practicing healthy habits today!

- Make gradual changes to increase your level of physical activity.
- Incorporate physical activity into your daily routines.
- Try tracking the level of your physical activity using a pedometer.
- Role model an active lifestyle.
- Turn off the TV and computer and keep them out of the bedroom.
- Limit TV and recreational computer time.
- Encourage lifelong physical activity by incorporating physical activity into your routine.
- Keep physical activity fun!



# Healthy Messaging

## Long Messages

These messages are appropriate for newsletters or e-newsletters.

### Mindful Eating

“ **Mindful eating involves paying full attention to the experience of eating and drinking.**

It includes being aware of all the activities that surround food and eating. Mindful eating helps us learn to listen to what our body is telling us about hunger and satisfaction. It can improve our overall health.

#### Suggestions for mindful eating:

- Don't skip meals
- Eat sitting down
- Be present - eat without TV, newspaper, computer or work
- Learn to recognize the difference between hunger and cravings
- Notice how much food is on your plate, fork, or spoon
- Take time to enjoy the taste and to chew your food slowly between bites
- Check during a meal to see if you really need more food
- Notice how you feel both physical and emotionally



MORE

## Fruits & Veggies

### “ Eat at least 5 fruits and vegetables a day.

A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function.

Most fruits and vegetables are low in calories and fat, making them a healthy choice anytime. They may also contain phytochemicals (fight-o-chemicals) that work together with fiber to benefit your health in many ways. Different phytochemicals are found in different fruits based on their color – that’s why it’s important to put a rainbow on your plate.

#### Try it:

- Try the three bite rule. Offer your family new fruits and veggies different ways and try at least three bites each time – it can take 7 to 10 tries before you like a new food.
- Many fruits and veggies taste great with a dip or dressing. Try a low-fat salad dressing with yogurt or get protein with peanut butter.
- Make a fruit smoothie with low-fat yogurt.

#### Mix it:

- Add them to foods you already make, like pasta, soups, casseroles, pizza, rice, etc.
- Add fruit to your cereal, oatmeal, or other breakfast foods.
- Be a good role model for your family and have at least one veggie at every meal.

#### Slice it:

- Wash and chop veggies and fruits so they are ready to grab and eat.
- Most people prefer crunchy foods over mushy ones. Enjoy them fresh or lightly steamed

#### Choose with the seasons:

- Buy fruits and veggies that are in season.
- Remember that frozen fruits and veggies are always available and are a healthy choice.

#### Be a Role Model:

- You are your family’s number one role model, so start practicing the healthy habits you encourage your family to practice.
- Start by making small changes.
- Encourage the whole family to embrace a healthy lifestyle.



MORE

## Physical Activity

### “ Incorporate One Hour or More of Physical Activity into your Day.

Physical activity makes you feel good. It helps keep you at a healthy weight, makes your heart happy, and makes you stronger and more flexible.

#### One hour of moderate physical activity physical activity means:

Doing activities where you breathe hard, like hiking or dancing

#### 20 minutes of vigorous physical activity means:

Doing activities where you sweat, like running, aerobics or basketball.

#### Free and Fun Activities:

- Take a walk with your family
- Play with your pet
- Walk the dog
- Take a bike ride (remember to wear your helmet)
- Turn on music and dance
- Jump rope
- Play Frisbee
- Take the stairs
- Park the car at the end of the parking lot

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**For more ideas, visit [www.letsgo.org](http://www.letsgo.org)**

## Avoid Sugary Drinks

“ Soda has no nutritional value and is high in sugar. Just nine ounces of soda is equal to 110-150 empty calories. Many sodas also contain caffeine, which kids don't need. Try drinking water and low-fat milk instead of soda and drinks with lots of sugar. If you choose to serve juice, buy 100% juice and limit the serving size.

Sports drinks contain lots of sugar. They should only be used when you are active for more than 60 minutes and it is hot and humid.

Energy drinks are NOT sports drinks and should never replace water during exercise.

## Fuel with Water

- “
- Water is the body's most important nutrient.
  - Between 70-80% of your body is made up of water.
  - When you exercise, you sweat, and when you sweat you LOSE water and minerals – it is important to replace the water you lose when you sweat.
  - Water is the #1 thirst quencher!
  - Add fresh lemon, lime or oranges wedges to water for some natural flavor.
  - Fill a pitcher of water and keep it in the fridge.

Replace soda with water instead of other sugar-sweetened beverages, such as juice or sports drinks. Remember, water is the best drink when you are thirsty.

