

# Healthy Lifestyle Guide



## Nutrition



## Coaching



## Exercise

**Decorate this page!**  
**Make it yours!**

**This booklet belongs to:**

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Write your name here!

# Introduction

## **BOUNCE** To Build Healthy Families

### **Guidelines**

The BOUNCE (Behavior Opportunities Uniting Nutrition, Counseling, and Exercise) Wellness Summer Program was originated in 2005 to promote a healthy lifestyle among African American and Hispanic youths (ages 9–14 years old) and their parents.

### **Participating youths receive this workbook designed to promote them with:**

(1) nutrition education to promote healthy eating, cooking skills to prepare healthy meals and snacks, knowledge about food, energy balance, and food labeling; (2) behavioral counseling to enhance positive body image, self-acceptance, effective communication skills and coping skills to reduce stress and anxiety; (3) exercise recommendations and tips to develop an active lifestyle.

### **For more information, reach us:**

Office: **832-842-5921** | Website: **[bounce.uh.edu](http://bounce.uh.edu)** | Email: **[bounce@central.uh.edu](mailto:bounce@central.uh.edu)**

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**This guide is available for download: <https://www.uh.edu/education.bounce/instructionalmaterials/>**

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## Exercise

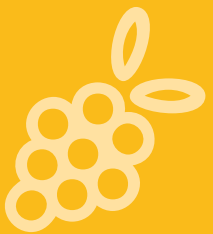
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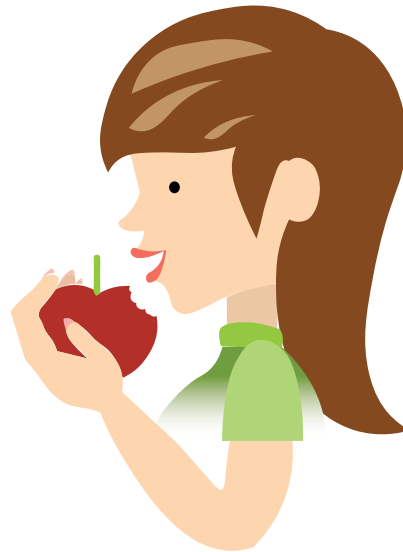


# Nutrition



# Food Functions

Food is the fuel that makes the body move.



We find nutrients that are essential for the body to function in food.

## Carbohydrates

The body's main energy source.

### Sources



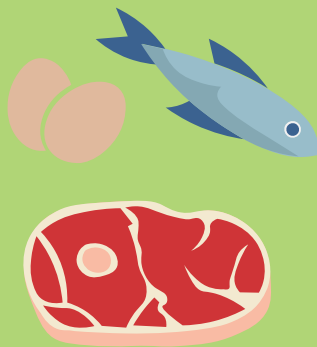
Fruits, vegetables, greens, legumes, and cereals.

**Eat fiber!**

## Proteins

Helps with muscle build-up. Essential for body growth and repair.

### Sources



Egg, lean meat, fish, tofu, and nuts.

**Eat lean meat!**

## Lipids(Fats)

An energy source that helps the body absorb vitamins.

### Sources



Oils (olive, canola, corn, etc.), avocado, nuts (peanuts, almonds, pecans).

**Limit the consumption of animal fats!**

## Vitamins and Minerals

Essential for health and well-being.

### Sources



Fruits and vegetables.

**Eat a variety of fruits and veggies!**



# My Eating Habits

**Instructions: Complete the following questions and be as honest as possible.**

1. When I wake up, the first thing I eat and drink is \_\_\_\_\_.

2. Before bed, I like to eat and drink \_\_\_\_\_.

3. The healthiest thing I ate yesterday was \_\_\_\_\_.

4. My favorite fruits to eat are \_\_\_\_\_.

5. The fruits I do not like is \_\_\_\_\_ because \_\_\_\_\_.



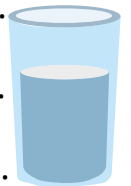
6. My favorite vegetables to eat are \_\_\_\_\_.

7. The vegetable I do not like is \_\_\_\_\_ because \_\_\_\_\_.

8. My favorite food is \_\_\_\_\_.

9. The food I eat the most is \_\_\_\_\_.

10. I usually drink \_\_\_\_\_.



11. For desert, I like to eat \_\_\_\_\_.

12. I eat sweets \_\_\_\_\_ times a week \_\_\_\_\_.

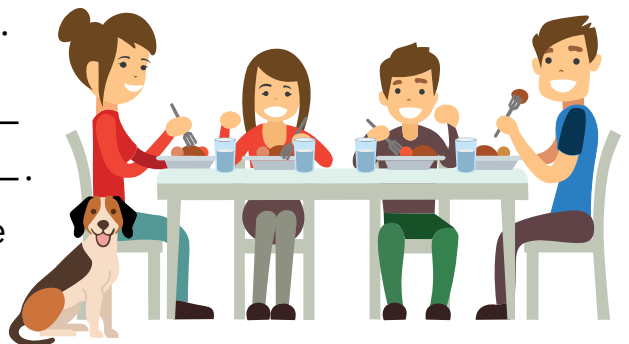
13. I usually eat dinner with my family at a table \_\_\_\_\_ times a week.

14. I wish that my family ate more \_\_\_\_\_ instead of \_\_\_\_\_.

15. My family and I eat fast food \_\_\_\_\_ times a week.

16. When I eat fast food, I usually order \_\_\_\_\_.

17. When I watch TV, I snack on \_\_\_\_\_ because \_\_\_\_\_.



# The Kitchen Detective



**Instructions:** Use your detective skills to find the healthy and unhealthy foods in your home. In the matching boxes, write where in your home you found the food, and whether it is healthy or unhealthy.

## Healthy Foods

Example: Low-Fat Milk

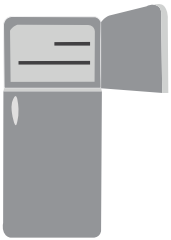


## Unhealthy Foods

Example: Whole Milk



Refrigerator



Green box for recording healthy food findings in the Refrigerator.

Red box for recording unhealthy food findings in the Refrigerator.

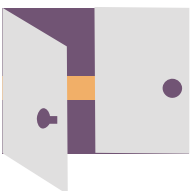
Pantry



Green box for recording healthy food findings in the Pantry.

Red box for recording unhealthy food findings in the Pantry.

Cabinets & Countertops



Green box for recording healthy food findings in Cabinets & Countertops.

Red box for recording unhealthy food findings in Cabinets & Countertops.

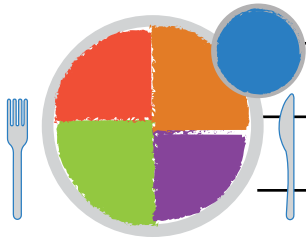
# Brainstorming Nutrition Goals

## Nutrition Goals

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## What do I need to do?

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## Who can help me?

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## What will stop me?

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## I plan to finish my goal in...

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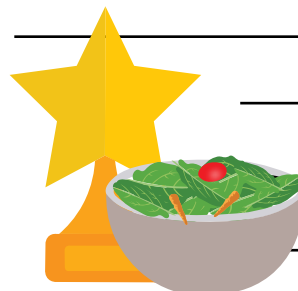


## My reward will be...

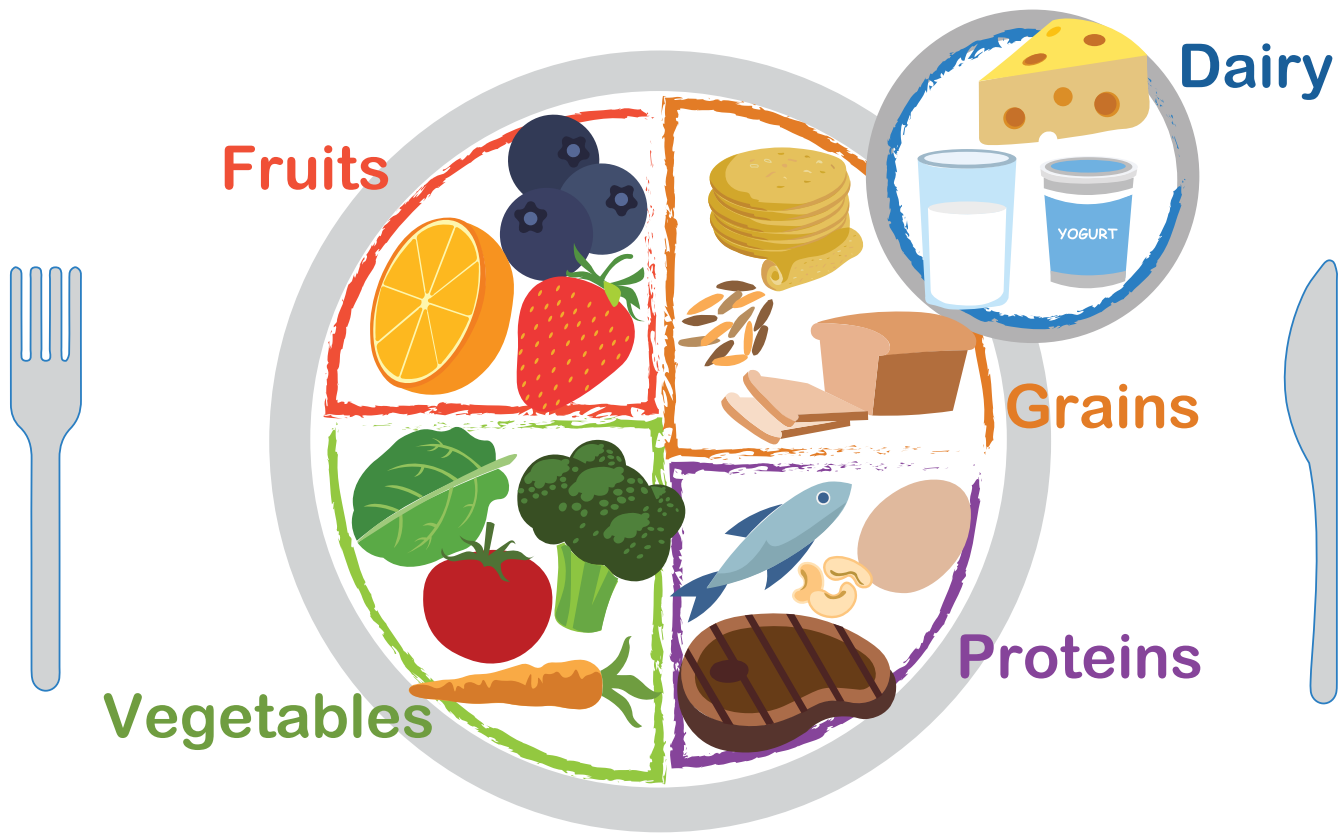
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# MyPlate

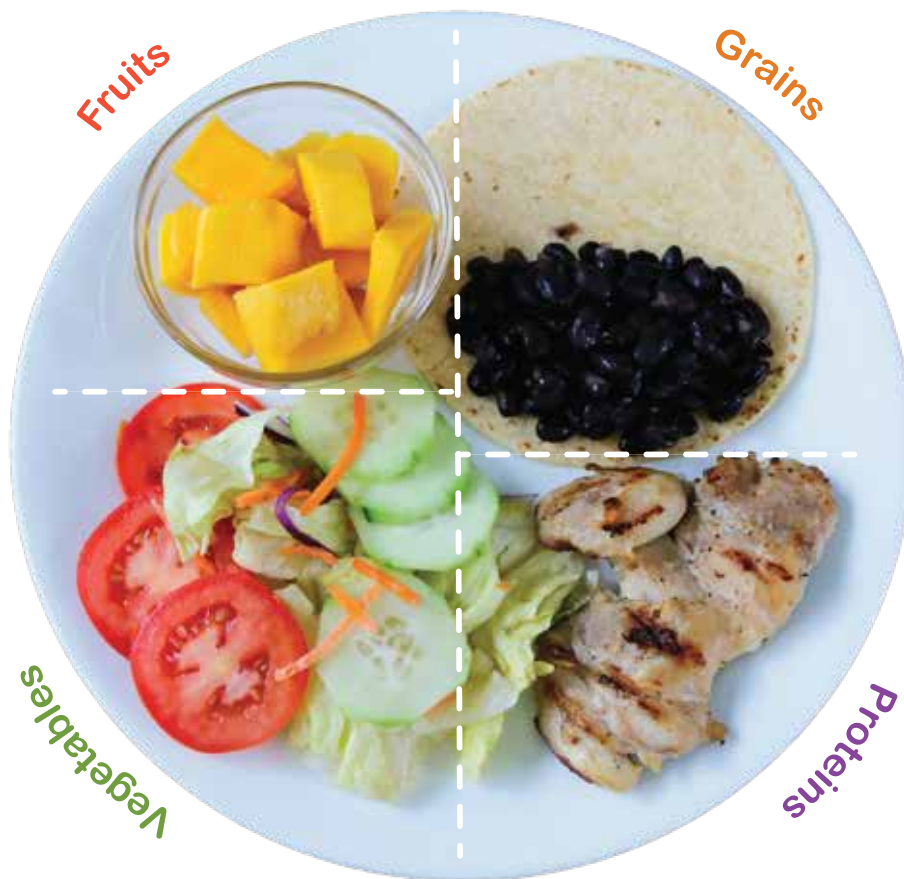


Fruits	Vegetables	Dairy	Grains	Proteins
<p><b>Choose fresh, whole fruits.</b></p> <p>Any fruit or 100% fruit juice. Fruits can be fresh, canned, frozen or dry, whole, cut or mashed.</p> 	<p><b>Consume a variety of vegetables.</b></p> <p>Any greens or 100% vegetable juice. Vegetables can be fresh, canned, frozen or dry, cooked, whole, cut or mashed.</p> 	<p><b>Consume fat-free dairy.</b></p> <p>Milk, yogurt, and cheese. Also, include calcium enriched soymilk.</p> 	<p><b>Half or more should be consumed as whole grains.</b></p> <p>Foods made from wheat, rice, oat, corn, barley, or other cereals. Bread, pasta, cereals for breakfast, cookies, tortillas, and popcorn.</p> 	<p><b>Choose lean proteins.</b></p> <p>Includes all food products made with beef, chicken, seafood, legumes, egg, soy products, nuts and seeds. Legumes are part of the vegetable group as well.</p> 

Source: <https://www.choosemyplate.gov/>

The quantity of recommended daily calories depends on your age, height, gender, and physical activity. Consult with a healthcare professional to receive a nutritional plan that is right for you.

# My BOUNCE Plate



**Eat a variety of fruits and vegetables. Fill half of your plate with vegetables.**



**Half of the cereals consumed should be whole grains. Count legumes and potato as part of this group.**



**Vary/diversify your proteins. Include fish two times per week.**

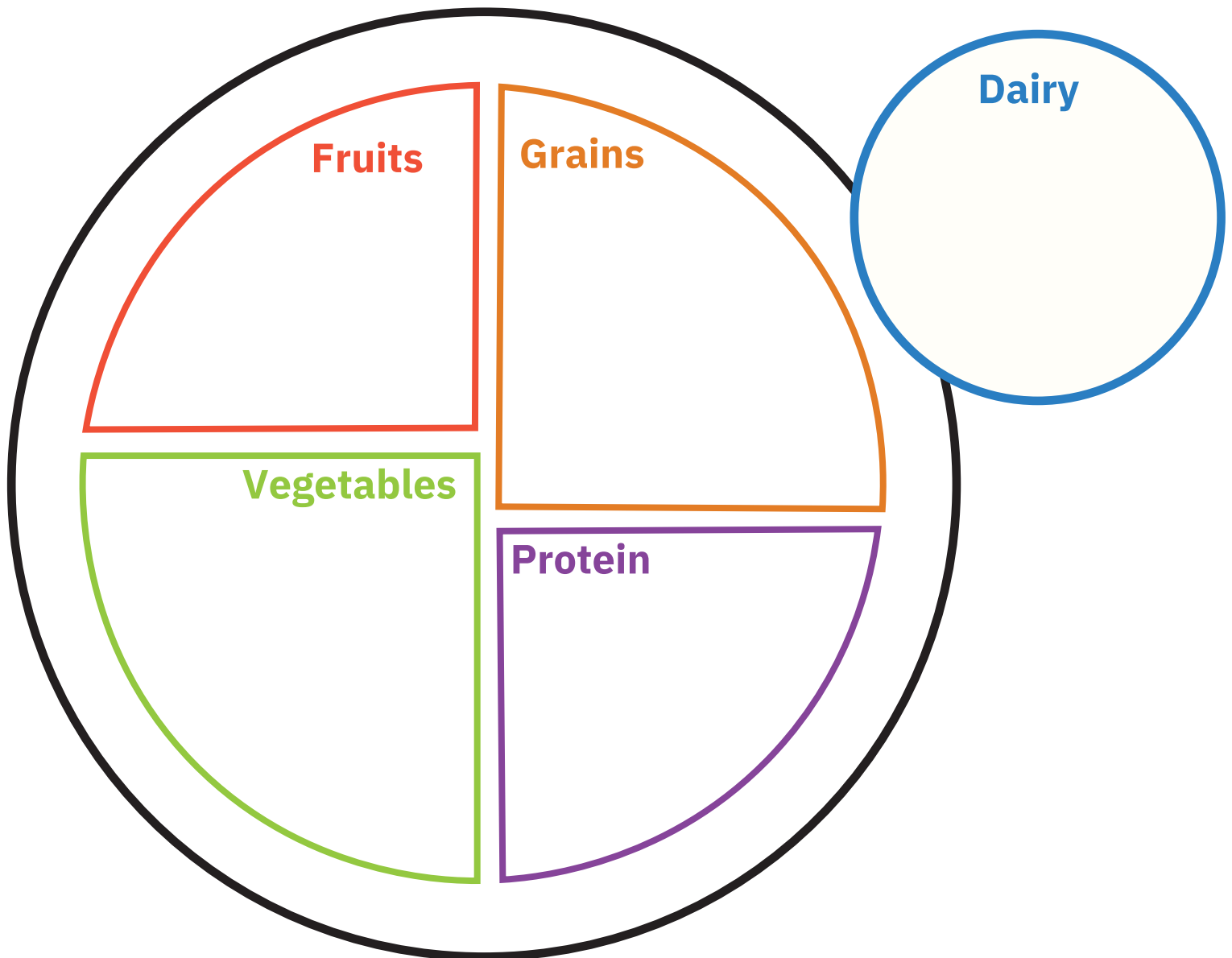


**Drink water instead of sodas or other sugary drinks.**

You can create your own healthy plate every day.

# My Plate Activity

**Instructions:** Place each of your different food sticker in the correct MyPlate food group.



Everything you eat and drink matters! Use MyPlate to practice the healthy eating habits you will use for a lifetime.



# Coaching





# BOUNCE Expectations



- 1. Be Respectful**
- 2. Listen when someone else is talking**
- 3. One person speaks at a time**
- 4. Do not interrupt**
- 5. Ask permission if you wish to make a recommendation to someone else**

**This is a safe place for everyone.**

Do not gossip about others & avoid judging others about what they share.



**WHAT YOU SAY IN HERE STAYS IN HERE**

**Except when ...**

- Someone is hurting you.**
- You want to hurt someone.**
- You want to hurt yourself.**

# Treasure Hunt

You are a valuable treasure. There is no one else just like you.  
Let's go on a treasure hunt to get to know you!

Hello, my name is:

1

Start



My favorite hobby is:

2



My favorite place to visit is :

3



Exercises I like to do :

4



I am afraid of:

7



Happiest Moment:

5



When I am sad, I am likely to eat:

6



Three foods that people tell me I eat too much of are:

10



My best friends are:

8



Things that I am very proud of:

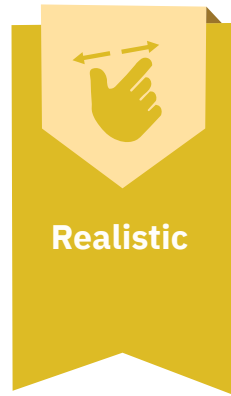
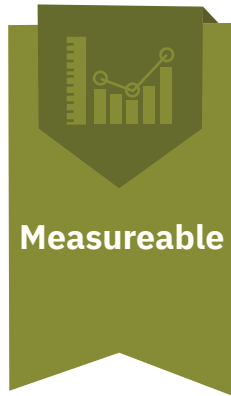
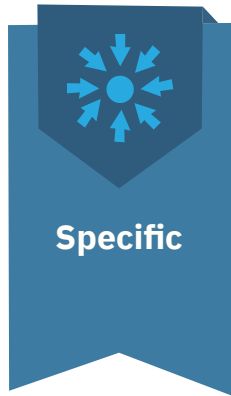
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End

# Goal Setting Guidelines

# S M A R T



## What is a SMART Goal?

It is: **S**pecific,  
**M**easurabe,  
**A**ttainable,  
**R**ealistic, and  
**T**imely.

## How can you make a SMARTER Goal?

**E**valuate and  
**R**evisit your goals!

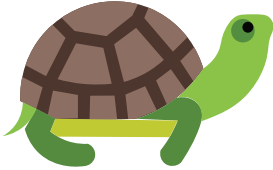
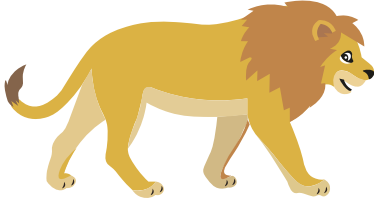

## Good Examples

- Walk 3 times per week for a month
- Try a new vegetable once a month
- Walk the dog every day for 10 minutes

**How can you make these SMARTER goals?**



# Communication Style

Passive	Aggressive	Assertive
		
<p><b>GOAL:</b> To remain “under the radar” and seek approval from others.</p>	<p><b>GOAL:</b> To show who is right and force others to change their mind or behavior.</p>	<p><b>GOAL:</b> To express themselves honestly without trying to force others to change.</p>
<p><b>Turtle-like behavior</b> includes avoidance, hiding and avoiding being judged or rejected</p> <p>Avoids freely expressing feelings for fear of upsetting other or being judged</p> <p>Fearful of being wrong or being seen as “stupid” by others</p> <p>Occasionally dishonest about their feelings to avoid conflict</p> <p>Lacks confidence when interacting with others</p>	<p><b>Lion-like behavior</b> is bossy, intimidating, based in fear and needs for control</p> <p>Easily frustrated</p> <p>Is judgemental, does not listen and forcefully imposes their idea on others</p> <p>Insensitive to others’ feelings, but very sensitive to their own</p> <p>More concerned with being right than being nice</p> <p>Overly confident in their interactions with others</p>	<p><b>Owl-like behavior</b> is wise, calm non-reactive</p> <p>Expresses themselves with the goal of sharing their ideas rather than forcing their ideas on others</p> <p>Sensitive to others feelings and their own</p> <p>Respectful of others, listens to others</p> <p>Willing to compromise</p> <p>Not concerned about being wrong or right</p> <p>High self esteem and self-love</p>

What is your main communication style? \_\_\_\_\_

# Communication Style Quiz

**Directions:** Circle the response that is most true to how you communicate.

**In an argument do you:**

- A. point, shake your finger and glare?
- B. nod your head often, avoid eye contact?
- C. make eye contact, maintain open body language?

**In an argument do you:**

- A. dominate the conversation?
- B. feel self-conscious and apologize often?
- C. remain calm and open to others opinions?

**In an argument do you:**

- A. put other down?
- B. stay quiet and hesitant?
- C. take action?

**In an argument, are you:**

- A. loud yelling, critical of others?
- B. feeling self-conscious and apologizing a lot?
- C. volume appropriate and expressive?

**In an argument:**

- A. you feel you must win every time?
- B. you avoid, ignore or hide your true feelings to make the other person feel better?
- C. you negotiate and try to compromise with the other person?






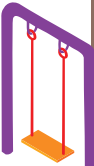

**Do you often feel:**

- A. angry and impatient?
- B. powerless and ignored?
- C. excited about life and calm?

**Count the number of times you chose each letter**    A \_\_\_\_\_ B \_\_\_\_\_ C \_\_\_\_\_  
:

# Practicing Communication

**Directions:** Respond to the following scenarios using passive, aggressive and assertive communications.

Life Scenarios	Passive 	Aggressive 	Assertive 
<p><b>Scenario #1</b> A friend asks to borrow your bike, but you were planning to ride it to the park.</p> 			
<p><b>Scenario #2</b> A friend asks to give her your lunch because she forgot hers.</p> 			
<p><b>Scenario #3</b> Your sibling asks you to take him to the park but you had plans to hang out with your friends at the mall.</p> 			
<p><b>Scenario #4</b> You're having an argument with your family and you don't feel like they are listening to you.</p> 			

# Who Said That?

**Directions:** In the blank box below each statement, write the letter of the celebrity that you think said the statement.



Beyonce Knowles

“It’s important to find out who you are and love who you are. No matter what you’re dealing with, it’s harder and exhausting to be constantly pretending to be something that you’re not.”

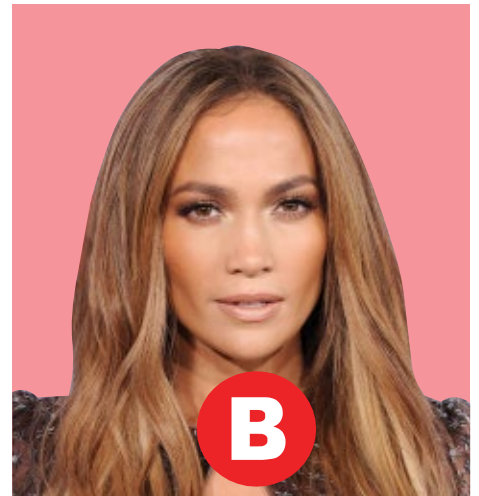
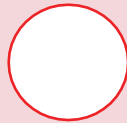


Zendaya

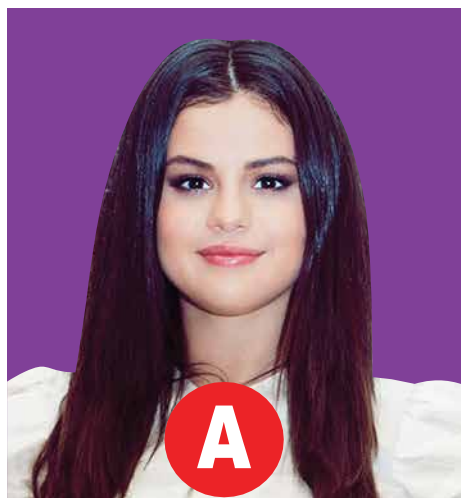


Demi Lovato

“Learning to be grateful for our bodies and taking care of them are the best ways to empower ourselves, mentally, physically and spiritually.”

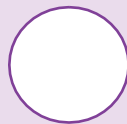


Jennifer Lopez



Selena Gomez

“I was never the girl who thought I need to make sure I look like all the other girls. I think you look best when you stand out.”

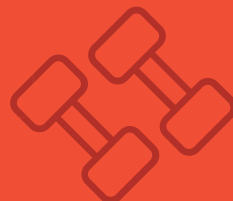
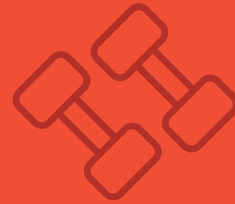


Ariana Grande



# Exercise





# Benefits of Physical Activity

**Physical activity is any movement the body does that spends energy. Exercise is a physical activity that is used regularly.**

## Benefits



You will feel calm and with more energy. Exercise reduces anxiety, depression and stress.



You will feel stronger. Exercise increases muscle mass and prevents osteoporosis.



You will be able to make new friends. Exercise allows you to socialize with your friends in a healthy environment.



You will sleep better. Exercise will improve quality and time of sleep.



You will have better health. Exercise will reduce risks to develop diseases such as diabetes.



You will have a better memory. Exercise helps to maintain mental health.



You will be able to achieve and maintain ideal weight.



# Type of Physical Activities



## Moderate Intensity

Walk

Exercises in the pool  
(Aquagym)

Dance

Gardening



## Vigorous Intensity

Spinning

Running

Zumba

Soccer

Swimming



## Strength Exercise

Repetitions with light weights

Repetitions with own body weight



## Flexibility and Stretching Exercises

Yoga

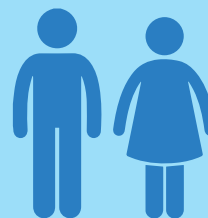


## Children ages 4-17



**60 minutes daily**  
of moderate to vigorous physical  
activities

## Adults ages 18+



**30 minutes daily 5  
times a week**  
of moderate to vigorous physical  
activities

Remember to start with small steps. If you've been inactive for a long time or if you are affected by a chronic disease, ask your doctor before starting.

# Brainstorming Exercise Goals

## Exercise Goals



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## What Do I Need?



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## Who can help me?



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## What will stop me?



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## I plan to finish my goal in...



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## My reward will be...



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# Getting F.I.T.T!

Follow the F.I.T.T. and your exercise program should keep you healthy.

**F**

**F** is for **Frequency**, or how many times exercise is done. Daily exercise is recommended.

**I**

**I** is for **Intensity**, or the difficulty to do exercise. For adults, the recommendation is to exercise 150 minutes of moderate physical activity, or 75 minutes of vigorous physical activity = 30 minutes daily 5 times a week.

**T**

**T** is for **Time**, or duration of exercise. For children and young adults, recommendation is 60 minutes of moderate or vigorous exercise every day.

**T**

**T** is for **Type**, or the type of physical activity used. There are many types of exercises focused on strength, resistance or flexibility.

Example: I will complete 30 minutes of intense walk 6 times a week.

# Energy and Balance

## What is energy?

Energy is the fuel that helps our body to move during the day. It is found as calories in foods or beverages. We spend energy as we move.

## Weight Gain



Consumption of foods is **GREATER** than the energy spent during physical activity.

## Weight Maintenance



Consumption of foods is **EQUAL** to the energy spent during physical activity.

## Weight Loss

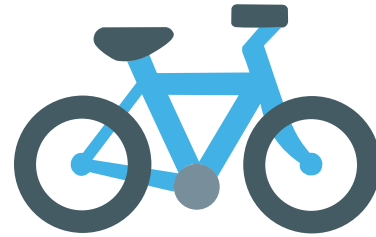


Consumption of foods is **LESS** than the energy spent during physical activity.

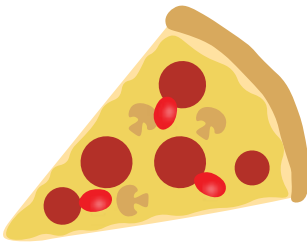
# Energetic Balance



1 Chocolate Bar  
280 calories



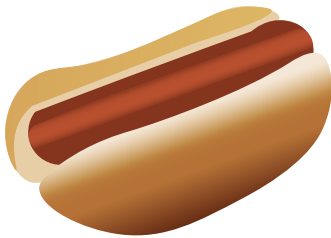
30 minutes in  
stationary bike



2 Pizza Slices  
580 calories



1 hour of running  
(or 6 miles)



1 Hot Dog  
265 calories



1 hour and 20 minutes  
of light walking







1-1 oz Bag of Snack  
140 calories



30 minutes of fast dancing

# Calories Spent with Physical Activity

List of activities and the number of calories spent in physical activities done for 10 minutes for one person of 100 lbs. and another one with 150 lbs.

	Activity	100-lb Person	150-lb Person
	Walking 2 MPH	23	24
	Dancing	28	42
	Swimming	32	48
	Running 5.5 MPH	72	107
	Volleyball	34	52
	Making the bed	26	39
	Shopping at Supermarket	27	41
	Cooking	30	33
	Sweep/Mop	34	51
	Mow the grass	36	54
	Using Stairs	68	102
	Walking the dog	33	50
	Watching TV	8	12

Source: National Institute of Health and Calorie Control Council  
<https://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/healthy-weight-basics/maintain.htm>  
<https://www.caloriecontrol.org/healthy-weight-tool-kit/lighten-up-and-get-moving>



# Domains

## Nutrition

### Basics of Nutrition

Food Functions  
Add Color to Your Plate

### Goal Setting and Self-Reflection

My Eating Habits  
The Kitchen Detective  
Brainstorming Nutrition Goals  
Goal Evaluation

### Healthy Eating Strategies and Guidelines

My Plate  
My BOUNCE Plate  
Tips for a Healthy Breakfast  
Ten Tips to Eat More Fruits and Veggies  
Estimate the Portion Size  
Menu Planning

### Macro Nutrients

#### Carbohydrates & Dietary Fiber

Carbohydrates  
Food High in Fiber: Soluble or Insoluble  
Why We Need Fiber in Our Diet?  
Amount of Added Sugar in Drinks  
Amount of Added Sugar in Condiments  
Amounts of Natural Sugar in Fruits  
Guess the Amount of Sugar

#### Fat

Tips to Reduce Fat Consumption  
Food Traffic Light

#### Protein

How to Increase the Consumption of Proteins  
Healthy Protein Snacks

#### Water

Drink More Water and Less Sodas

#### Meals

Rate Your Breakfast Plate  
Smoothie Competition  
My Plate Activity

#### Monitoring Progress

Daily Food Journal

#### Reading Nutrition Facts Labels

Read the Label Before Eating  
Tips on How to Use Nutrition Label

## Coaching

### Body Image/Self-Esteem

Treasure Hunt  
Who Said That?  
Beauty in Every Shape and Size  
Words Can Hurt  
Complications with Child Obesity

### Communication

Communication Style  
Communication Style Quiz  
Practicing Communication  
Practicing Effective Listening Skills  
Non-Verbal Communication Awareness

### Emotion Regulation

Volcano Scale—My Triggers  
Strategies for Managing Emotions

### Goal Setting and Self Reflection

Goal Setting Guidelines  
Road to Reach My SMART Goal  
Creating a Vision Board  
Goal Evaluation  
Personal Feedback  
My Healthy Living Plan  
Tips for Eating Out  
Tips to Eat Healthier with My Family  
Raised in Two Cultures

### Self-Care

Natural Beauty  
Homemade Body Scrubs

### Stress and Coping

Keys to Effective Problem Solving  
Stress Management  
What are the Consequences of Stress?  
Coping Skills

### Team Building Activities (no handouts required)

Wool Web  
Tall Tower

## Exercise

### Basics of Exercise

Benefits of Physical Activity  
Type of Physical Activities

### Exercise Strategies and Guidelines

Get F.I.T.T!  
Tips to Increase Physical Activity  
Upper Body Workouts at Home  
Leg Workouts at Home  
Abdominal Workouts at Home  
Chest Workouts at Home

### Goal Setting and Self-Reflection

Brainstorming Exercise Goals  
Exercise Plan

### Monitoring Progress

My Fitness Journal

### Nutrition and Fitness

Energy and Balance  
Energetic Balance  
Calories Spent with Physical Activity

### Physical Benefits of Exercising

Benefits of Physical Activity  
Why Do We Need to Sleep?  
Ways to Wake Up Happy  
Exercise for the Brain Health

# Acknowledgements

## Partners

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