

<b>Unit:</b>  Time:  Resources:  Materials Needed:	<p style="text-align: center;"><b>Lesson Focus</b></p> Content Knowledge:  Content Skills:  Thinking Skills:
Common Core/Health & Fitness Standards	
<b>Learning Targets: SWBAT...</b>	
1.	
2.	
3.	
4.	
<b>Warm Up/Housekeeping</b>	
1.	
2.	
3.	
4.	
<b>Activity:</b>	
<b>Closure/Assessment:</b>	



**EALR 3 | The student analyzes and evaluates the impact of real-life influences on health.**

Component	Grade Level Expectation	Sample Activity	Common Core Standard
Component 3.1 Understands how family, culture, and environmental factors affect personal health.	GLE 3.1.1 Analyzes how family and cultural diversity enriches and affects personal health behaviors.  GLE 3.1.2 Analyzes how environmental factors impact health.  GLE 3.1.3 Evaluates environmental risks associated with certain occupational, residential, and recreational choices.		
Component 3.2 Evaluates health and fitness information.	GLE 3.2.1 Evaluates health and fitness information.  GLE 3.2.2 Creates health and fitness messages in media.		
Component 3.3 Evaluates the impact of social skills on health.	GLE 3.3.1 Analyzes conflict situations.		

**EALR 4 | The student effectively analyzes personal information to develop individualized health and fitness plans.**

Component	Grade Level Expectation	Sample Activity	Common Core Standard
Component 4.1 Analyzes personal health and fitness habits.	GLE 4.1.1 Analyzes daily health and fitness habits.  GLE 4.1.2 Analyze career opportunities in health and fitness.		
Component 4.2 Develops and monitors and health a fitness plan.	GLE 4.2.1 Evaluates concepts of a health, fitness, and nutrition plan and monitoring system, based on life and employment goals.  GLE 4.2.2 Understands barriers to physical activity and healthy lifestyle.		



## EXTRACURRICULAR ACTIVITY CHART

NAME \_\_\_\_\_

CLASS \_\_\_\_\_

Extra-curricular activity is required 2 days a week (minimum) for at least 30 minutes. Examples include sports, weight lifting, hiking, bicycling, gym workouts, dance, etc. Make sure you record the time and describe your activity. A parent/guardian/coach MUST sign off on the completed activity. Please specify the component of fitness for each activity (flexibility, muscular endurance, muscular strength, cardiorespiratory endurance).

**Week of** \_\_\_\_\_ **Week #** \_\_\_\_\_ **Date** \_\_\_\_\_

Activity #1 \_\_\_\_\_

Date \_\_\_\_\_ Component of Fitness #1 \_\_\_\_\_ #2 \_\_\_\_\_

Activity #2 \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

**Week of** \_\_\_\_\_ **Week #** \_\_\_\_\_ **Date** \_\_\_\_\_

Activity #1 \_\_\_\_\_

Date \_\_\_\_\_ Component of Fitness #1 \_\_\_\_\_ #2 \_\_\_\_\_

Activity #2 \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

**Week of** \_\_\_\_\_ **Week #** \_\_\_\_\_ **Date** \_\_\_\_\_

Activity #1 \_\_\_\_\_

Date \_\_\_\_\_ Component of Fitness #1 \_\_\_\_\_ #2 \_\_\_\_\_

Activity #2 \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

**Week of** \_\_\_\_\_ **Week #** \_\_\_\_\_ **Date** \_\_\_\_\_

Activity #1 \_\_\_\_\_

Date \_\_\_\_\_ Component of Fitness #1 \_\_\_\_\_ #2 \_\_\_\_\_

Activity #2 \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

**Week of** \_\_\_\_\_ **Week #** \_\_\_\_\_ **Date** \_\_\_\_\_

Activity #1 \_\_\_\_\_

Date \_\_\_\_\_ Component of Fitness #1 \_\_\_\_\_ #2 \_\_\_\_\_

Activity #2 \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

**Week of** \_\_\_\_\_ **Week #** \_\_\_\_\_ **Date** \_\_\_\_\_

Activity #1 \_\_\_\_\_

Date \_\_\_\_\_ Component of Fitness #1 \_\_\_\_\_ #2 \_\_\_\_\_

Activity #2 \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

**Week of** \_\_\_\_\_ **Week #** \_\_\_\_\_ **Date** \_\_\_\_\_

Activity #1 \_\_\_\_\_

Date \_\_\_\_\_ Component of Fitness #1 \_\_\_\_\_ #2 \_\_\_\_\_

Activity #2 \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

**Week of** \_\_\_\_\_ **Week #** \_\_\_\_\_ **Date** \_\_\_\_\_

Activity #1 \_\_\_\_\_

Date \_\_\_\_\_ Component of Fitness #1 \_\_\_\_\_ #2 \_\_\_\_\_

Activity #2 \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

**Week of** \_\_\_\_\_ **Week #** \_\_\_\_\_ **Date** \_\_\_\_\_

Activity #1 \_\_\_\_\_

Date \_\_\_\_\_ Component of Fitness #1 \_\_\_\_\_ #2 \_\_\_\_\_

Activity #2 \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

# Exercise Benefits

## Learn Just Some of the Many Benefits of a Fitness and Nutritional Plan

- Exercise benefit #1...**Increased energy:** The right combination of exercise and nutrition creates an hormonal environment conducive to fat loss, increased muscle strength and increased energy. When you body is working to peak efficiency, you energy levels soar! Everyday things become much easier to do.
- Exercise benefit #2...**Increased self-esteem:** Gaining control of you body size and weight through fitness is an amazing way to increase self-esteem. You look better and are more confident which empowers you in everything you do. You will find that the more self-discipline required and learning through regular exercise spills over into other areas of your life and you will be better able to make other necessary and desirable changes.
- Exercise benefit #3...**Increase Mental Focus:** Did you know that the latest research shows that exercise helps keep the brain sharp well into old age? Anything that involves mental acuity (focus and concentration) is improved. You also stand a much better chance of avoiding such diseases as Alzheimer's and senility.
- Exercise benefit #4...**Decreased Risk of a Heart Attack:** by exercising regularly and making positive changed in your diet, you lower your cholesterol and blood pressure and greatly diminish the chances of having a heart attack.
- Exercise benefit #5...**Decreased Risk of Osteoporosis:** Regular exercise especially weighty-bearing exercise, reduces the risk of osteoporosis, and can even reverse it by building bone tissue!
- Exercise benefit #6...**Decreased the Risk of Breast Cancer by up to 60%** Estradiol and progesterone, two ovarian hormones linked to breast cancer tumor production are lowered in the body by exercise.
- Exercise benefit #7...**Increased Strength and Stamina:** Every physical thing you do becomes easier which is immensely useful in everyday life.
- Exercise benefit #8...**Reduced Depression:** The production of Endorphins (feel good hormones) is increased through exercise. Nothing improves mood and suppress depression better then those endorphins
- Exercise benefit #9...**Decreased Stress Levels:** The worries and stresses of everyday living (commuting, work demands, conflicts etc.) can stick with you long after the work day is done. Exercise right after you work is the perfect natural therapy that can change your mood. You'll sleep better too!
- Exercise benefit #10...**Well actually, here are another 50 benefits...**

Improves digestion  
Changes quality of sleep  
Adds a sparkle and radiance to complexion  
Improves body shape  
Tones and firms muscles  
Provides more muscular definition  
Enables weight loss and keeps it off  
Makes you limber  
Improves endurance  
Burns extra calories  
Improves circulation and helps reduce blood pressure  
Increases lean muscle tissue in the body  
Improves appetite for healthy foods  
Alleviates menstrual cramps  
Alters and improves muscle chemistry  
Increases metabolic rate  
Enhances coordination and balance  
Improves posture  
Eases and possibly alleviates back problems and pain  
Makes the body use calories more efficiently  
Lowers resting heart rate  
Increases muscle size through an increase in muscle fibers  
Improves body composition  
Increases body density  
Decreases fat tissue more easily  
Makes body more agile  
Is the greatest body tune-up  
Reduces joint discomfort  
Improves athletic performance  
Enriches sexuality  
May add a few years to life  
Increases your range of motion  
Enhances immune system  
Improves glycogen storage  
Enables enzymes in your body which burn fat  
Increases the number and size of mitochondria in muscle cells  
Increases concentration of myoglobin (carries oxygen in muscles) in skeletal muscles  
Enhances oxygen transport throughout the body  
Improves liver function  
Increases speed of muscle contraction and reaction time.  
Enhances feedback through the nervous system  
Strengthens the heart  
Improves blood flow  
Helps to alleviate varicose veins  
Increases maximum cardiac output  
Increases contractility of the heart's ventricles  
Increases the weight and size of the heart  
Improves contractile function of the whole heart  
Makes calcium transport in the heart and body more efficient



Name \_\_\_\_\_

Class Period \_\_\_\_\_

### Make-Up Sheet

Make-Ups are used for absences, poor scores on assignments/tests, or lost points throughout the trimester. Each make-up must be 30 minutes of physical activity and must be signed by either a parent/guardian or coach. Examples can include: practices, sporting events, snowmobiling, hiking, running, etc. Complete the component of fitness for each make-up as well (cardio, Muscular Endurance, Muscular Strength, or Flexibility). 8 can be completed per trimester.

#### Make-Up #1

Make-Up Date \_\_\_\_\_

Reason for Make-Up \_\_\_\_\_

Make-Up Activity \_\_\_\_\_

Parent Signature \_\_\_\_\_ Comp. of Fitness \_\_\_\_\_

#### Make-Up #2

Make-Up Date \_\_\_\_\_

Reason for Make-Up \_\_\_\_\_

Make-Up Activity \_\_\_\_\_

Parent Signature \_\_\_\_\_ Comp. of Fitness \_\_\_\_\_

#### Make-Up #3

Make-Up Date \_\_\_\_\_

Reason for Make-Up \_\_\_\_\_

Make-Up Activity \_\_\_\_\_

Parent Signature \_\_\_\_\_ Comp. of Fitness \_\_\_\_\_

#### Make-Up #4

Make-Up Date \_\_\_\_\_

Reason for Make-Up \_\_\_\_\_

Make-Up Activity \_\_\_\_\_

Parent Signature \_\_\_\_\_ Comp. of Fitness \_\_\_\_\_

#### Make-Up #5

Make-Up Date \_\_\_\_\_

Reason for Make-Up \_\_\_\_\_

Make-Up Activity \_\_\_\_\_

Parent Signature \_\_\_\_\_ Comp. of Fitness \_\_\_\_\_

#### Make-Up #6

Make-Up Date \_\_\_\_\_

Reason for Make-Up \_\_\_\_\_

Make-Up Activity \_\_\_\_\_

Parent Signature \_\_\_\_\_ Comp. of Fitness \_\_\_\_\_

**Make-Up #7**

Make-Up Date \_\_\_\_\_ Reason for Make-Up \_\_\_\_\_

Make-Up Activity \_\_\_\_\_

Parent Signature \_\_\_\_\_ Comp. of Fitness \_\_\_\_\_

**Make-Up #8**

Make-Up Date \_\_\_\_\_ Reason for Make-Up \_\_\_\_\_

Make-Up Activity \_\_\_\_\_

Parent Signature \_\_\_\_\_ Comp. of Fitness \_\_\_\_\_

## WATER VS. COKE

### **The Benefits of Water**

1. 75% of Americans are chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water is a major trigger in daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water could ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short term memory.
8. Some studies suggest that 5 glasses of water daily can reduce the risk of colon cancer and bladder cancer.
9. Water suppresses the appetite naturally and can reduce fat deposits.
10. Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration.
11. Water helps to prevent sagging skin that can follow high weight loss.
12. Water helps rid the body of waste and can relieve constipation.

### **The Benefits of Coke**

1. Many highway patrol carry two gallons of Coke to remove blood from the highway after car accidents.
2. You can put a T-Bone steak in a bowl of Coke and it will be gone in 2 days.
3. Coke is a good toilet bowl cleaner. Put a can in the bowl and let it sit for one hour. The acid removes stains from vitreous china.
4. Use Coke to remove rust spots from chrome car bumpers by rubbing it with a crumpled up piece of aluminum foil dipped in Coke.
5. Pour a can of Coke over a battery terminal to remove corrosion.
6. Loosen a rusted bolt by applying a cloth soaked in Coke to it for several minutes.
7. To remove grease from clothes, empty a can of coke into a load of greasy clothes with detergent.
8. Coke can dissolve a nail in 4 days because of its phosphoric acid.



# MyPyramid Calorie Levels

MALES			
AGE	Sedentary	Mod. Active	Active
2	1000	1000	1000
3	1000	1400	1400
4	1200	1400	1600
5	1200	1400	1600
6	1400	1600	1800
7	1400	1600	1800
8	1400	1600	2000
9	1600	1800	2000
10	1600	1800	2200
11	1800	2000	2200
12	1800	2200	2400
13	2000	2200	2600
14	2000	2400	2800
15	2200	2600	3000
16	2400	2800	3200
17	2400	2800	3200
18	2400	2800	3200
19-20	2600	2800	3000
21-25	2400	2800	3000
26-30	2400	2600	3000
31-35	2400	2600	3000
36-40	2400	2600	2800
41-45	2200	2600	2800
46-50	2200	2400	2800
51-55	2200	2400	2800
56-60	2200	2400	2600
61-65	2000	2400	2600
66-70	2000	2200	2600
71-75	2000	2200	2600
76+	2000	2200	2400

FEMALES			
AGE	Sedentary	Mod. Active	Active
2	1000	1000	1000
3	1000	1200	1400
4	1200	1400	1400
5	1200	1400	1600
6	1200	1400	1600
7	1200	1600	1800
8	1400	1600	1800
9	1400	1600	1800
10	1400	1800	2000
11	1600	1800	2000
12	1600	2000	2200
13	1600	2000	2200
14	1800	2000	2400
15	1800	2000	2400
16	1800	2000	2400
17	1800	2000	2400
18	1800	2000	2400
19-20	2000	2200	2400
21-25	2000	2200	2400
26-30	1800	2000	2400
31-35	1800	2000	2200
36-40	1800	2000	2200
41-45	1800	2000	2200
46-50	1800	2000	2200
51-55	1600	1800	2200
56-60	1600	1800	2200
61-65	1600	1800	2000
66-70	1600	1800	2000
71-75	1600	1800	2000
76+	1600	1800	2000

Calorie levels are based on the Estimated Energy Requirements (EER) and activity levels from the Institute of Medicine Dietary Reference Intakes Macronutrients Report, 2002.

- Sedentary** = less than 30 minutes a day of moderate physical activity in addition to daily activities.
- Mod. Active** = at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.
- Active** = 60 or more minutes a day of moderate physical activity in addition to daily activities.

## MyPyramid Daily Portions from Each Food Group

Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
<b>Fruits</b>	1 cup	1 cup	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2 cups	2.5 cups	2.5 cups	2.5 cups
<b>Vegetables</b>	1 cup	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3.5 cups	3.5 cups	4 cups	4 cups
<b>Grains</b>	3 oz.	4 oz.	5 oz.	5 oz.	6 oz.	6 oz.	7 oz.	8 oz.	9 oz.	10 oz.	10 oz.	10 oz.
<b>Meat &amp; Beans</b>	2 oz.	3 oz.	4 oz.	5 oz.	5 oz.	5.5 oz.	6 oz.	6.5 oz.	6.5 oz.	7 oz.	7 oz.	7 oz.
<b>Milk</b>	2 cups	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
<b>Oils</b>	3 tsp.	4 tsp.	4 tsp.	5 tsp.	5 tsp.	6 tsp.	6 tsp.	7 tsp.	8 tsp.	8 tsp.	10 tsp.	11 tsp.
<b>Discretionary</b>	165	171	171	132	195	267	290	362	410	426	512	648

**Fruits:** 1 cup fruit or 100% fruit juice or 1/2 cup dried fruit = 1 cup fruit.

**Vegetables:** 1 cup raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens = 1 cup vegetables.

**Grains:** 1 slice of bread, 1 cup ready-to-eat cereal, or 1/2 cup cooked rice, pasta, or cooked cereal = 1 ounce grains. **At least half of all grains consumed should be whole grains.**

**Meat & Beans:** 1 ounce lean meat, poultry, or fish, 1 egg, 1 Tbsp. peanut butter, 1/4 cup cooked dry beans, or 1/2 ounce of nuts or seeds = 1 ounce meat & beans.

**Milk:** 1 cup of milk or yogurt, 1.5 ounces of natural cheese, or 2 ounces of processed cheese = 1 cup milk.

**Discretionary Calorie Allowance:** The remaining amount of calories after accounting for the calories needed for all food groups.

My Calorie Level: \_\_\_\_\_

My Portions Every Day:

_____	_____	_____	_____	_____	_____	_____
Fruits	Vegetables	Grains	Meat & Beans	Milk	Oils	Discretionary



## KNOW YOUR NUMBERS

**Resting Heart Rate** = < 83 BPM

To test your resting heart rate, find your pulse before you start running around or prior to the morning java. Count the number of beats in ten seconds, then multiply by 6. Anything over 83 beats per minute means you are at high risk for a heart attack.

To reduce your resting heart rate, ironically, speed it up! Make your heart beat faster for a minimum of 60 minutes per week. To calculate your ideal BPM while exercising, subtract your age from 220, then multiply the result by 0.8.

**Blood Pressure** = 115/75

The average American's blood pressure in middle age is 130/80, but since the average American dies of heart disease, that isn't good enough. Instead, shoot for 115/75. Measure your blood pressure on a regular basis (at least once a month).

To reduce blood pressure, exercise hard enough to sweat for at least 1 hour each week. This means, if you are used to 30 minute workouts, you will need to do at least three since it takes 10 minutes to sweat.

**Cholesterol** = 2 to 1

When it comes to cholesterol, the total level isn't as predictive to heart disease as what's known as the ratio. Cholesterol is carried in the blood by two different lipoproteins: LDL (the lousy kind), spews waxy fat-like substances in your arteries, gunking them up. The good one, HDL (H for healthy), gathers up cholesterol so it can't clog. If you have some risk for heart disease (family history, high blood pressure, diabetes, smoking), keep your LDL under 100. Otherwise, it is okay to aim for under 160; but better still to be under 130. Ideally, your HDL should be more than 50. Doctors love it when the ratio of LDL to HDL is less than 2 to 1.

To improve your ratio, include soluble fiber (oatmeal, kidney beans, apples) in your diet, aiming for 25 grams a day.

**Omega-6s to Omega-3s** = 4 to 1

Omega-6s and Omega-3s are essential fatty acids: their work includes building cell membranes and nerve insulation. But since the body doesn't produce these fats, you must get them from your diet – and the balance makes all the difference. American drive through cuisine includes huge amounts of omega-6s, yet hardly any omega-3s. Although the optimum ratio is 4 to 1, ours is often 20 to 1, which puts us at increased risk for cardiovascular disease, arthritis, asthma, and some cancers.

To get a better balance, eat more fish, seafood, whole grains, beans, nuts, and ground flaxseeds to increase omega-3s. Cut back on processed foods along with oils made from corn, safflower, cottonseed, and peanuts to ease off the omega-6s.

**Inflammation** = 1

If you have ever seen an apple slice turn brown 20 minutes after being cut, you can picture what inflammation does to your body: It causes the rusting of tissue. You can gauge your level of inflammation with a blood test that measures C-reactive protein, which is produced by the liver and is part of the body's battle response. A healthy level is under 1 – meaning you've got less than half the chance of heart

disease than if your level is greater than 3. A number above 10 suggests you may have another ailment that should be diagnosed.

To reduce CRP, try to eliminate low-grade irritants like gingivitis (floss daily). Also move toward a Mediterranean-style diet (lots of fruits, vegetables, and whole grains).

**Vitamin D = 30**

When you are deficient in vitamin D, you may be at increased risk for heart disease, cancer, multiple sclerosis, and immune disorders, not to mention osteoporosis. To make sure you're getting enough, take a blood test for vitamin D. Your level should be greater than 30.

To boost vitamin D, try getting 15 minutes of sun exposure each day. If this is not a possibility, take a supplement containing at least 1,000 IU of D3, the most potent form of the vitamin, or chug a tablespoon of cod liver oil each morning.

**Waist size = 32.5**

Ideally, your waist should measure less than half your height (from the belly button). That means if you are 5'5", your waist needs to be less than 32.5 inches. The reason: the omental fat beneath your stomach muscles cause inflammation, which drives many of your body's other critical numbers in the wrong direction.

To lose inches at your waist, focus on slicing off 100 calories a day. Since salad dressings sabotage many good intentions, one idea is to make better decisions while going "green".

**Blood sugar = 125**

The other danger of omental fat is that it can block insulin's ability to work, which increases blood sugar and puts you at risk for diabetes. Your blood sugar should be less than 100 after an overnight or eight-hour fast and less than 125 if you aren't fasting.

To lower blood sugar, try chia seeds. It is believed they form a gelatinous substance in the stomach that helps slow the speed at which sugar is absorbed.

**Bone Density = -1**

The standard DEXA (dual energy X-ray absorptiometry) scan provides a T score—your bone density compared with that of a healthy woman. Above -1 is normal, between -1 and -2.5 indicates osteopenia, which may lead to osteoporosis. Below -2.5 means you have osteoporosis.

To strengthen your bones, along with 1,000 IU of vitamin D, take 1,200 milligrams of calcium and 400 milligrams of magnesium (half in the morning, half at night). Additionally, start a program of resistance training (dumbbells, pushups, squats) for at least 30 minutes twice a week.

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# MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today

Food Group

Tip

Goal Based on a 2000 calorie pattern.

List each food choice in its food group\*

Estimate Your Total

Food Group	Tip	Goal Based on a 2000 calorie pattern.	List each food choice in its food group*	Estimate Your Total
<p><b>GRAINS</b></p>	Make at least half your grains whole grains	<p><b>6 ounce equivalents</b>            (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)</p>		ounce equivalents
<p><b>VEGETABLES</b></p>	Try to have vegetables from several subgroups each day	<p><b>2 ½ cups</b>            Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies</p>		cups
<p><b>FRUITS</b></p>	Make most choices fruit, not juice	<p><b>2 cups</b></p>		cups
<p><b>MILK</b></p>	Choose fat-free or low fat most often	<p><b>3 cups</b>            (1 ½ ounces cheese = 1 cup milk)</p>		cups
<p><b>MEAT &amp; BEANS</b></p>	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	<p><b>5 ½ ounce equivalents</b> (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)</p>		ounce equivalents
<p><b>PHYSICAL ACTIVITY</b></p>	Build more physical activity into your daily routine at home and work.	<p>At least <b>30 minutes</b> of moderate to vigorous activity a day, 10 minutes or more at a time.</p>	<p>*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.</p>	minutes

How did you do today?  Great  So-So  Not So Great

My food goal for tomorrow is:

My activity goal for tomorrow is:

Sueby



# MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today

Food Group

Tip

Goal Based on a 2000 calorie pattern

List each food choice in its food group\*

Estimate Your Total



Make at least half your grains whole grains

6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)

ounce equivalents



Try to have vegetables from several subgroups each day

2 ½ cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies

cups



Make most choices fruit, not juice

2 cups

cups



Choose fat-free or low fat most often

3 cups (1 ½ ounces cheese = 1 cup milk)

cups



Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds

5 ½ ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)

ounce equivalents



Build more physical activity into your daily routine at home and work

At least 30 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.

minutes

\*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

How did you do today?

Great

So-So

Not So Great

My food goal for tomorrow is:

My activity goal for tomorrow is:













# How long does it take to

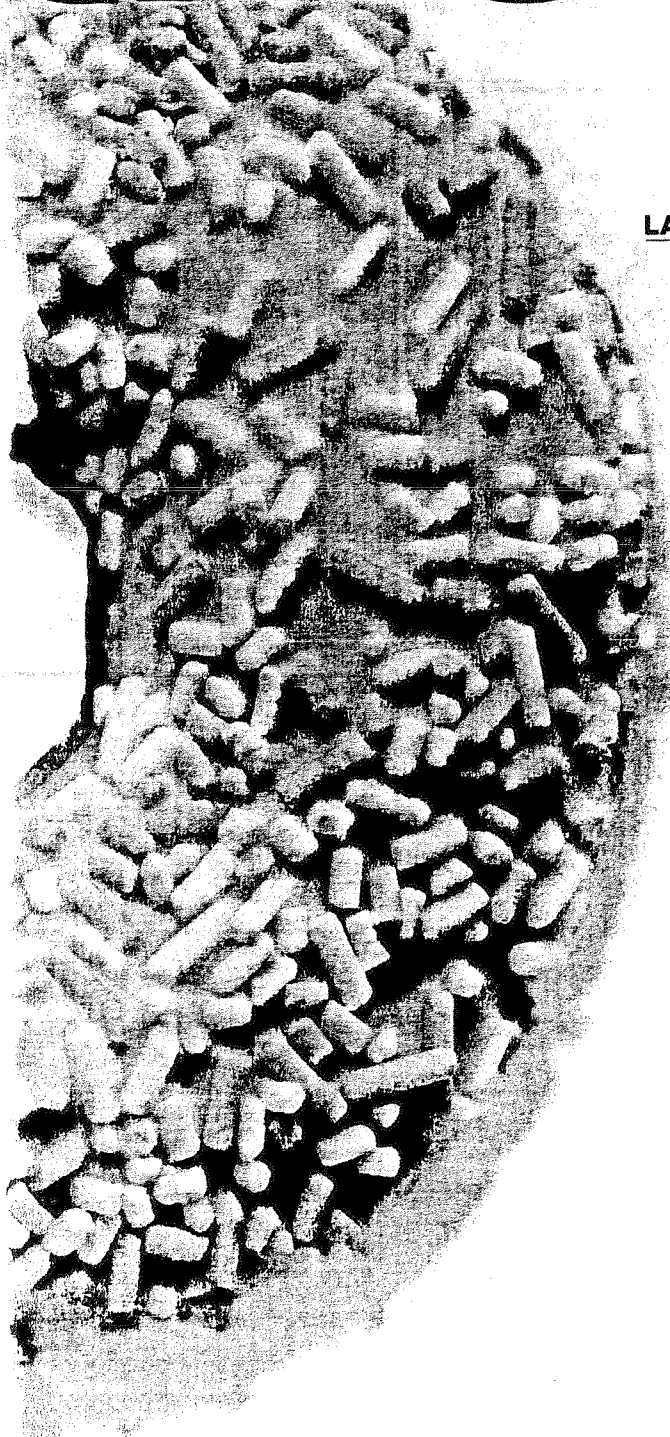
Enjoy every last one of these 240 strawberry-frosted, sprinkled calories. We'll show you how to erase them before they hit your hips! BY MELISSA DALY

# burn

ACTIVITY/TIME	BURNS OFF
<b>RIDE A BIKE (12 MPH)</b> 29 MINUTES	 (247 calories)*
<b>SHOP TILL YOU DROP</b> 1 HOUR 38 MINUTES	 (241 calories)
<b>ROLLERBLADE</b> 18 MINUTES	 (243 calories)
<b>GO FOR A HIKE</b> 38 MINUTES	 (243 calories)
<b>JUMP ROPE</b> 12 MINUTES	 (128 calories)
<b>RUN 2.3 MILES</b> 23 MINUTES	 (246 calories)
<b>RAKE LEAVES</b> 53 MINUTES	 (243 calories)
<b>WALK (HOLDING A BABY)</b> 1 HOUR 5 MINUTES	 (243 calories)
<b>GO HORSEBACK RIDING</b> 57 MINUTES	 (243 calories)
<b>DO YOGA</b> 45 MINUTES	 (120 calories)
<b>PACK A SUITCASE FOR A VACATION</b> 30 MINUTES	 (64 calories)
<b>CHASE YOUR KIDS AROUND THE HOUSE</b> 28 MINUTES	 (120 calories)



# this off?



**VACUUM** (243 calories)  
1 HOUR 5 MINUTES

**LAUGH AT A FUNNY MOVIE** (61 calories)  
23 MINUTES

**TALK ON THE PHONE  
(STANDING)** (115 calories)  
1 HOUR

**WALK THE DOG** (64 calories)  
20 MINUTES

**CLEAR THE TABLE, DO  
THE DISHES,  
STRAIGHTEN UP** (120 calories)  
45 MINUTES

**WRITE E-MAIL** (115 calories)  
1 HOUR

**PLAY TOUCH FOOTBALL  
WITH YOUR KIDS** (247 calories)  
29 MINUTES

**DANCE TO FOUR OF  
YOUR FAVORITE SONGS** (62 calories)  
13 MINUTES

**WALK BRISKLY  
AROUND THE OFFICE** (61 calories)  
15 MINUTES

**MAKE YOUR  
OWN DOUGHNUTS  
FROM SCRATCH** (128 calories)  
1 HOUR

\*Calorie burns are based on a 140-pound woman.

## Football Pass Rubric

### **4** \*student meets 5 out of 5 criteria

- Fingers are placed over back half of the laces
- Ball is brought behind the ear with throwing elbow back
- Steps and transfers weight to leg opposite of throwing arm
- Wrist snaps across ball on release (Palm facing down)
- Ball travels in a good spiral with little wobble

### **3** \*student meets 4 out of 5 criteria

- Fingers are placed over back half of the laces
- Ball is brought behind the ear with throwing elbow back
- Steps and transfers weight to leg opposite of throwing arm
- Wrist snaps across ball on release (Palm facing down)
- Ball travels in a good spiral with little wobble

### **2** \*student meets 3 out of 5 criteria

- Fingers are placed over back half of the laces
- Ball is brought behind the ear with throwing elbow back
- Steps and transfers weight to leg opposite of throwing arm
- Wrist snaps across ball on release (Palm facing down)
- Ball travels in a good spiral with little wobble

### **1** \*student meets 2 out of 5 criteria

- Ball is brought behind the ear with throwing elbow back
- Steps and transfers weight to leg opposite of throwing arm
- Fingers are placed over back half of the laces
- Wrist snaps across ball on release (Palm facing down)
- Ball travels in a good spiral with little wobble





Name \_\_\_\_\_

Period \_\_\_\_\_ Date \_\_\_\_\_

## Wellness Personal Inventory

Find your level of wellness by rating each of the following Wellness Areas. Color in the number that best describes you.

1 = Never True      2 = Occasionally      3 = Sometimes      4 = Most of the time      5 = Always

<b>PHYSICAL HEALTH</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1. I eat a nutritious breakfast.					
2. I eat five servings of fruits and vegetables each day.					
3. Most of my snacks are not candy, pop, chips or other "junk" food.					
4. I read and understand food labels to determine if they are healthy.					
5. I have enough energy to get me through my day.					
6. I feel good about my body & maintain a healthy weight for my age & height.					
7. I vigorously exercise at least 30 minutes 5 or more days each week.					
8. I sleep 7-8 hours a day.					
9. I shower, brush my teeth 2-3 times each day, and wear deodorant.					
10. I avoid risky situations and activities. (using drugs, stealing, having sex)					
<b>MENTAL HEALTH</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
11. I work hard at school and stay engaged during instruction.					
12. I set goals and accomplish goals.					
13. I limit "screen" time (tv, computer, video games) to 1 hour a day					
14. I have a creative outlet (music, drama, writing, dance)					
15. I ask questions to clarify information.					
16. I challenge my mind by reading, doing thinking games & watching educational tv.					
17. School and homework always come first.					
18. I am organized and use my time wisely.					
19. I don't confuse reality with fiction (books, tv/movies, games)					
20. I learn about products & services before making decisions.					

<b>SOCIAL HEALTH</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
21. I text and use facebook appropriately, and I avoid drama.					
22. I am open, honest, and get along well with other people.					
23. I participate in a wide variety of social activities & enjoy being with people who are different from me.					
24. I try to be a "better person" & work on behaviors that have caused problems when I interact with others.					
25. I get along well with the members of my family.					
26. I am a good listener.					
27. I have someone I can talk to about my private feelings.					
28. I consider the feelings of others and do not act in hurtful or selfish ways.					
29. I can say "no" to others without feeling guilty.					
30. I include others in activities.					

<b>EMOTIONAL HEALTH</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
31. I am able to recognize situations that cause me stress & can handle them appropriately.					
32. When I am upset, I talk to others & actively try to work through my feelings.					
33. I avoid people who are "down" all the time & bring others around them down.					
34. I avoid using drugs or alcohol as a way to forget or deal with my problems.					
35. When I am sad or depressed it is usually for a short time.					
36. I find it easy to laugh about things that happen in my life.					
37. I can express my feelings without feeling silly.					
38. When I am angry, I try to let others know in non-confrontational and non-hurtful ways.					
39. I feel in control of my life and accept things I cannot change.					
40. I am aware of my own strengths and weaknesses.					

<b>ENVIRONMENTAL HEALTH</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
41. I am concerned about pollution & try to preserve resources.					
42. I recycle plastic and paper.					
43. I pick up after myself and do not litter.					
44. I take time to enjoy nature and the beauty around me.					
45. I try not to leave the water running too long when I brush my teeth, bathe & wash my hands.					

<b>SPIRITUAL HEALTH</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
46. I take time to think about what is important in life.					
47. I engage in acts of caring without expecting something in return.					
48. I do what is right even when others are not watching.					
49. I feel confident that I have touched the lives of others in a positive way.					
50. I accept responsibility for my actions and behavior.					

Name \_\_\_\_\_  
Period \_\_\_\_\_ Date \_\_\_\_\_

**After you complete your Wellness Inventory,  
answer the following questions in complete sentences:**

1. Considering your answers to the Wellness Inventory, what **Wellness Area** are making the best lifestyle choices? **Explain** why you think you are healthy in that area.

2. What Wellness Area are you making the least healthy lifestyle choices? **Explain** why you think you are not as healthy in that area.

**more questions on back**

3. What did you learn about yourself with this activity? (**Writing: "nothing" or "IDK" is NOT an option!**)

4. How can you apply this information in your life? What changes or improvement can you make? (**Writing: "nothing" or "IDK" is NOT an option!**)

5. After looking at the Wellness Inventory, what goals could you set to make improvements in your least healthy Wellness Area or a question you answered 1 or 2? Write out at least 3 goals.

Goal 1:

Goal 2:

Goal 3:

6. What role to you think self-esteem plays in the decisions a person makes? **Explain your answer.**

7. If students have a positive self-esteem do you think they will make good or bad decisions about friends? Diet? Exercise? Drugs? Sex and Abstinence? Overall work habits? **Explain your answer.**



# WHAT'S HEALTHIEST?

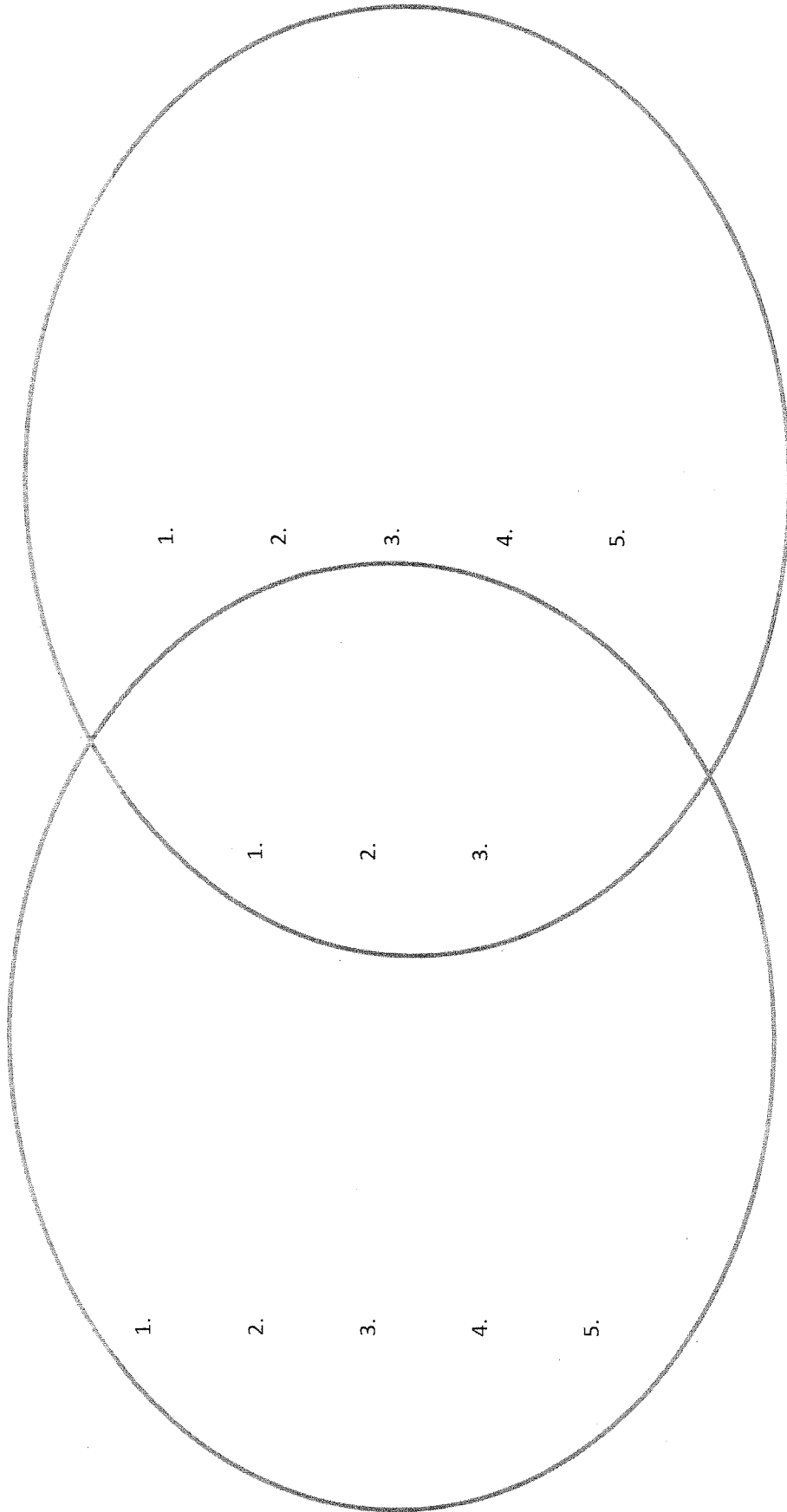
Name: \_\_\_\_\_

Period: \_\_\_\_\_

Compare and contrast the information on your fad diet with the "MyPlate" recommendations.

Diet: \_\_\_\_\_

"MyPlate"



**CONCLUSION:** Which diet is healthiest? Give 2 pieces of evidence.



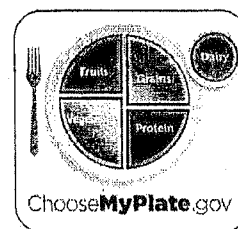






# 10 Tips to a great plate

Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to balance your calories, to choose foods to eat more often and to cut back on foods to eat less often.



1

## balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

2

## enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

3

## avoid oversized portions

Use a smaller plate bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4

## foods to eat more often

Eat more vegetables, fruits, whole grains, fat-free or 1% milk and dairy products. These foods have the nutrients you need for health -- including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5

## make half your plate fruits & vegetables

Choose red, orange, and dark green vegetables like tomatoes, sweet potatoes, and broccoli along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6

## switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7

## make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product -- such as eating whole wheat bread instead of white bread or brown rice instead of white rice.

8

## foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not every day foods.

9

## compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added".

10

## drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories in American diets.



# MyPersonalPlate

Refer to the "MyPlate Wheel" to find your age and activity level.  
(Male guidelines are on the blue side, female on the green side)

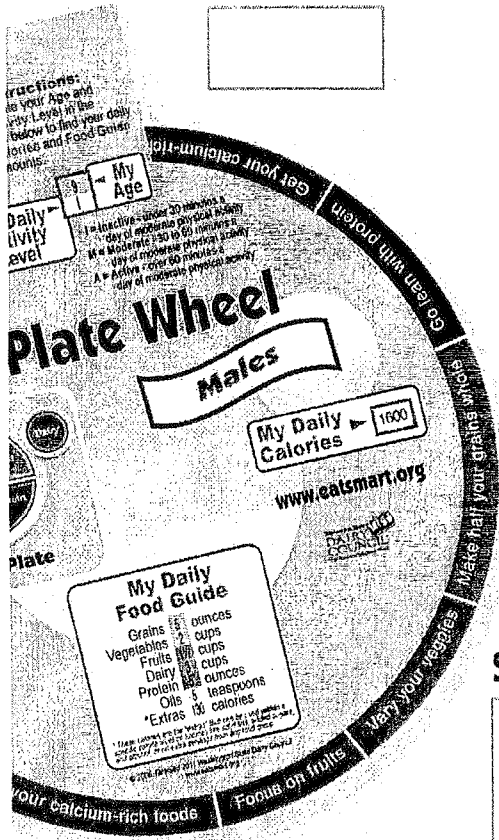
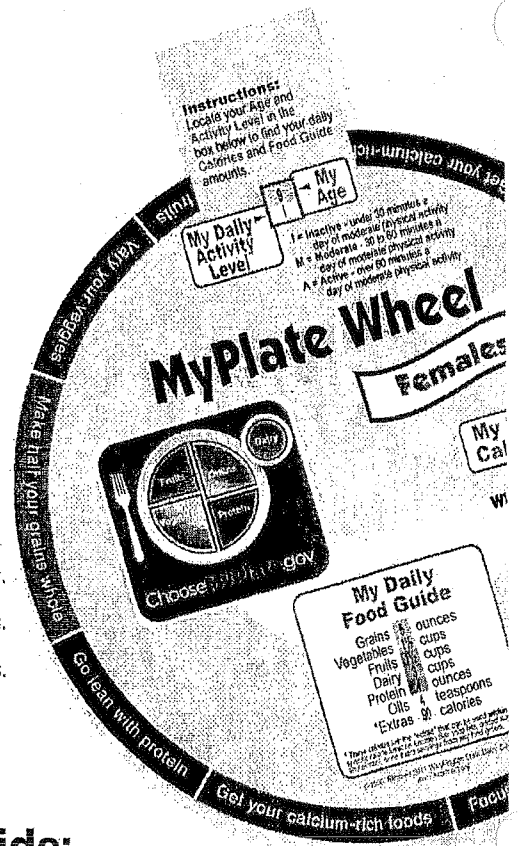
**My Name:**

**My Age:**

**My Activity Level:**

- I** = INACTIVE = less than 30 minutes a day of moderate physical activity in addition to daily activities.
- M** = MODERATE = 30 to 60 minutes a day of moderate physical activity in addition to daily activities.
- A** = ACTIVE = over 60 minutes a day of moderate physical activity in addition to daily activities.

**My Daily Calorie Level:**



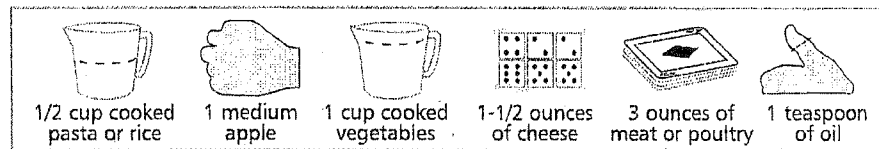
**My Daily Food Guide:**

Grains	<input type="text"/>	ounces
Vegetables	<input type="text"/>	cups
Fruits	<input type="text"/>	cups
Dairy	<input type="text"/>	cups
Protein Foods	<input type="text"/>	ounces
Oils	<input type="text"/>	teaspoons
Extras	<input type="text"/>	calories

Extra Calories - These calories are the "extras" that can be used within a specific calorie level on luxuries like solid fats, added sugars, and alcohol, or on extra servings from any food group.

For more information go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) and [www.EatSmart.org](http://www.EatSmart.org)

**Serving Size Guide:**



Name: \_\_\_\_\_ Period: \_\_\_\_\_

## My Weekly Fitness ...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities:	Activities:	Activities:	Activities:	Activities:	Activities:	Activities:
Time:	Time:	Time:	Time:	Time:	Time:	Time:
Components of Health-Related Fitness:	Components of Health-Related Fitness:	Components of Health-Related Fitness:	Components of Health-Related Fitness:	Components of Health-Related Fitness:	Components of Health-Related Fitness:	Components of Health-Related Fitness:

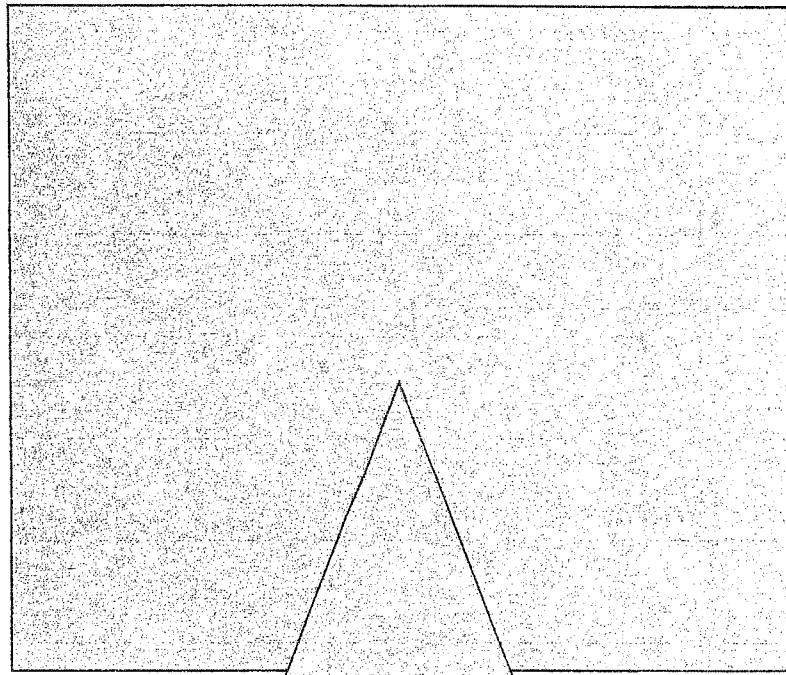
## My FITT Principle ...

F = \_\_\_\_\_  
 I = \_\_\_\_\_  
 T = \_\_\_\_\_  
 T = \_\_\_\_\_

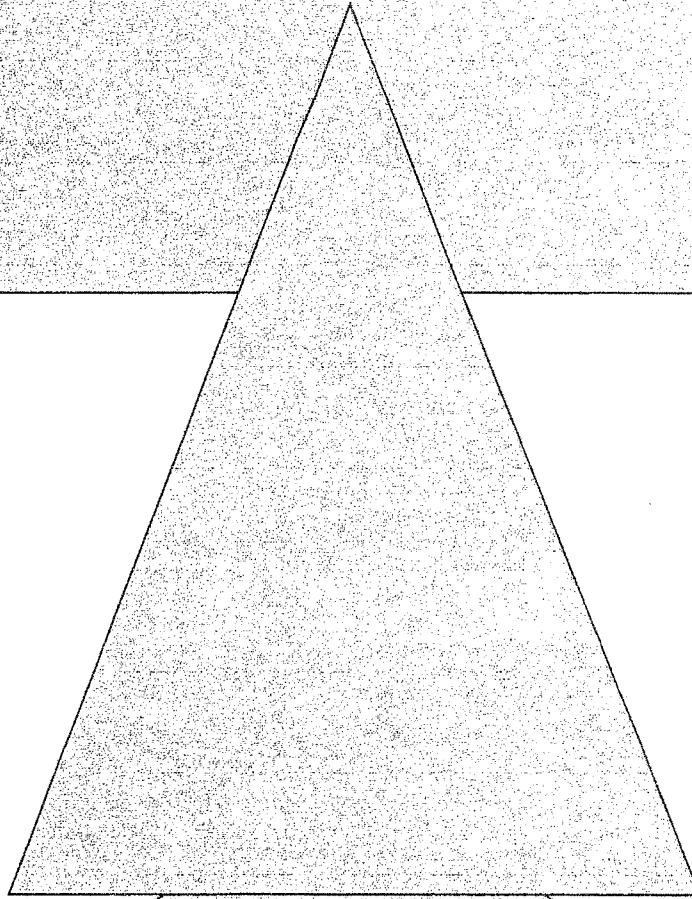
My fitness goal for next week ...



Ideas that  
are square  
with what  
I thought



A point that  
is challenging  
my thinking



A question  
rolling around  
in my mind

