Health education is about learning what you know deeper and what you do better to live a healthy life every day.

"STAY IN SHAPE" Curriculum

2022 – 2023 School Year

A health education program dedicated to nurturing healthier students in the communities served by MGH Charlestown, MGH Chelsea, and MGH Revere Health Centers

In Collaboration with:

Charlestown
Warren-Prescott School
Harvard-Kent Elementary School

Chelsea
Chelsea High School
Clark Avenue Middle School
Eugene Wright Science & Technology Academy
Joseph A. Brown Middle School (Program forthcoming this school year)
SIS Mentor Program at Chelsea Elementary Schools' Summer Program

Revere
Revere High School
Rumney Marsh Academy Middle School
SIS Mentor Program at MGH Revere Youth Zone' Summer Camp

Program Lead Agency: MGH Community Health Associates
300 Ocean Ave., 5th Floor, Revere, MA 02151
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Stay in Shape Program Curriculum

Week One

Program Kick-off:
Pre-Surveys
Welcome and Introduction

Discussion:
Small Steps
60 Minutes a Day for Physically Active

Physical Activity of the Day

Words for Thoughts & Inspirations

Health education is about learning what you know deeper and what you do better to live a healthy life every day.

-- MGH Stay in Shape Program

A Message to the Program Lead Teacher (s)

We are thrilled to work with you on Stay in Shape!

Stay in Shape focuses on teaching the evidence-informed and basic knowledge and skills of early prevention and health promotion that can benefit the participants for a lifetime. The COVID-19 pandemic, which is still challenging us after three years, only seems to demonstrate the need even more emphatically for the program. Each of the seven Stay in Shape learning objectives was repeatedly recommended by health experts across the globe for all to adopt during the peak of the pandemic. We are proud of the fact that Stay in Shape, as a forward-thinking health education program, has been serving students for more than 22 years.

We at MGH Community Health Associates are excited and grateful for the opportunity to work with you in delivering the Stay in Shape Program to your students. We believe that, through our joint effort, we can make a difference in students' lives and the health of our communities.

We invite you to listen to a podcast about Stay in Shape, a 20-minute talk given by our Health Educator at *Shrinking It Down Podcast*, hosted and produced by the MGH Clay Center for Young Healthy Mind.

Managing the Program

- Parental Consent
  - Please collect Parental Consent within the first 2 weeks of the program.
  - The Parent Letter and Consent Form in 2021-2022 school year notify the family that the program may continue to be offered virtually because of the COVID-19 Pandemic.
  - Be sure to review **Food Allergies** in the Consent once it is returned to you, especially if you plan to bring snacks to the program. Follow the school food policy when planning for any other tasting activities during the program.
  - Review any other **medical conditions** listed in the Consent. Consult the parent and the School Nurse if you have questions about how that will affect a student's participation in program activities.

- Pre- and Post-Surveys
  - We encourage you to administer the pre- and post-surveys. It is always good to know how the students learned, improved, and challenges they still face. The survey results can also help us improve the program.

- Attendance
  - Consistent attendance is one of the most important program success indicators, as it supports continuity of learning. Encourage students to attend each weekly session to stay through the entire the program.
  - Students who complete the program with acceptable attendance and performance will be awarded a **Stay in Shape Certificate** at the end of the program.

- Home Assignments (Optional for school recess times during the school year)

    - Stay in Shape offers three easy and fun home assignments for students to choose to complete during school recess times: SIS Weekly Log, Fiber-Up Essay, and Positive Body Image Essay. If needed, completion of one home assignment can help a student recover attendance of a missed program session. The lead teacher can make the decision and grant up to three attendance recoveries to a student who needs them to complete the program.

Teaching: Suggestions for Leading Discussion and Physical Activity

- Each of the seven learning objectives comes with multiple student handouts and worksheets intended to help you facilitate discussion and strengthen students' learning. There is no need to have students read all the handouts or complete all the worksheets available for a topic. Encourage students to ask questions, share success stories, speak up about challenges and respond collectively to the challenges. The goal is to help students open up, think, and absorb an important notion that **health is a life-long dynamic process**. The knowledge and skills they learn from the program can support them in living a healthy life at any age. It is up to them to choose and sustain the health habits discussed throughout the program. **Once in Stay in Shape, always stay in shape**!

- Physical activity in the curriculum is intentionally open-ended. Feel free to design and organize safe, effective, and fun physical activities depending on students' interest, school resources, and weather conditions. Students' safety takes the highest priority in physical and other program activities. Keep students' emergency contact information handy at each session for emergencies.

- As the program continues, help students connect all seven learning goals. Although discussed separately at different times, the goals are closely related with one another in daily life. For example, poor eating habits or too much screen time can affect a good night's sleep; physical inactivity can make daily stress much harder to cope with; daily stress, if not well controlled, can cause serious mental health problems such as anxiety and depression. The list can go on. We hope that helping students see a bigger picture of the connected or one health can motivate them to improve their lifestyle through making small changes. Every effort counts and makes a difference over time!

- Encourage students to share what they learn, think, and do with their families and friends. Having a Stay in Shape conversation at family dinner time on the same day of the program each week or any other time is highly recommended.

Since the COVID-19 pandemic, Stay in Shape has been offering additional opportunities of learning beyond the program's curriculum. Over the past three years, students at some schools also learned:

- What Is a Pandemic? What can You Do to Protect Yourself in a Pandemic?
- Careers in Public Health: Public Health Workers and What It Takes to Become a PHW
- Bullying: What You should Know and Do to Protect Yourself and Others

These topics are presented in-person or virtually by guest speakers from MGH and communities. Please let us know if there is an interest in your program in discussing any of these or other health topics.

Parent Letter and Permission Slip

MGH Stay in Shape Program

Name of School: _____ Date: _____

Program Lead Teacher(s): _____

* * * * * * * *

Dear Parent or Guardian,

Your child has signed up to join the *MGH Stay in Shape Program*, an after-school program in collaboration with your child's school. The program is to help your child develop daily health habits through learning knowledge and skills of nutrition, physical activity, and stress management through discussion of seven specific topics as listed in the program weekly schedule. Your child will receive a copy of the schedule and share with you. You can also contact the school or stayinshape@partners.org to get a copy.

Program start and finish dates: _____

Meeting day of the week & time: _____

Please fill out the Parent Permission Slip below for your child to participate in *Stay in Shape*. Please return the signed slip to the program lead teacher: _____. Thank you very much for your support!

For more information about the program and teaching materials, you can Google by entering mgh stay in shape or reach out to stayinshape@partners.org, 781-485-6477. Thank you.

* * * * * * * *

I have read this letter and understood its content. I give permission for my child to participate in Stay in Shape in person or virtually by providing information and signing my name below:

Child's food allergy or medical conditions if any: _____

Parent/Guardian Name (Please print): _____

Parent/Guardian Signature: _____

Emergency Phone: _____ **Date:** _____

Carta de los Padres y Hoja de Permiso
MGH Programa *Stay in Shape*

Nombre de la Escuela: _____ Fecha: _____

Profesora principal del programa: _____

* * * * * * * *

Estimado padre(s)/tutor(es),

Su hijo se ha inscrito para unirse al programa MGH *Stay in Shape*, un programa extracurricular en colaboración con la escuela de su hijo. El programa está diseñado para ayudar a su hijo a desarrollar hábitos saludables diarios a través del aprendizaje de conocimientos y habilidades de nutrición, actividad física y manejo del estrés a través de la discusión de siete temas específicos (objetivos de aprendizaje del programa) descritos en el programa horario semanal. Su hijo recibirá una copia del horario y la compartirá con usted. También puede comunicarse con la escuela, 781-485-6477 o stayinshape@partners.org para obtener una copia.

Fechas de inicio y finalización del programa:_____

Día de la reunión de la semana y hora: _____

Complete el formulario de permiso de los padres a continuación para que su hijo participe en *Stay in Shape*. Devuelva el recibo firmado al maestro principal del programa: _____.

Para obtener más información sobre el programa y los materiales didácticos, busque en Google: mgh stay in shape. Comuníquese con stayinshape@partners.org o 781-485-6477, si tiene alguna pregunta. Gracias.

* * * * * * * *

He leído esta carta y he entendido su contenido. Doy permiso para que mi hijo participe en Stay in Shape virtualmente firmando mi nombre a continuación:

Alergia alimentaria o afecciones médicas del niño: _____

Nombre del padre / tutor (en letra de imprenta): _____

Firma del Padre / Tutor: _____

Teléfono de Emergencia: _____ Fecha: _____

STAY IN SHAPE

Pre-Survey

How to take the survey:

- This survey is anonymous. It means that you don't need to write your name on the survey.
- The survey is not a test. All you need to do is to answer each question according to what you know or don't know; do or don't do.
- Your answers, together with your answers to the Post-Survey at the end of the program, will help us know how well you learn from the program and how we can improve the program for future students.

Thank you!

Stay in Shape Pre-Survey Today's date: _____

1. I am participating in **Stay in Shape** at …
   - ❑ Chelsea High School
   - ❑ Clark Avenue Middle School
   - ❑ Eugene Wright Science & Tech. Academy
   - ❑ Clarence R. Edwards Middle School
   - ❑ Joseph A. Browne School
   - ❑ Revere High School
   - ❑ Rumney Marsh Academy
   - ❑ Warren-Prescott School
   - ❑ Harvard-Kent School
   - ❑ MGH Revere Youth Zone

2. My age is …
   ❑ 10-13 ❑ 14-16 ❑ 17-18 or older

3. I am ____
   ❑ African-American ❑ Asian / Pacific Islander ❑ Caucasian ❑ Latino ❑ Mixed race

4. I eat breakfast _____.
   ❑ No. I skip it. ❑ 1-3 mornings/week ❑ 4-6 mornings/week ❑ Every morning

5. In nutrition education, the phrase "5 – 9 servings a day" asks Americans to eat fewer servings of fruits and vegetables.
   ❑ True ❑ False ❑ I don't know

6. I spend an average of _____ hours a day, watching TV, playing games or socializing on my computer, iPad or cell phone.
   ❑ More than 2 hours ❑ 1 – 2 hours ❑ Less than 1 hour

7. Daily stress, if not controlled well, can be a risk for having many diseases.
   ❑ True ❑ False ❑ I don't know

8. I practice deep breathing regularly to relax and control my daily stress.
   ❑ Never ❑ Sometimes ❑ Always

9. I read Food Labels on packaged foods to learn nutrition facts.
   ❑ Never ❑ Sometimes ❑ Always

10. I spend 60 minutes on physical activities every day.
    ❑ Never ❑ Sometimes ❑ Always

11. On average, I sleep _____hours a night.
    ❑ Less than 5 hours ❑ Between 5-8 hours ❑ Up to 8-10 hours

12. Right now I feel _____to live a healthy life.
    ❑ Not confident ❑ Confident ❑ Very confident

Please write down any other topics you want to learn from **Stay in Shape**:

_____

_____

_____

_____

Week One

Program Goal and Objectives

Stay in Shape strives to provide a valuable and high-quality for students to learn, develop, and practice positive and daily health habits through not only discussing, understanding knowledge and skills but also taking action on these seven core program objectives:

At the end of the program, students will have learned to follow through these positive daily health habits:

1) Eat whole foods, especially fresh fruits and vegetables (5+ servings a day).
2) Have a healthy breakfast in the morning.
3) Understand and always check the Food Labels to make healthier food choices.
4) Limit entertainment screen time to no more than 2 hours a day.
5) Spend at least 60 minutes being physically active every day.
6) Practice deep breathing regularly to control daily stress.
7) Get a good night's sleep of 8 - 10 hours.

Through discussing the seven objectives with students in a warm, connected, and supportive way, we hope that the program and your effort can help shape students' health belief system and, more importantly, will motivate them to prioritize and invest in their personal health at every stage of their life. Here are a few points which you can also communicate to students to reach this deeper goal of the program:

- Health is a life-long process that requires attention and self-care long term. This process begins with forming and practicing daily good habits (Knowledge, skills, and practices) students learn from Stay in Shape.

- Life's achievements - dreams, ambitions, successes – start with and depend on good health at personal, family, and community levels.

- Health is not just about being free from diseases. It is also about becoming a kind, respectful, compassionate, honest, and awesome human being. All these fine qualities individual, family, and community health.

- Health is all of us. This means that we all have responsibilities for taking good care of ourselves and each other. One person's health and health decisions affect the health of others. While living a healthy life ourselves, let's also think of and stand up for others - our family, community, country, and the world. This is a bigger picture of health we hope students will develop through participating in Stay in Shape.

** If students in your program would like to discuss a topic outside of the Stay in Shape Curriculum, or you, as the Lead Teacher, would like to make the program better meet students' needs of understanding current health issues, please let us know.

MASSACHUSETTS GENERAL HOSPITAL

School: _____

Start Date: _____ Finish Date: _____

Weekly Meet Day(s)_____

Weekly Schedule

Week 1	Pre-Surveys, Program Introduction, and Ice Breaker (Small Steps Activity) 60 Minutes a Day for Physically Active Physical Activity of Choice
Week 2	Start Every Day with a Healthy Breakfast Learn to Read Food Labels (With a focus on sugar, fiber, and sodium) Hidden Sugar in Foods and Drinks Physical Activity of Choice
Week 3	Balanced Plate: My Plate with More Fruits and Vegetables Healthy Drinks for Youth Physical Activity of Choice
Week 4	**The 3S-Challenge in Living a Healthy Life: Screen Time, Stress, and Sleep** (Next 4 weeks) Entertainment Screen Time: How Much Is Too Much Physical Activity of Choice
Week 5	Learn to understand Stress and Take a Deep Breath to Relax **Mid-Program Summary** Home assignment for school recess week Physical Activity of Choice
School Recess: Week	Stay in Shape Home Assignment by Choice: Stay in Shape Weekly Log; Fiber Up Essay; Positive Body Image Essay
Week 6	Take More Deep Breaths to Relax Physical Activity of Choice
Week 7	Sleep Well Let's Continue to Breathe Deeply to Relax Physical Activity of Choice
Week 8	Summary of Nutrition Education: Best Foods for the Heart, Skin, Hair, and Nails Let's Continue to Breathe Deeply to Relax Physical Activity of Choice
Week 9	Program Summary: 11 Daily Health Habits Discussion: Questions, success stories, challenges, and action plans
Week 10	Post-Surveys; Congratulations and Awards; Once in "Stay in Shape", always stay in shape: Living a Healthy Life after the Program

Program Opening: Welcome & Introduction

Session Goal

To get to know each other and all about the program – goals and objectives

Session Highlights

1. Pre-survey
2. Program Goals and the 7 Learning Objectives
3. Weekly Schedule: Topics and Activities
4. Personal Safety: A priority for everyone from start to finish
5. Program Completion Certificate: To be awarded to participants with satisfactory attendance

Activities

Pre-Survey

Please administer the pre-survey *before* all other activities.
Explain survey purpose and confidentiality to students.

Program Goal and Objectives

Stay in Shape is an opportunity for students to choose to learn, develop, and practice positive daily health habits through not only discussing, understanding knowledge and skills but also taking actions on the seven program learning objectives:

At the end of the program, we expect students to demonstrate improvement:

1) Eat whole foods, especially fresh fruits and vegetables (5+ servings a day).
2) Have a healthy breakfast in the morning
3) Understand and always read the Food Labels to make healthier food choices.
4) Reduce TV and other entertainment screen time to no more than 2 hours a day.
5) Spend at least 60 minutes being physically active every day.
6) Practice deep-breathing regularly as an evidence-based tool to control daily stress.
7) Get a good night's sleep – Aim for 8 to 10 hours a night.

Attendance & Participation – Please ensure that students:

Be safe: See *Personal Safety* below.
Be punctual: Arrive at the program meeting on time.
Be consistent: Stay through each session and the entire program.
Be engaged: Ask questions. Practice active listening and participation.
Be ready: Take actions during the program; continue this journey after the program.
Be an advocate: Help promote Stay in Shape messages at home, school, and in the community.
Be respectful: Treat everyone in the program the same way as you want to be treated.

Recovery of academic credits: Available at Chelsea High School only. Students may earn recovery credits for health and gym class from completing Stay in Shape.

Personal Safety

Remind students to follow safety instructions that include but are not limited to:
Wear a mask and stay in safe social distance when it is required at school.
Wear clothes and shoes that support physical activity
Offer or allow water breaks.
For students who walk home after the program, remind them to walk safe.

Student Handout and Activity Sheet

Weekly Schedule
Small steps to increasing daily physical activity

Distribute copies of the Weekly Schedule or send electronically to students. Encourage them to share it with their family members.

Health Education

Ice Breaker: Small Steps to Health

Session Goal

This is an activity that can go with Program Introduction or at any time in the first two weeks of the program. The goal is to let students see a list of small steps and how they can easily use them throughout the day to form positive health habits.

Session Highlights

- Definition of living a healthy life: By Stay in Shape objectives and in students' own words
- Introduce daily exercise goal for students: 60 minutes
- Small steps: Easy, fun, and effective when doing it consistently
- Action plans: Create small steps that students can follow through

Suggested Activities

- Describe healthy and living a healthy life and discuss what it means to students.
- Daily exercise goal of 60 minutes sounds simple. Discuss ways to reach the goal.
- Review examples of small steps in Student Activity Sheet
- Create a few more small steps students are willing to commit to doing.
- Encourage everyone to stick to their favorite small steps for the next ten weeks.

Summary: Small steps turn into habits over time. When we start to take small steps to live a healthy life throughout the day, we can feel happy and proud of ourselves. Small steps do count!

Student Activity Sheet

Small Steps to Increasing Daily Physical Activity

Learn More

Long-lasting healthy changes: Doable and worthwhile - Harvard Health

Small steps to increasing daily physical activity
and other positive daily health habits

The recommended daily physical activity time for youth is at least 60 minutes. Many of you love to play sports. Some of you may be on your school sports teams, so you train regularly. This training time helps you meet the daily exercise goal. That's wonderful. For those of you who are not on a sports team, you can also meet your daily exercise goal. It is not as hard as you may think. Let's complete this Activity Sheet and share our creative ideas with each other!

15 ways to help you move more throughout the day:

1. Do a quick dance routine with your little sister (or another family member) in the room or outside in your yard.
2. Go for a run around the block.
3. Suggest to your teacher that you do a few jumps before a class.
4. Turn on the music and dance around the house.
5. Keep your room nice and tidy by putting things away after each use.
6. Help mom and dad do work around the house.
7. Help to wash your family's car by hand.
8. Stretch while waiting for food to get warmed up in the microwave.
9. Get up and walk around after sitting for 30 minutes.
10. Take the stairs instead of the elevator whenever possible.
11. Play with your pet.
12. Help with cooking at home regularly – washing, chopping, and cleaning.
13. Help clean dishes after dinner and put them away.
14. Create a small garden of your own in your backyard, plant your favorite things, and attend to them regularly.
15. Try tiptoeing when you walk from one room to another in your house. Do it safely.

What are more ways you can think of to stay physically active throughout the day? Write your ideas down.

Tip: You can also come up with small ways for improving daily nutrition and stress management:

_____

_____

_____

_____

_____

_____

Great job!

Student Handout

Exercise Safety Tips

What Is a Warm-Up?

Warm-up is an activity that prepares your body for physical exercise at any intensity. It speeds up your heart-beat and breathing so you are ready for an effective and safe workout.

Warm-up helps to make an exercise program safer and more effective. You can burn more calories if you warm up!

What Can I Do to Warm Up?

You can use the activity that you are going to do for exercise at a slower pace for your warm-up. For example, if you plan to or jog, start with a 10-minute walk or jog at a slower pace than you would normally walk or jog. Then move on to stretching.

What Is Stretching? When and How Do I Do It?

Stretching is great for you before you start your exercise, but after you have warmed up. Stretching can lower the chance of muscle injuries. It does so by improving your muscle flexibility. When you stretch a muscle, you want to feel pulling of that muscle. To do a stretch, you hold the position for 30 seconds and repeat 2-3 times. Breathe normally as you go. Stretch safely: Try not to bounce or push too hard.

What Is a Cool-Down?

Cooling-down is very important! You need to slow down your body after a workout for 5-10 minutes to help your body recover from the workout. It should include light aerobic exercise like walking or marching, then stretching. Cooling down can help slow down your heart-beat and breathing, and lower the chance for muscle and joint pain that may happen later.

A Few More Tips

- Warm up, stretch, and cool down into your daily exercise routine
- Drink plenty of water during and after an exercise session
- Wear good supportive sneakers and comfortable loose-fitting clothes to allow you to move freely
- Never exercise through pain. Remember to pace your activities to what you are comfortable with
- MOST IMPORTANT: Safety takes the top priority in any type of exercise activities.

Cloud drawing by Stay in Shape participants 2014 – 2015 School Year, Clark Avenue Middle School, Chelsea

Stay in Shape Program Curriculum

Week Two

Discussion:
Start Every Day with a Healthy Breakfast
Learn to Read Food Labels
(Focus on sugar, fiber, and sodium)
Hidden Sugar in Foods and Drinks

Physical Activity of the Day

Words for Thoughts & Inspirations

It does not matter how slowly you go
as long as you do not stop.
-- Confucius, Chinese ancient philosopher

We Are What We Eat – The Right Attitude about Food, Eating, and Our Body

Session Goal

To learn to build healthy eating habits based on an understanding of the right attitude about food, eating, and body image

Session Highlights

- Right Attitude: Eat for healthy and happy growth of the body and mind; a balanced diet with different and healthy foods is the way to go.

- Comfort or emotional eating is not smart and can be avoided because it does not work in controlling daily stress or improving mood at all over time.

Suggested Activities

- Ask students what "Right attitude" means to them.
- Gather and discuss students' views or comments about food, eating, and body image.

Summary: Form healthy eating habits over time and eat for happy and healthy growth.

Student Handout

The Right Attitude about Food, Eating, and Our Body

Student Handout

The Right Attitude about Food, Eating, and Your Body

- Be proud of the fact that we all come in different shapes and sizes. Try not to compare yourself to the models and actresses in magazines, social media or on TV. Change your negative thoughts about your body by talking about or writing down all nice qualities you have and how much you like about yourself. Make friends with people who have a healthy attitude about food, weight, and the body.

- Remember that food is only your body's fuel like gas for cars. Try not to fall for emotional eating or mindless eating, because unhealthy food choices often make up such an eating habit.

- Choose one entire food group over another is not smart. You will miss out on important nutrients your body needs. Balanced Plate means in part that you eat different kinds of food. Variety matters, so practice Balanced Plate – More discussion to follow in the program.

- **Start your day with a healthy breakfast**. Your body and brain need nutrients that help you do well in school in the morning. Skipping breakfast can make you eat more and faster at the next meal time. This can make staying at a healthy weight harder.

- Cut back on drinking juice to just 1 small glass a day, if you like juice. Go easy on other sugary drinks and sports drinks. **Drinking water is a healthy choice for people of all ages**. Drink plenty of water throughout the day.

- All foods can fit in with healthy eating. It is up to you to balance it well. There is nothing wrong with treating yourself to something special if you do it only once in a while.

- Never be fooled by fad diet claims like weight loss pills or other quick "fixes" – those products do not work for most people long-term at all. Sometimes they can even harm your body.

- Try and get your hands on food shopping and cooking. Enjoy making and eating family meals at home.

- Practice the skills about smart portion control, which you will learn more in the program.

- Eat mindfully – Take your time, notice food's color, texture, taste, and don't forget to chew each mouthful thoroughly – Try chewing 20-30 times before swallowing depending on food types. Eat for enjoyment, happiness, and health!

- Be physically active your way - Remember your goal is to achieve an average of one hour of exercise every day. It is a fact that regular physical activity helps us eat better, control stress better, and sleep better!

Handout created by Jennifer M. Vetree, MS, RD, LDN, MGH Department of Nutrition and Food Services, 2008
Updated 9/30/2022.

Nutrition Education

Learn to Read Food Labels – Trans Fat, Added Sugar, Fiber, and Sodium
Start Every Day with a Healthy Breakfast

Session Goal

Introduce Food Labels to students and encourage them to check nutrition facts on packaged foods; Promote having a healthy breakfast every day

Session Highlights

- Food Label basics: Serving size and number of servings in 1 package.
- Trans fat, added sugar, fiber, and sodium – how much of each of these nutrients is listed, how to understand the numbers and make healthier food choices.
- Breakfast is an important meal of the day for youth.

Suggested Activities

- Ask if students routinely check food labels to help eat well at this time.
- Look at sample food labels to see what nutrition facts are listed.
- Discuss checking Trans fat, added, sugar, fiber, and sodium as a starting point for learning to read food labels.
- Ask if any students skip breakfast and why. If time is a barrier in the morning, encourage students to practice time management skills to make sure that they have enough time to eat a healthy breakfast before school.

Summary: Get into the habit of reading Food Labels. Take advantage of the listed nutrition facts on the label to make healthier food choices. Food labeling in the US is well made and helpful to consumers, something many other countries don't have. A healthy breakfast can help boost academic performance / grades, among other benefits.

Student handout and Activity Sheet

Food Labels
Trans Fat: What You should Know
Let's Learn to Read Food Labels: Important Information You should Check
Sugar Shockers
Does Takis Make a Healthy Breakfast?
Quick and Healthy Breakfast Ideas

Learn More

Healthy Breakfast Planner (for Teens) - Nemours Kidshealth
Fueling with Breakfast (usda.gov)

Food Labels

Take a look at the Food Labels below. The one on the right is the new label now being used since March 2020. Please keep in mind:

- Information on a Food Label is based on 2,000 calories day, a standard for most adults. There is a lot of information on a label. Because of this reason, Stay in Shape recommends that students take small steps in learning to read Food Labels. As a beginner, you can focus on looking at:
    - Total servings and serving size
    - Calories per serving
    - Trans Fat
    - Sodium
    - Sugars, especially Added Sugars

Original Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container 8

Amount Per Serving	
Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. The serving size now appears in larger, bold font and some serving sizes have been updated.
2. Calories are now displayed in larger, bolder font.
3. Daily Values have been updated.
4. Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

A screen shot from What's New with the Nutrition Facts Label (fda.gov)

Student Handout

Trans Fats: What You should Check

Facts about trans fats

- Trans fats are artificial fats (partially hydrogenated fats) made of vegetable oil and hydrogen gas.

Some fried and baked foods have trans fats.

- Trans fats make foods taste better and last longer. They also provide the desired textures in baked goods. That's why trans fats are a favorite with food makers including restaurants.
- When a Food Label lists "0 trans fat", it does not mean this food is trans fat free. By law, "0" can be listed as long as the food contains less than 0.5 gram of trans fats per serving.
- Americans eat an average of 6 grams of trans fats a day. That's almost 5 lbs a year. Too much to be healthy!

In the Spotlight
Chelsea MA is the first city in the nation to lead local restaurants to go trans fat Free, thanks to the joint effort made by *MGH Healthy Chelsea Coalition*, *Chelsea restaurant owners, and City of Chelsea*

Harms of eating trans fats

- Our body can't break down and use tran fats.
- Trans fats lower good cholesterol and increase bad cholesterol.
- Eating trans fats put us at risk for high cholesterol, obesity, diabetes, heart diseases, and even cancer.

Check trans fat in the Food Label

- Seeing words like "0 trans fat" or "Trans fat free" on the Food Label is not enough.
Go on to check the section of Ingredients.
- Look for Partially Hydrogenated Fat in Ingredients. If you see it listed, this food item is not trans fat free.
Partially Hydrogenated Fat is trans fat. Be smart with making your food choices.

Going for the Healthy Fats

- Unsaturated (Mono- and Poly-unsaturated) fats, such as Omega 3 fats from cold-water oily fish (e.g. Salmon), nuts, and other plant-based foods.
- Our body is naturally very good at breaking down and benefiting from the healthy fats. So it is an excellent idea to eat fish and nuts.
- Be sure to also include plenty of fruits and vegetables in your meals!



Student Handout

Let's Learn to Read Food Labels: Important information you should Know

- Please keep in mind that information listed on a Food Label is based on a **2,000 calories** diet / day.

Nutrition Facts
Serving Size Check the suggested serving size. Use this information to guide you to good portion control
Servings per container:
Check number of servings in the whole container.
***Tip**: Nutrition information on a food label is for 1 serving. If you eat more than 1 serving, remember to multiply.*

Read Food Labels to make informed and healthy choices. Eat in small portions.

Calories Check calories per serving
***Tips**: Know the following rules of thumb:*
40 calories/per serving: Low in calories
100 calories/per serving: Medium in calories
400 calories/per serving: High in calories
Watch for calories from Fat - it should be less than 30% DV.

DV: Percent **Daily Value**
It is a guide to the nutrients in 1 serving of food, e.g. If the label lists 15% for calcium, it means that 1 serving of this

Total Fat Look for low saturated fat. Eat no trans fat – look for words like "hydrogenated" or "partially hydrogenated" (trans fat) in the ingredient list to make sure that the product contains no trans fat.
***Tip**: Low saturated fat means 2 grams or less fat per serving.*

The type of fat is more important than the amount. Trans fat is the most unhealthy

Cholesterol Look for low cholesterol
***Tip**: Low cholesterol means 20 milligrams or less per serving.*

Cholesterol is a waxy, fat-like stuff in all body cells.

Sodium (in salt) Look for low sodium
***Tips**: Less salt is better for your health.*
Low sodium means 140 milligrams or less per serving.

Try to eat food with less sodium (salt).

Carbohydrates Mainly sugars and starches
***Tips**: 1 gram of carb = 4 calories*
Dietary Fiber: Look for more fiber per serving.
***Tips**: Good source of fiber means at least 3 grams per serving.*
Excellent source of fiber means 5 or more grams per serving.
Sugar: Look for low or no sugar; watch for added sugar.
High sugar means 7 or more grams of sugar per serving.
1 teaspoonful of sugar = 4 grams of sugar

Many fruits and vegetables come with fiber. Try to eat 5+ servings of them a day. Whole grain food also has more fiber.

Protein Proteins are the building blocks of life in every cell in the human body. They are very important for children's health and growth.
***Tips**: 7 grams (1 oz.) protein = 1 serving; 1 gram protein = 4 calories*
Compare with Fat: 4 - 5 grams (1 oz.) fat = 1 serving
1 gram fat = 9 calories

Protein comes from eggs, fish, lean meat, nuts, seeds, beans, and vegetables like broccoli and brussels sprouts.

More Tips

- Check the serving size and number of servings. If you are eating more than one serving, you are getting more calories and more of everything else listed in the label.
- Check the calories per serving: 40 is low; 100 is medium; 400 is high.
- Understand Percent Daily Values (DV): 5% is low; 20% or more is high.
- Eat less sodium and avoid too much added sugar in your meals, snacks, and drinks.

For more information about Food Labels in English and other languages, visit www.fda.gov. Updated 9/30/2022.

Sugar Shockers

How many teaspoons (tsps) of sugar are in these drinks or food?

4 grams of sugar = 1 teaspoon / tsp

16 fl oz
14 tsps.
= ___ grams?

10 fl oz
7 tsps.
= ___ grams?

11.5 fl oz
10 tsps.
= ___ grams?

6 oz.
8 tsps.
= ___ grams?

12 fl oz.
9 tsps.
= ___ grams?

16 fl oz.
15 tsps.
= ___ grams?

16 fl oz.
16 tsps.
= ___ grams?

12 fl oz.
9 tsps.
= ___ grams?

20 fl oz.
13 tsps.
= ___ grams?

What other sugar-shocker drinks or foods do you know?
Write them down:

_____ _____

_____ _____

_____ _____

Warning:
The less added sugar, the better and no more than 6 tspf. sugar a day.
Yet on average, US youth (14-18 yrs) have up to 34 tspf. sugar a day.
Pause at this fact and think for yourself: Can you do better?
Remember to take small steps.

Great job! Be sure to let this activity help you make better decisions in choosing foods and drinks. Remember, the Food Label shows added sugar. All you need to do is to take a look, so you know what foods and drinks have too much added sugar.

Does Takis make a healthy food for breakfast?

Activity 1

Look carefully at this Food Label for Takis. Answer the following questions with the information you read in the label:

A. How many servings of Takis are there in this bag?

_____

B. How many grams of Fat does 1 serving of Takis have?

_____

C. How much Trans Fat does 1 serving have?

_____

D. How much sodium (salt) does 1 serving have?

_____

E. How much fiber does 1 serving have?

_____

F. Is Takis a healthy food choice for breakfast? Circle your answer:

Yes **No**

Yes ___ No ___

Breakfast is a very important meal of the day. Choose to eat a healthy breakfast to make each day a healthy, happy, and productive one for yourself!

We've heard that some students like to eat Takis for breakfast. But is Takis a healthy food for us? Let's take a look:

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 260	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 5g	**25%**
Trans **Fat** 2g	
Cholesterol 30mg	**10%**
Sodium 660mg	**28%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	

Vitamin A 4% • Vitamin C 2%
Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Activity 2: Write down names of food you enjoy eating that also helps make a healthy choice for breakfast:

_____ _____

_____ _____ _____

_____ _____

Activity 1 – Cont'd: Why did you circle Yes or No? Please write down your reason in a few words: Because ….

_____

_____

Student Handout

Quick and Healthy Breakfast Ideas

Have you been skipping breakfast? **Do you know that skipping breakfast can hurt your health over time?** It may also hurt your school grades, according to research. Breakfast is an important meal of the day. It helps break-fast – a long night without eating - and jump-start your body and brain with nutrients needed for a productive day.

Here are a few suggestions to jump-start your morning with a quick and healthy breakfast. The key is good time management in the morning and make eating breakfast a **priority**. Choose something from each of these four food groups - grain, dairy, fruit / vegetable, and protein / healthy fat groups - to eat a healthy breakfast:

- Whole wheat toaster waffles with fresh berries and low-sugar yogurt
- Breakfast burrito: egg beater in a flour tortilla with green peppers, onions, and low-fat cheese
- English muffin pizza with sauce and mozzarella cheese

- ¾ cup cereal with sliced banana and low-fat milk
- ½ cup oatmeal with fruit and low-fat milk
- Yogurt parfait with layers of granola and dried fruit

- Microwave quesadilla with low-fat cheese and salsa
- 1 low-sugar breakfast bar with a piece of fruit and a low-sugar yogurt
- ½ bagel with 1 tsp of regular peanut butter and a small glass of orange juice
- Baggie of trail mix and a carton of skim or low-fat milk

- Smoothie - Mix low-sugar yogurt, fruit, and milk
- A hard-boiled egg with an apple and a slice of wheat bread or a hard-boiled egg with a small or medium-sized banana and a glass of water.
  Tip: Boil eggs the night before and store them in the refrigerator to help you save time each morning.
- A fiber-rich granola bar with an orange and a slice of cheese
- Leftovers from yesterday? Absolutely! There is no such a thing as standard breakfast food. Be creative. *You can certainly eat yummy and healthy food choices from your home country for breakfast too!*

Handout created by Jennifer M. Vetree, MS, RD, LDN, MGH Clinical Nutrition in 2002. Updated 9/30/22.

Stay in Shape Program Curriculum

Week Three

Discussion:
Balanced Plate: Fruits, Vegetables, and Other Whole Foods
Choosing to Drink Water

Physical Activity of the Day

Words for Thoughts and Inspirations

You can't use up creativity. The more you use, the more you have.
-- Maya Angelou, American author, and poet

Balanced Plate with More Fruits and Vegetables
Healthy Drinks for Youth

Session Goal

Introduce Balanced Plate: A best nutrition practice for all of us throughout the day.
Promote drinking water and other drinks without too much or added sugar.

Session Highlights

- Balanced Plate: Eating different kinds of food (Variety) matters.
  - Whole and colorful (Like the rainbow) foods and nutrients in such foods are our best choices for daily meals and snacks.
  - Portions – how much food to eat at each mean or snack - also matter.
  - Eating mindfully
- Promote drinking healthy drinks like water

Suggested Activities

- Ask students if they are currently at the goal of eating enough (**5-9 combined servings**) fruit and vegetables a day. Explain and discuss the many benefits of fruits and vegetables
- Give examples of serving sizes for fruits and vegetables
- Discuss water and its value: Source of life on our planet and the best beverage for all.
- Discuss challenges in healthy eating: Getting enough fruits / vegetables, choose water over other beverages. Share ideas to overcome the challenges.

- Summary: Get into the habit of eating from a balanced plate. Pay special attention to eating enough fruits and vegetables every day. For any unhealthy foods or sugary beverages that students happen to like (There is nothing wrong about it), suggest that they consume such a food or drink occasionally, like a special treat. Remind them to take small steps to improve their food choices and eating habits.

Student handout and Activity Sheet

Fruits and Vegetables: What's in Them for Us?
Balanced Plate
A Handy Guide to Food Portion Sizes
Creating My Balanced Plate
Make Water Your Best Friend of Healthy Drinks

Learn More

Fiber (for Teens) - Nemours KidsHealth
Mindful Eating | The Nutrition Source | Harvard T.H. Chan School of Public Health

Fruits & Vegetables: What's in Them for Us?

Color, Texture, and Taste

Fruits and veggies bring natural color, texture, and taste to your plate. They are loaded with nutrients our body needs to stay healthy. They are certainly good food choices for people of all ages to enjoy.

Low in Calories

Fruits and veggies are naturally low in calories.

Convenience

Fruits and veggies come in fresh, frozen, canned, and dried forms, so they're ready when you are!

Fiber

Fruits and veggies are rich in fiber. Fiber helps you feel full longer. Fiber also keeps your digestive system healthy and happy. It may help prevent colon cancer.

Vitamins & Minerals

Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.

Variety

There are a lot of different fruits and veggies around the world. There is always something new to try!

Quick, Natural Snack

Many of us eat a snack between meals. Fresh fruits and veggies are nature's treats and easy to grab for a snack. They are the best snack choices in addition to having them with each meal of the day. They are much better for us processed foods like chips.

Fun to Eat and Fun to Grow

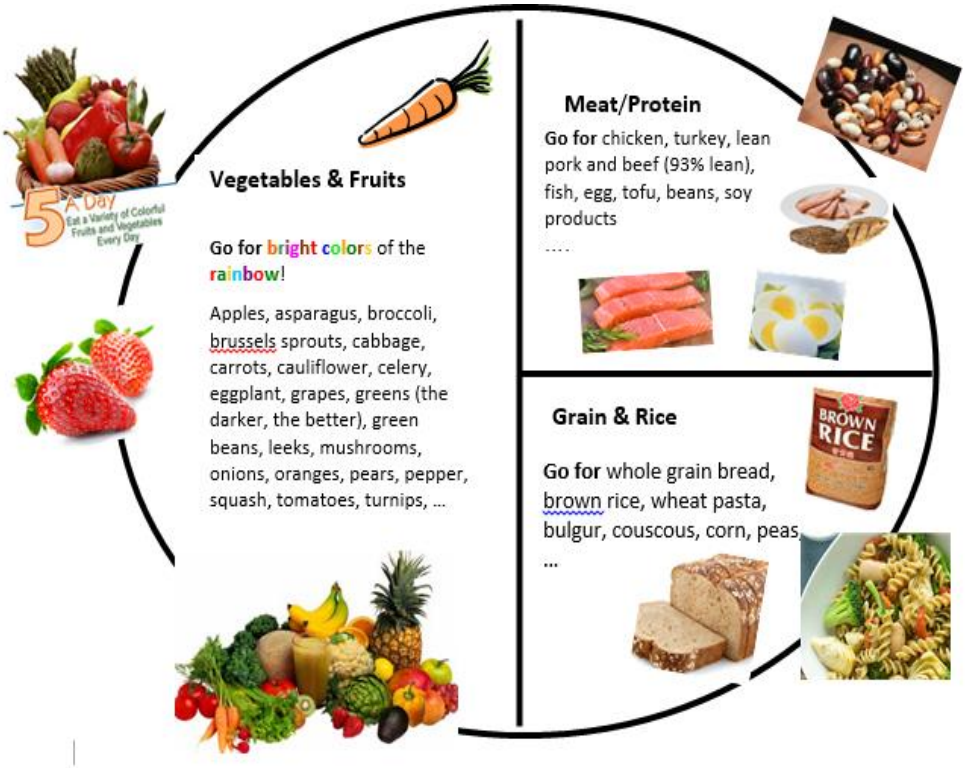
Some crunch, some squirt, some you peel … and some you can grow right in your own backyard or your school's garden!

Student Handout

My Balanced Plate

Divide your plate into 3 compartments like the picture below. The largest compartment (Half of the plate) is for fruits and vegetables. One of the two smaller compartments (a quarter plate) is for protein and healthy fat foods, like fish, lean meat, beans and nuts, and eggs. The other quarter plate is for foods in the grain and rice group. Choose foods with more fiber from this group, such as whole-wheat or multi-grain bread, pasta, and brown rice. Practice these good eating habits to support your Balanced Plate:

- Eat whole foods that are natural or least processed
- Eat from all different food groups – Variety matters.
- Eat in small portions – Practice portion control.
- Eat mindfully to give yourself a chance to enjoy food – Taste, color, texture - and the act of eating. Treat eating like a special event that brings you feelings of joy, appreciation, and gratitude to All who help bring food onto your table.



Handout updated 9/30/2022.

A Handy Guide to Food Portion Sizes

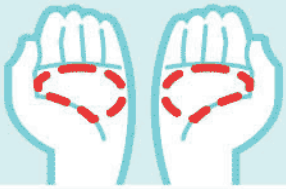
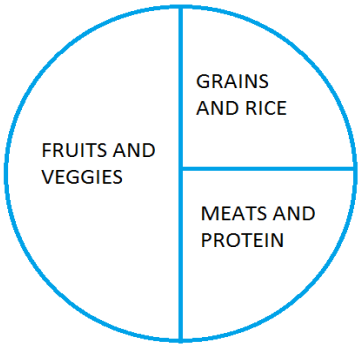
Hand Symbol	Equivalent	Foods	Calories
	**Fist** 1 cup	Rice, pasta Fruit Veggies	200 75 40
	**Palm** 3 ounces	Meat Fish Poultry	160 160 160
	**Handful** 1 ounce	Nuts Raisins	170 85
	**2 Handfuls** 1 ounce	Chips Popcorn Pretzels	150 120 100
	**Thumb** 1 ounce	Peanut butter Hard cheese	170 100
	**Thumb tip** 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

Chart source and credit: www.prevention.com

Student Activity Sheet – Creating My Balanced Plate

1. **Write down one of your favorite foods for each part of Balanced Plate:**



Fruits & veggies: _____

Grains & rice: _____

Meat & protein: _____

2. **Write the name of a fruit or a veggie for each color of the rainbow:**

Red
_____
_____

Orange
_____
_____

Yellow
_____
_____

Green
_____
_____

Blue
_____
_____

Violet _____
_____

Indigo
_____
_____

3. **Are the fruits and vegetables you wrote down also your favorite to eat? If yes, why?**
(Tip: Describe color, shape, texture, taste, or nutrition benefits as reasons.)
Example: Kale is one of my favorite vegetables. Kale is a darker green veggie. I love the mildly bittersweet taste and chewy texture of Kale. Because of its darker green color, Kale is a powerhouse of vitamins, minerals, and fiber.

_____

_____

Activity sheet developed by Charlotte Cuddihy, Health Education Student Intern from Harvard T. H. Chan School of Public Health, 2017-2018. Updated 9/30/2022.

Student Handout

Make Water Your Best Friend of Healthy Drinks

Did you know?

A 12-oz can of regular soda has **150 calories** because it has **10 teaspoons** of sugar, (about 40 grams) in the can. What a sugar shocker! Instead of soda and juice, drink:

Human Body	Water %
Brain & Heart	73%
Lungs	83%
Whole Body	60%

Much of the human body is water. What about cats, dogs, and other animals? We leave this question for you to find out and share with everyone later in the program.

Water is life for every living thing on the planet. Let's choose to drink water to keep our body (And our mind) hydrated, healthy, energetic, happy, and beautiful.

What about milk and juice?

Milk and juice can be good choices too, if you know how much and what kind to drink:

- **Fat-free or low-fat plain milk.**
  - If you like milk, drink it for calcium and other nutrients like Vitamin D and protein. But be aware: Flavored milk (Such as chocolate and strawberry) has **added sugar**. Be sure to check the Food Label for added sugar amount in the milk you buy.
  - Milk is not the only food that has calcium. Seeds, dark green leafy vegetables, and fish like sardines and canned salmon have calcium too. Regular exercise also helps build strong bones.

- **100% fruit juice.** 100% fruit juice has nutrients like vitamins and minerals, but you must know the limit: **1 small cup** (4 – 8 oz) **a day** if you drink juice. Juice has lots of sugar, natural or added sugar. Take 100% OJ as an example, it takes more than one orange to make one glass of juice. This adds the amount of sugar even though it is natural sugar. It is also a processed drink, unlike a fresh orange that is a whole food.

Make drinking water fun by adding your favorite fruits, vegetables, or herbs to it.
Just chop or slice and mix them up in water.
Water is also better for the health of your teeth. Enjoy drinking water!

Handout developed by Lindsay Weil, MGH Dietetic Student Intern, 2009. Updated 9/30/2022.

Stay in Shape Program Curriculum

Week Four – Week Seven

The **3S**-Challenge in Living a Healthy Life (For next 4 weeks)

Screen Time
Stress and Relaxation through Deep Breathing
A Good Night's **S**leep

Please note: A mid-program summary, which includes the program's home assignments, follows the Week 4-7 curriculum. Please summarize the topics that have been discussed as the program is half-way through. Encourage students to take on a home assignment in the school recess week. One completed home assignment can be used to recover attendance of a missed session.

Weekly Words for Thought & Inspiration

Let us not look back in anger, nor forward in fear,
but around in awareness.
-- James Thurber, American Author, Cartoonist, and Humorist

We tend to think of meditation in only one way.
But life itself is a meditation.
-- Raul Julia, Puerto Rican actor

At the end of the day,
we can endure much more than we think we can.
-- Frida Kahlo, Mexican painter & artist

Education is what allows you to stand out.
-- Ellen Ochoa, American engineer, and NASA astronaut

Health Education**: The 3S-Challenge in Living a Healthy Life (**Next 4 weeks)

Entertainment Screen Time and Social Media

Session Goal

Spending a lot of time watching TV and using other electronic devices (Not to mention that school and work are also on screens) has become an epidemic, actually a pandemic.
Learn health risks of and a healthy limit to entertainment and social media screen time.

Session Highlights

- US teens spend an average of 7 or more hours on entertainment and
  - social media screens per day.
- Health risks of too much entertainment screen time.
- A recommended healthy limit and how to reach the goal.

Suggested Activities

- Ask students to report on their average daily time spent on entertainment and social media screens (The combined time of watching TV, playing computer games, using cellphone, iPad, and other gadgets). Clarify that screen time on school work is not counted here. Compare it to average daily time for school and come to a conclusion.
- Fact: US teens spend an average of 7 or more hours on entertainment and social media screens each day.
- Discuss health risks of too much screen time that can include but are not limited to:
  - Sedentary lifestyle: Sitting too often and for too long, missing out on physical activity.
  - Poor eating habits: Snacking mindlessly; unhealthy food choices influenced by food and beverage commercials on TV and social media screens.
  - Unhealthy weight gain: Because of the reasons above.
  - Poor sleep and mental health: There are negative body images, stressful, violent, and traumatic scenes on TV and social media screens all the time.
- Introduce **no more than 2 hours on a day** spent on entertainment and social media, a recommendation from child health experts
  (Note: This is NOT asking students to spend 2 hours of entertainment and social media screen each day, if anyone is not over the 2-hour limit).

Student Handout and Activity Sheet

Screen Time: How Much Is Too Much?
Set a Healthy Limit to Entertainment & Social Media Screen Time

Learn More

Healthy Habits for TV, Video Games, and the Internet - Nemours Kidshealth

Student Handout

Screen Time: How much is too much?

American youth spend an average of 6.7 school hours on a school day. Yet many of them spend even more hours on entertainment and social media screens (TV, iPad, iPhone, and other tablets). When digital technology has become a way of life, it is important for us to re-set the way we use technology by knowing some facts, risks, and tips.

Facts

- Average daily time US teens spend on entertainment-social-media screens: 7 and more hours. Average daily hours for school: 5-7
- Number of murder scenes seen on TV by the time an average child finishes elementary school: 8,000
- Number of violent acts seen on TV by age 18: 200,000
- Average weekly TV time:
  Girls: 19 hours 49 minutes
  Boys: 20 hours 14 minutes

Health & Other Risks

- Poor eating habits including *mindless* eating. Many children, adults too, eat while watching TV or using other devices
- Less time for physical activity
- Poor body image (thin ideal on screens)
- Higher risk for diseases, including overweight and obesity, a big risk for diabetes, heart disease, certain types of cancer, and poor mental health
- Disconnect with family members. Imagine this: Everyone in the room is looking down at their devices …
- Feel tired and sleepy during the day
- Poor focus in class
- Risk for poor body posture

Recommendation from child health experts:

Limit entertainment screen time to no more than 2 hours a day!

Tips for Making Small-Step Changes:

- **Set a clear goal of no more than 2 hours a day and stick to it.**
- Avoid having a TV set in your bedroom or bring your cell phone, tablet to your bedroom.
- Try not to watch TV or using a digital device at mealtime.
- Go for other activities like sports & exercises or do stretches while watching TV.
- Get up and stretch your body during entertainment screen time to offset sitting a long time.
- Make entertainment and social media screen time a special treat, something that you should earn after finishing your homework or favorite physical activity - The 2-hour limit still applies.

Handout created by Ranita Rajandram, Health Education Student Intern from BU School of Public Health in 2004.
Updated 9/30/2022.

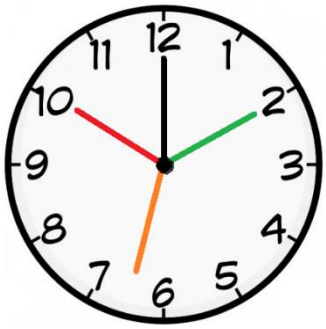
Activity Sheet

Set a Healthy Limit to Your Entertainment and Social Media Screen Time

- The screen here means the time your spend on entertainment and social interactions through using TV, computer games, and all types of mobile gadgets such as iPads and cellphones.

1. Add up how much entertainment screen and social media time you get on a regular day – Time you spend on playing with your phone, tablet, computer, game console, and watching TV:

___+___+___+___+___+___+___+___+___+___+___ minutes = _____ hours



Less than the green line (2 hours)?

Great job! You are not spending too much time on entertainnment screens.

Up to the orange line (6 hours)?

You're spending as much time on entertainment screens as you do for school. It is time to change!

More than the red line (10 hours)?

This is longer than you spend asleep! It is never too late to change. Act now on setting a healthy limit and stick to it!

2. List a few fun things you can think of doing, instead of watching TV, play on computer or phone:

_____
_____
_____

3. Having less screen time has lots of benefits. Circle those benefits you feel most excited about. Add more benefits you know:

Spend more time with friends	Less stress and anxiety	Better body image
Have more energy	More time for sports	Eat less unhealthy food
Sleep better	Concentrate better in class	Do things that matter to you and your health

More benefits you know: _____

Health Education

Stress and Relaxation

Session Goal

To learn that stress (And relaxation) is part of human life, something we all experience as we go through daily life
Introduce relaxation through deep-breathing, an evidence-based technique everyone can use to control stress

Session Highlights

- Understand stress and relaxation and learn how to control stress.
- Stress: The body's natural reaction to stressful or stressful situations. It can be a health risk over time.
- Relaxation is the opposite of stress response that gives the body a feeling of deep rest.
- Everyone can relax through doing different types of activities. Deep breathing is one of these activities. It is evidence-based (Scenically studied to show it works).

Suggested Activity

- Ask students to share what stress feels like to them, things in their daily life that make them feel stressed, and what they currently do to manage stress.
- Discuss facts about stress: We are human. Everyone has stress from time to time. It is the body's natural response to an outside threat. One person's stress may not be the stress of someone else, not all stress is bad for us.
- Optional: Play this video for students: Meditation Helps Lower Truancy and Suspensions - YouTube (A word about meditation: At Stay in Shape, we can use meditation - without referring to any religious beliefs - and deep breathing the same way).
- Introduce deep breathing skills: Engage the belly in breathing deeply; recognize thoughts that come in and gently let them pass without judging. Repeating a word (e.g. Love, peace etc.) or counting numbers if it helps with concentration on breathing.
- Allow students to try and enjoy deep breathing for 3-5 minutes. If necessary, set a rule that *requires 100% silence during this activity*. Play light music and let students know that they can choose to enjoy music quietly if they are not ready to participate in deep breathing.

Student Handout and Activity Sheet

Understanding Stress and Relaxation
Relax, so you can use your mind in the very special way (Deep breathing activity)

Learn More

Self-Care in Middle school (6'07")
Self-Care in High School (6'45")
(Both videos created by MGH Clay Center for Healthy Young Minds)

Understanding Stress and Relaxation

Stress

- The body's natural response to any threat. Another word for stress can be Worry.
- Stress is already a health concern before the COVID-19 pandemic.
- Over time, too much stress can take a toll on health for many people. It increases the general risk for having health problems. Stress can also make it harder for you to recover from an existing health condition.

Stress management is just as important as eating healthy, staying physically active, and sleeping well at night - All these dots are interrelated. They can affect one another.

- Positive aspects of stress (Feeling the pressure or push):
  - Make you work harder to reach a goal or meet a deadline
  - Push you to become more creative and resourceful
  - Challenge you make the best out of a situation and succeed

Relaxation

- **Relaxing your mind and body through deep breathing is a skill and an easy way to control daily stress. It works for people of all ages.**
- It is easy to do a **deep breathing** exercise. Just follow these 3 simple steps:

1. Make your normal breathing a little deeper through engaging your belly in breathing. Breathe in slowly through your nose and feel that your belly rises. Breathe out slowly through your mouth and feel that your belly goes down. Continue to breathe this way for a few minutes.
2. Whenever a thought comes to your mind, simply notice that thought, welcome it, gently let it pass and return to breathing.
3. Silently repeat a number, a word, or a phrase or play light music in the background, if they help you concentrate on your breathing.

A Few More Tips

- Dim the light in your room. Sit comfortably and with your back straight in a chair or lie down, close your eyes or make a soft gaze at a spot.
- It is ok if thoughts come to your mind. On average, people have more than 60,000 thoughts a day. Many are repeated and more than half of them are negative thoughts. Relaxation helps us live with our daily thoughts well.
- Do a body scan: Relax your muscles from your toes to your feet, ankles, legs, thighs, abdomen, (tummy), back, shoulders, neck, and sculp, or do it the other way round starting from your head.
- Try not to worry about how well you do. Allow relaxation to happen as you go. There is a big difference between allowing it to happen and working very hard to make it happen.
- For best results, practice deep breathing once or twice daily for 10-15 minutes each time or any amount of time you can. Anytime of the day is good, except right after a meal.

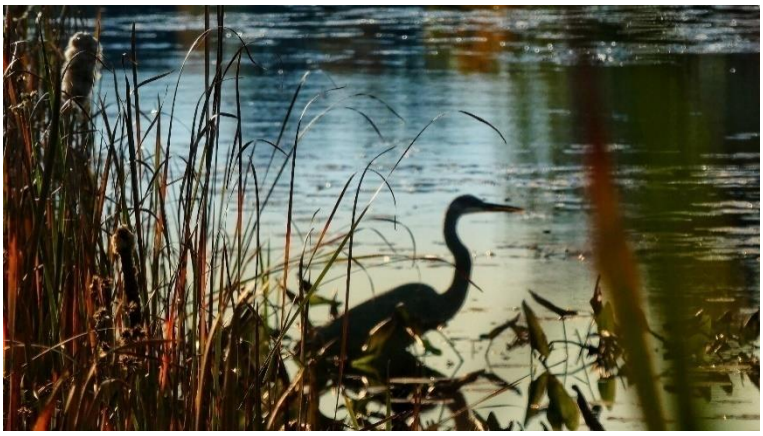
Activity Sheet (Instructor Script)

Relax, so you can use your mind in the very special way

Optional music play: Chinese traditional music, played with ancient *Guzheng* instrument

We are surrounded by natural beauties all the time. Let's take advantage and enjoy Nature through this visualization and breathing activity {**Pause 5 seconds**}

When you are ready, sit back, hands on your lap, make a soft gaze at the picture below or gently close your eyes to imagine that you are at a beautiful place right now {**Pause 5 sec**}



Begin by taking in a deep and slow breath through your mouth – notice the sensation as the cool air goes in through your lips, teeth, togue, and throat. Hold your breath for a second, then let it out slowly through your nose. Again, notice the cool sensation as the air is on its way out. Repeat it once. Repeat it one more time. Continue to breathe at your normal pace {**Pause 10 sec**}

Relax all muscles and joints – the space between your eyebrows, cheeks, jaw, move down to your neck and shoulders, space between your shoulder blades, your back, lower back, hips, thighs, your knees, legs, ankles, and all the way to your toes. If your thoughts wander away, that's okey. This is normal. Just acknowledge that your thoughts wandered and gently bring your attention back to your breathing and relaxation. You can silently count 1, 2, 3, 4 with each in-breath and 4, 3, 2, 1 with each out-breath to help you focus {**Pause 10 sec**}

Deep breathing helps us live at present time. It trains us to be mindful, resilient, grateful, and happy for each day. We hope that you and everyone in your family will make a habit out of it.

When you are ready, you can gently open your eyes and bring your focus back to the class {**Pause 5 sec**}

Two More Activities

1. Midsummer Meditation with Dr. Darshan Mehta from MGH - Play the Podcast and ask students to follow Dr. Darshan for a 6-minute guided deep-breathing session - Discuss comments from students after this meditation activity - Repeat the activity any time in the program	2. Just Pause - Organize a 1-minute pause for students to enjoy being in the present moment. - Breathe normally - End the activity promptly at 1 minute - Ask students how long or short the one minute felt like to them - Discuss other feelings or comments - Repeat this activity any time in the program

Handout updated 9/30/2022.

Activity Sheet

Stress Drawing

Stress can be hard and uncomfortable to go through. It can happen when we lose confidence in our ability to cope with a difficult situation, like loss of a loved one including a pet, an illness, an upcoming test at school, going through daily challenges related to COVID-19, and many more other situations.

- Use a pen or pencil to draw what stress can look like to you or how it can make you feel:

Draw: Stress looks like …	Draw: Stress looks like …	Draw: Stress looks like…
Example: 		
Write: Feelings or signs of going through a stressful time Example: Feeling tired; eating too much food (stress-eating) _____ _____		

- What can you do to balance your daily life well? How do you control stress so it does not get in your way of living a healthy life? Write down one goal and back it up with how you plan to reach this goal.

  Example: Starting today, I will spend a minute of silent time with myself. I will do it once in the morning and another time in the afternoon. I will focus on my breathing. After I finish, I will reflect on how I feel during my 1-minute quiet time.

  My plan:

  _____

  _____

  _____

Updated 9?30/2022.

Student Handout

Feeling stressed out, worried, or having a tough time happens to most of us.
There are many activities you can try and improve your feelings.
(Please email stayinshape@partners.org if you need more information.)

These activities help you distract, relax, and cope so you can improve your mood. Many of them quickly trick your brain into releasing Dopamine and Serotonin, the brain chemicals that help make you feel better. Listed below are more resources available to you when you need them. **Please keep in mind that there is help if you reach out!**

At school, reach out to:
- Your Principal
- Your teacher
- Your School Nurse
- Your Social Worker or Guidance Counselor

Handout updated 2/24/2022

At home or in the community, turn to these resources:
- Talk to your parents and other trusted adults
- Visit www.mghclaycenter.org to watch podcasts or read blogs about healthy body and healthy mind.
- Call2Talk 508-532-2255 or text C2T to 741741
- Boston Hope at www.samaritanshope.org
  Call or text 877-870-4673

Health Education

Sleep Well

Session Goal

Learn and discuss risks of not having enough sleep and not sleeping well
Know the recommended hours of sleep for teens and children

Session Highlights

- Getting enough time and quality for sleep is as important for the body as eating right, exercising, and practicing relaxation. We rely on sleep to heal from illnesses and wounds, build on the immune system, and recharge the body's energy.
- Poor sleep is linked to a long list of health problems, from catching a cold, putting on weight, having an accident to poor mental health.
- What we eat, whether or not we exercise, have a healthy limit to screen time, and find ways to control daily stress can affect how well we sleep.
- Experts' recommendation on hours of sleep for teens: 9 – 10 hours per night; Personal strategies for reaching the recommended daily sleep goal.

Suggested Activity

- Ask students about their current pattern of sleep and identity barriers to getting enough sleep
- Discuss the goal of getting 9-10 hours of sleep a day
- Discuss time management, putting a limit to entertainment screen time / social media
- Set sleep up as the top priority at night. This means sleep is the single most important thing for you to do every night.

Student Handout and Activity Sheet

Sleep Well, You Are Worth It!
Ways of Improving Sleep

Learn More

Five Ideas for Better Sleep

Is It Okay to Sleep 11 hours on Weekends and 5-6 on Weekdays?

Music for sleep, stress reduction, and study

Student Handout

Sleep Well, You Are Worth It!

About 58%of middle school students and 73% of high school students report not getting enough sleep on an average school night. Some of them sleep less than 5 hours a night. (Data from Centers for Disease Control and Prevention)

Signs of Not Enough Sleep

- Difficulty waking up in the morning
- Unable to concentrate during the day
- Falling asleep in class
- Feeling tired, moody, stressed, anxious, and even depressed

Risks of Not Getting Enough Sleep

- Limit your ability to learn, listen, concentrate, and remember
- Weaken your body's defense against health problems, big – like heart diseases – and small - like pimples or acne, colds, and the Flu
- Make you eat too much or crave for unhealthy foods, a risk for unhealthy weight gain or Make it much harder to maintain a healthy body weight
- Can put you at risk for many mental health conditions and problem behaviors

Child health experts say teens need more sleep.

Sleep goal for teens: 9-10 hours per night

Age	Recommended Amount of Sleep
Newborns	16–18 hours a day
Preschool-aged children	11–12 hours a day
School-aged children	At least 10 hours a day
Teens	9–10 hours a day
Adults (including the elderly)	7–8 hours a day

Good night,

Sleep tight!

Helpful Tips

- Organize your daily life to prioritize sleep. Make it a **top priority every night**!
- Eat healthy and balanced meals every day; avoid eating 2 hours before your bed-time. Try not to drink coffee, tea, and soda late in the day. Caffeine in these drinks may be why you can't sleep.
- Make the same bed and wake time for yourself and keep it up throughout the week.
- Keep screen time at healthy limit and avoid it 2 hours before your bed-time.
- Practice relaxation skills. A relaxed mind and body help improve your sleep quality - fall asleep quicker and stay asleep whole night.
- Be physically active. Exercise helps sleep.
- You can't fake awake - no pills can replace a natural good night's sleep.
- Weekend lie-in does not help catch up with the sleep lost during the week.

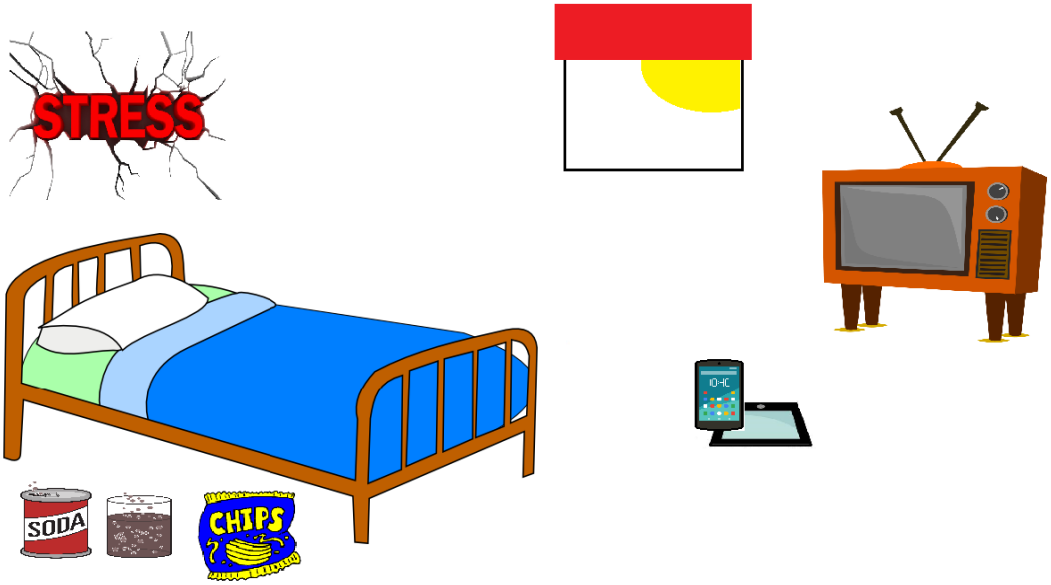
Handout originally developed by Ranita Rajandram, BU Graduate student Intern 2006. Updated 9/30/2022.

Activity Sheet – Ways of Improving Sleep

1) Figure out when you have to go to bed with this easy formula:

   Take the time you have to get up to be ready for school and count back 9-10 hours.
   Time for me to get up _____, count back 10 hours, my bed-time is _____.

2) Circle any picture below that you think might make it hard for the person in this bed to get to sleep:



3) How can you make a change to help the person sleep better?

   _____

   _____

   _____

Activity sheet developed by Charlotte Cuddihy, Health Education Student Intern from Harvard T. H. Chan School of Public Health, 2017-2018. Updated 9/30/2022.

Stay in Shape Program Curriculum

Mid Program Summary
Deep Breathing
Home Assignments
(To be announced in the week before school recess)

Mid-Program Summary

Session Goal

Review all the topics discussed and learned at mid-program point
Discuss improvement in goal-setting and small-step actions towards daily healthy habits

Session Highlights

Review and check in:

- Achieving the daily exercise goal of 60 minutes
- Starting every day with a healthy breakfast
- Forming the habit of checking the Food Label on packaged foods with an emphasis on fiber, salt, and sugar.
- Eating from a Balanced Plate to include enough (5-9) servings/day of vegetables and frui
    - Healthy portions
    - Mindful eating
- Setting a healthy limit to TV, entertainment, and social media screen time
  (If this topic has been discussed at mid-program point)

Suggested Activity

- Check in with students about their progress in each of the discussed goals
- Encourage students to share what has worked well for them to reach a goal, what is still a challenge, and how they plan to keep making an effort (Small-step actions) and succeed over time

Student Handout and Activity Sheet

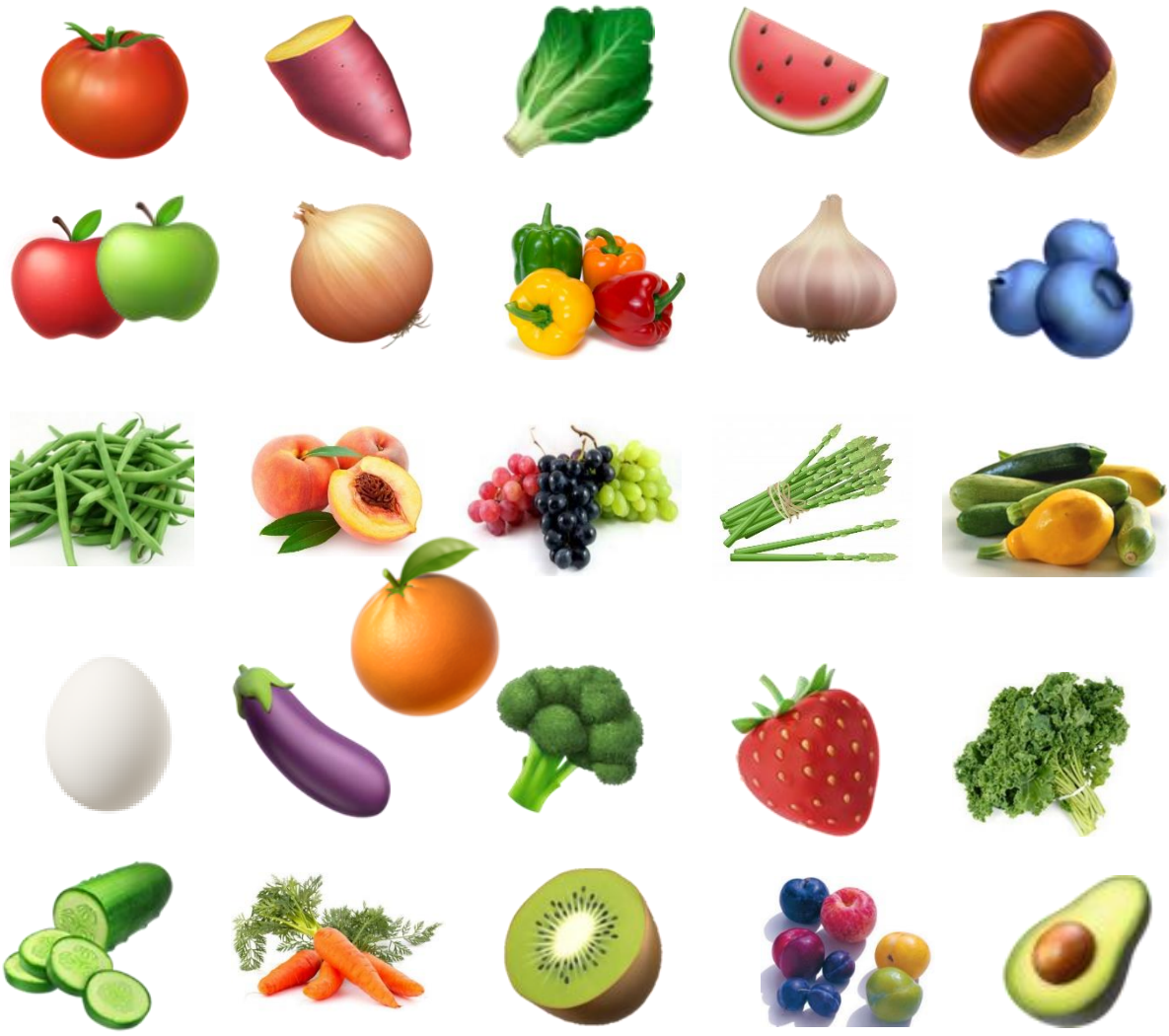
The "Rainbow" of Foods
Foods for a Healthy and Happy Heart
Family Meals

- Talk about colors, texture, and taste of these foods.
- Add more foods of colors you like to eat to the list.

The "Rainbow" of Foods

Go for a total of 5 – 9 servings of fruits and vegetables a day!

(Picture credit: www.emoji.org/apple)



Some experts suggest eating more vegetables, as fruits come with lots of sugar even though it is natural sugar. What other colorful vegetables do you like to eat? Pease write down their names:

_____ _____ _____

_____ _____ _____

Student Handout

Foods for a Healthy and Happy Heart

Eat for a Healthy Heart!

You are young, but it's never too early to think about your heart health. It is very important to start and keep heart healthy habits now. Your heart will thank you forever! Guess what? Foods and eating habits good for your heart are also good for the entire body and mind!

Words to review:

Saturated Fat – The not so healthy fat. It is usually from meat. It hardens at room temperature.

Unsaturated Fat – The healthy fat. It is from plant-based foods. It stays a liquid at room temperature.

Cholesterol - A waxy, fat-like stuff in the body. Your body makes it naturally and you can also get it from the foods you eat. Too much cholesterol can hurt your heart health.

Dietary Fiber – It is in plants, like fruits, vegetables and grains. Your body needs fiber for healthy digestion and disease prevention including heart disease and colon cancer. Fiber-rich food makes you feel full longer.

Your daily need for fiber: "Your age+5" grams: A serving of food that has 3 or more grams of fiber makes it a fiber-rich food or a good source for fiber.

More Tips for a Healthy & Happy Heart

- Eat less unhealthy fats; eat no trans-fat
- Go easy on salt – Less is better for health
- Eat in small portions and eat mindfully
- Eat less sugar, especially added sugar
- Choose to drink water
- Stay physically active - 60 minutes/day
- Manage daily stress

10 Foods Your Heart Loves

1. Fresh fruits and vegetables
2. Nuts
   The good fat (Omega 3) in nuts keeps your heart happy and healthy.
3. Whole grain foods
   High fiber helps you feel full longer and lowers cholesterol.
4. Fish
   Omega 3 Fats in fatty fish like salmon, sardine, mackerel, and others keep your heart healthy.
5. Berries
   Antioxidants and Vitamins in berries support good heart health.
6. Flax seeds
   Omega 3 fatty acids, fiber and other nutrients in Flax seeds help boost heart health. Sprinkle ground Flax seeds over cereal, oatmeal, yogurt and other of your favorite foods and enjoy!
7. Beans and peas
   They are great to fiber up your meals!
8. Fat free or low-fat milk products
   Calcium supports both bone and heart health.
9. Extra virgin olive oil
   The good fat in olive oil is heart-healthy.
10. Water
    Water is a healthy choice your heart likes.

Plus, a pair of walking shoes. Daily exercise for up to **60 minutes** is a healthy habit to have. Your loves it. Go for it and have fun! Remember also to practice deep breathing and mindfulness on daily stress.

Handout Developed by Allison Karr, MGH Nutrition Student Intern 2006. Updated 9/30/2022.

Family Meals, Best Meals

Everyone is busy these days. It may be hard for the family to come together at mealtimes. But we encourage everyone to try and plan the time. Family meals are very important and good for you (Please share this handout with your family, if possible).

When cooking food and eating family meals at the table together, children are more likely to ...

- Eat fruits, vegetables and other healthy foods.
- Try new foods.
- Do better in school because of eating healthy family meals and having meaningful connections with the family.

Children are less likely to ...

- Snack on unhealthy foods
- Drink soda and eat fried foods
- Have unhealthy eating habits
- Smoke cigarettes and drink alcohol

Family meals bring everyone together. Here are some tips for your family to start cooking and eating meals together:

- Set a mealtime and make family meals a priority
- Set a goal for everyone to join in the family meal time
- Get everyone's hands-on in meal preparation – make it fun
- Make simple meals so you do not take a long time to prepare or clean up. This will give you more time to enjoy eating together.
- A family meal can be breakfast, lunch or dinner
- Make your table pretty! Add flowers and other decorations. Be creative!
- Turn off the TV and put away other gadgets when having a family meal. Use the time for a great family conversation. Get everyone to talk about their day at this time and share laughs. **You can certainly talk about Stay in Shape and what you have learned from the program!**

Cooking and eating together may not be easy at first but give it more time. It is a healthy habit and great family ritual to have. It can help everyone in the family stay healthy and happy.

Handout developed by Lisa D'Agrosa, MGH Nutrition Services Dietetic Student Intern 2008. Updated 2/25/2022.

Home Assignments

Goal

Provide an opportunity for students to study on his/her own for one week. It can be for school recess week when there is no program or at any other time during the program.

Activities

Assignment 1: Stay in Shape Weekly Log

- Record the servings of fruits and vegetables students eat each day. Remember, 5 or more combined servings of fruits and vegetables each day is the goal.
- Record the time and type of physical activities students do each day. The goal for everyone is to be physically active for 60 minutes each day.
- Record deep breathing activity each day with a brief description of how much time and how students feel with the activity. The goal is to develop the habit of stress management through deep breathing.

Assignment 2: Fiber Up – A Mini Research Project on Fiber and Its Health Benefits

- Review discussions on fiber:
    - From Food Label Reading discussion: Good source of fiber means at least 3 grams per serving. Excellent source of fiber means 5 or more grams per serving.
    - From discussion on Balanced Plate: Fruits and vegetables come with fiber. Fiber helps you feel full longer. Fiber also keeps your digestive system healthy and happy. Fiber also supports heart health. It may also help prevent some types of cancer (e.g. Colon cancer).

Assignment 3: Essay Writing on Positive Body Image

- Building a positive body image is a very important part of living a healthy life for children and youth.
- Introduce Body Image Essay Brochures to students. Encourage them to review the selected essays written by past program participants for inspirations and ideas for writing their own essays.
- There is no limit to how long the essay should be. Encourage students to think deeply and be expressive in their writing.

Home Assignment 1: “Stay in Shape” Weekly Log Your Name ______________________ Your School___________________________

Instructions:

1. Write down name of fruits and vegetables you eat each day. Remember: **5 or more servings** is your goal.
2. Write down how much time and name of physical activity you do each day. Remember: **60 minutes** is your goal.
3. Write down your Deep Breathing practice each day and check off how you did it, a mini one with just a few breaths or a 10+ min session. Describe briefly how you feel each time you finish. Remember: your goal is to use this simple skill as one way to control daily stress.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruits and Vegetables	Name of fruit or vegetable: 1 _____________ 2 _____________ 3 _____________ 4 _____________ 5 _____________ More servings: _____________ _____________	Name of fruit or vegetable: 1 _____________ 2 _____________ 3 _____________ 4 _____________ 5 _____________ More servings: _____________ _____________	Name of fruit or vegetable: 1 _____________ 2 _____________ 3 _____________ 4 _____________ 5 _____________ More servings: _____________ _____________	Name of fruit or vegetable: 1 _____________ 2 _____________ 3 _____________ 4 _____________ 5 _____________ More servings: _____________ _____________	Name of fruit or vegetable: 1 _____________ 2 _____________ 3 _____________ 4 _____________ 5 _____________ More servings: _____________ _____________	Name of fruit or vegetable: 1 _____________ 2 _____________ 3 _____________ 4 _____________ 5 _____________ More servings: _____________ _____________	Name of fruit or vegetable: 1 _____________ 2 _____________ 3 _____________ 4 _____________ 5 _____________ More servings: _____________ _____________
Physical Activity	☐ 60 min or more ☐ 30 min or more Name of Activity: _______________ _______________ _______________ _______________	☐ 60 min or more ☐ 30 min or more Name of Activity: _______________ _______________ _______________ _______________	☐ 60 min or more ☐ 30 min or more Name of Activity: _______________ _______________ _______________ _______________	☐ 60 min or more ☐ 30 min or more Name of Activity: _______________ _______________ _______________ _______________	☐ 60 min or more ☐ 30 min or more Name of Activity: _______________ _______________ _______________ _______________	☐ 60 min or more ☐ 30 min or more Name of Activity: _______________ _______________ _______________ _______________	☐ 60 min or more ☐ 30 min or more Name of Activity: _______________ _______________ _______________ _______________
Deep Breathing	☐ Mini Breathing ☐ 10+ Min Session Describe: _______________ _______________	☐ Mini Breathing ☐ 10+ Min Session Describe: _______________ _______________	☐ Mini Breathing ☐ 10+ Min Session Describe: _______________ _______________	☐ Mini Breathing ☐ 10+ Min Session Describe: _______________ _______________	☐ Mini Breathing ☐ 10+ Min Session Describe: _______________ _______________	☐ Mini Breathing ☐ 20 Min Session Describe: _______________ _______________	☐ Mini Breathing ☐ 20 Min Session Describe: _______________ _______________

Adapted from “Your Weekly Log – Growing Up Healthy and Strong Is as Easy as 5-2-1!” Jump Up & Go, Blue Cross Blue Shield Massachusetts

Home Assignment 2

Fiber Up!

A Mini Research Project on Fiber and Its Health Benefits

Goal: To learn more about fiber and fiber-rich foods for a better understanding of fiber's health benefits

Instructions:

- Please answer the following 3 questions in your mini research paper.
- Review what you learned from Stay in Shape to write your paper.
- You can also visit www.kidshealth.org/teen/food_fitness/nutrition/fiber.html to learn more about fiber before you start writing your paper.
- Have fun!

1. On a Food Label, how do you know if the food item in the package item provides a good source for fiber"?

   _____

2. Give 3 examples fiber-rich food. How many grams of fiber per serving does each food provide?

	Name of Food	Grams of Fiber per Serving
1)	_____	_____
2)	_____	_____
3)	_____	_____

3. Make a list of 5 – 10 fiber-rich foods that are your favorite to eat, then describe briefly health benefits these foods can bring to you:

_____ _____ _____

_____ _____ _____

_____ _____ _____

Health Benefits: _____

_____

_____

Home Assignment 3: Essay Writing on Positive Body Image

Positive Body Image: What Does It Mean to You?
Goal: To build a positive body image through writing to define body image in your own words

Instructions:

- Body image is about our mental health → whole health. Having a positive body image is an important part of living a healthy life for people of all ages.
- Read at least sheets of the Stay in Shape Body Image Brochures (There are total of six sheets) for inspirations to complete your own essay. The brochures are made up of selected essays written by the past Stay in Shape students.
- You can write about your appearance, personality, or your feelings about yourself. You can also write about your cultural background or how you choose to live a healthy life. Any other things that help you understand and practice **positive body image** are welcome too.
- This is optional, but we encourage you to turn in your completed essay to your teacher. We'd love to make a new brochure to include more essays. We hope you will participate. Thank you in advance for your essay contribution!

You are unique the way you are and how you choose to live a healthy life!

Your First Name: _____ Your School: _____

Body Image Essay:

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

What makes us unique...

"My right hand has a mark on it because I burnt myself with an iron when I was little. People ask what it is. I feel special because I never see people with the mark I have."
-Alexa, Clark Ave Middle

"No one can really be happy until they come out of their shells and actually accept how they are. We all have different appearances and personalities." -Habiba, Chealsea High

"I like how I'm not like anybody else."
-Adrianiris, Clark Ave Middle

"I like that I am me. I was born this way. This is the person I was supposed to be.. Sure I have insecurities but who doesn't? I'm proud of myself even with my insecurities. This is me. Without these things, I would not be me." -Amanda, Clark Ave Middle

"I really love my humor and craziness because it's what makes me a fun and unique person."
-Adelisa, Clark Ave Middle

Being in Control

"*Stay in Shape* has helped me exercise and have a lot of fun while doing it. Being active helps make me confident."
-Linda, Rumney Marsh Academy

"I know that I am beautiful by my actions and not my looks. To me, that is all that matters."
-Tracy, Eugene Wright Middle

"This program had a really big impact on my life. I lost 20 pounds and I am a healthy person with a healthy body image" -Jessie, RHS

"When you feel you're not taking care of yourself, then you should do something about it." -Melissa, Chelsea High

"When I look at myself in the mirror the first thing I see is my smile. As long as I have my smile, my day is fine..."
-Karen, Chelsea High

"I like my choices." -Nora, Clark Ave Middle

"*Stay in Shape* made me feel good so I would exercise at home. It is a habit now."
-Carol, Rumney Marsh Academy

MASSACHUSETTS GENERAL HOSPITAL

Stay in Shape

Body Image:

Positive Body Image, Healthy Living

stayinshape@partners.org
781-485-6400


Body Image : Redefining What's Beautiful and Healthy
What is Body Image ?
Body Image is how we perceive the appearance of our body.
What is negative Body Image ?
Negative body images give a distorted perception of body shape and size. This leads to comparing other bodies and feelings of shame and anxiety.
What is .. positive Body Image?
When a person has a positive body image, he or she has a real perception of their size and shape and feels comfortable with his or her body.
Stay In Shape helps girls develop a positive body image. Positive body image leads to a healthy lifestyle and a sense of pride, happiness, and love of oneself.
We asked our Stay in Shape girls...
What does Body Image mean to you?
Throw out ideals of beauty...
"I know I am beautiful in my own way..." -Baderha, Clark Ave Middle
"All of society gives a huge emphasis on clothes, hair and make-up, and girls feel the pressure to always need to look their best, or like what they see in the magazines. If they don't, they start to feel bad about themselves, and this leads to low self-esteem, which affects all other parts of their lives." -Caitlin , Chelsea High
"The more comfortable I become with myself, the better I will feel and the higher my self-esteem will be. I don't need to live up to anybody's standards but my own." -Larissa , Chelsea High
"I don't care what people say about me. I only care what I think about me." -Kaylee, Eugene Wright
"Everybody has imperfections and isn't perfect. We aren't Barbie Dolls. " -Adelisa, Clark Ave Middle
Being Proud ...
"I'm really proud of my self and I'm very sure with my steps in life." -Rosy, Warren-Prescott
"I love my culture and being proud about what I am." -Kenya, Warren-Prescott
"I love my body and it makes me who I am and I love being a girl." -Jasmine, Eugene Wright Middle
"The most important and special thing in the world is my tradition and my heritage. I love it because it's my own way of doing something in the world and to be different but still blend in with people and learn new traditions or cultures too." -May, Clark Ave Middle
"My heritage is something I like about myself. It's common at school, Hispanic. But it's where you come from that makes you different from other people." -Ruth, Clark Ave Middle
"I like my personality and my features on my body. I like a lot of things about myself because I am me!" -Anagabriel, Eugene Wright
"I love myself and I really think my body is perfect " -Dayani, Chelsea High

What makes us unique...

"You might have something different from other people, that should make you feel special because maybe nobody else has that mark but you do" - Irma, Clark

"I like about me is my personality I am very musical I like to play the guitar and I play very good. I am also very funny, like today I made my whole table laugh" - Eugene Wright

"Things that I like about myself is I am amazing in art. I draw special pictures for my teachers and friends, they really love them " - Lourden, Eugene Wright

"Everybody is unique. They all have their mark. I do too. I've had this scar since I was little. I forget it's there. It might've made me weirder, but oh well! It's my mark. Not many people have a scar on their nose. But I do! Everyone has one. Their mark makes them special. Just like it does me!" - Karina, Clark

"Every single person is unique due to an individual physical trait. Even though everybody has an opinion about what his or her perfect body would be, changing one's personal features would take away from individuality. I personally would never do any surgery to change any part of my body. I feel proud of the fact that nobody exactly looks like me " - Mariam, Chelsea High

Being in Control

"Stay in Shape helped me a lot. I learned to relieve stress, exercise right, to be active and eat healthy food"- Kimberly, Clark

"In Stay in Shape, I have learned to exercise enough to make sure I am balancing calories and eat lot's of vegetables and fruits" — Mariana, Eugene Wright

"Before the Stay in Shape program, I used to worry about my weight. But ever since I have joined this wonderful program, I learned to eat healthier and to forget about my weight" - Leslie, Clark Avenue Middle

Everything you do while you're young affects you as you get older. Do things in a way you will be proud of. Staying fit doesn't just mean dieting. All these things I have learned will keep me healthy, physically and mentally.
- Rym, Clark

"Stay in Shape has helped me to learn new ways to improve body image" -Daniela, Eugene Wright

"Stay in Shape has really helped me understand that exercising plays an impotant role in life and your personality is what makes you unique"
- Niajah, Clark

"Stay in Shape program has taught me to keep a healthy body image. I also learned how to control stress . You have to eat healthy to be healthy ." - Rym, Clark

MASSACHUSETTS GENERAL HOSPITAL

Stay in Shape

Positive Body Image:
What It Means to Us

(2nd Edition, with essays written by students from Chelsea High School, Clark Avenue Middle School and Eugene Wright Science & Technology Academy)

Tel: 781-485-6400

Email: stayinshape@partners.org

Web: www.massgeneral.org/cchi
(Look for Stay in Shape)

Body StayStayStay in Shape: Redefining What's **Beautiful** a

WHAT IS BODY IMAGE ?

Body Image is how we look at and feel about ourselves.

What Is Negative Body Image

When you have a positive body image, you have a real view of your body size and shape and feels comfortable with your body. A positive

What Is .. Positive Body Image?

A negative body image gives you a poor image of yourself—body size, shape and your whole being. This can hurt your self esteem. It can make

Stay In Shape helps girls and boys develop a Positive body image that supports a healthy lifestyle and a sense of pride, happiness, and love of yourself.

We asked our Stay in Shape boys and girls...

What does Body Image mean to you?

I think a healthy body is having a good weight"- Yarelis, Clark

"Body Image is the way you look at yourself. People have different ways to look at themselves. Body image means to me is to be grateful for the body you have" - Ariana, Clark

"A healthy body image to me is very important. Without the right foods and activities you could become obese and get diseases which could lead to death someday" - Jenny, Clark

"To me my body image is important. It takes self confidence and yourself. Because you need to be happy with who you are and not what you what other people think you should be."- Katy, Clark

It is very important to have a positive body image. I like my appearance. I love my hair because it's really long and it flows. I'm also smart in math and history and that is going to help me to be the president because that's my goal." - Katelyn, Eugene Wright

"To me body image is like how a person feels about their body. It's also like seeing yourself in a mirror or when you picture yourself in your mind. Body image means liking your body and appreciating it" - Dowlay, Chelsea High

Being Proud ....

"I am also very proud of my culture. I am Italian American and like to learn about my ancestors"- Katerin, Eugene Wright

"I'm very happy with my culture because I like my family and my family foods. One meal I like when my family makes dinner is nachos " - Vetzauel, Eugene Wright

"I like about me is my culture. I spend as much time I could with my amazing family. My family and I are communities and most families aren't. I'm really glad to be so positive with my body image" - Katelyn, Eugene Wright

"I am proud of writing this essay because it helped me express myself and makes me feel good . Also this essay teaches me to always feel good and nice about myself" - Yenifer, Eugene Wright

"I love my family. My family is crazy but I love them" - Joseline, Clark

"A personality I like about myself is being creative . I'm also caring. I care about my friends" - Eugene Wright

"I like to do special activities, celebrate different holidays and eat food with my family. I like to share my background with my friends so they learn about my family" - Anthony, Eugene Wright

Stay in Shape: Redefining What's Beautiful and Healthy

What is BODY IMAGE?

Body Image is how we look at and feel about ourselves.

Positive Body Image

When you have a positive body image, you have a real view of your body size and shape and feel comfortable with your body. A positive body image is part of healthy living!

Negative Body Image

A negative body image gives you a poor image of yourself—body size, shape and your whole being. This can hurt your self esteem. It can make you feel bad about yourself. It does not support a healthy lifestyle

Stay In Shape helps girls and boys develop a Positive body image that supports a healthy lifestyle and a sense of pride, happiness, and love of yourself.

What does Body Image mean to you?

"If I take good care of myself, eat healthy and exercise I will grow up to be a strong and beautiful woman!"
- Eugene Wright

"Body image is how we look and feel about ourselves. I love my body because it's my own and I'm beautiful just the way I am!" - Katherine, Clark

"I was born this way. Sure, I have insecurities, but who doesn't? I'm proud of myself and I love myself no matter what"
-Karla, Clark

"I'm perfect just the way I am. I don't care what people think of me. Whether they think I'm fat or skinny– to me those words do not exist. That's what body image mens to me and I love my body!" - Becca, Clark

"As I grow up, I am learning new things about myself that make me proud and look at myself in a positive way. I know that I need to keep looking at myself in a positive way into the future so that I can be successful and happy!" -Suani, Eugene Wright

"Body image means that you love yourself for who you are" -Clark

Being Proud ....

"It is really important for everyone to feel proud of themselves like I do. Feeling proud helps you live a long and healthy life"
-Eugene Wright

"I like how smart I am because people always compliment me on my intelligence and it makes me feel AWESOME!"
-Eugene Wright

"I know that I have worked hard this year and I will take what I have learned and continue to make choices that will make me proud of who I am!" -Branden, Eugene Wright

"I am really proud of my background and culture. I get to try new foods from Honduras that I've never tried before and celebrate holidays that most people don't. I like to share my background with my friends so they can learn about me and my family"
-Anthony, Eugene Wright

"I'm proud to be Hondurian and I think everyone should be proud of their culture too"
-Stephanie, Clark

"I'm proud of my athletic abilities and I hope one day it helps me get a scholarship to college" -Clark

Stay in Shape Program Curriculum

Week Eight

Summary of Nutrition Education:
Best Foods for the Heart, Skin, Hair, and Nails

Let's Continue to Breathe Deeply to Relax

Words for Thoughts & Inspirations

Just try new things. Don't be afraid.
Step out of your comfort zones and soar, all right?

-- Michelle Obama, Former US First Lady

Nutrition Education Summary

Foods for Healthy Skin, Hair, Nails, and Teeth

Session Goal

Summarize nutrition topics discussed in the program
Identify and fill in gaps in knowledge and action

Session Highlights

- Connecting the dots: Understanding that foods for healthy skin, hair, nails, and teeth are not different from foods for total health.
- Connecting the dots again: In order to have healthy skin, hair, nails, and teeth, we also need to be physically active, manage daily stress, and sleep well.
- The topics (Program learning objectives) are closely related and supportive to each other.
- Discussing challenges and solutions in practicing the Stay in Shape principles

Suggested Activity

- (Optional: Colleting completed home assignments)
- Discuss what foods (other daily habits) help make our skin, hair, nails, and teeth healthy
- Review key nutrition points: Healthy breakfast; 5-9 servings a day and Balanced Plate; checking Food Labels and pay special attention to fiber, added sugar, and salt – what's to go for and what's to avoid; drinking plenty of water
- The important role of other key points: Daily exercise; entertainment screen time; stress, and sleep
- Continue to practice the deep breathing skill to relax

Student Handout

Foods for Healthy Skin, Hair, Nails, and Teeth

Learn More

Skin, Hair, and Nails (For teens)

Foods - and Other Daily Good Habits - for Healthy Skin, Hair, Nails, and Teeth

1. **Drink plenty of water** This is key to a healthy body. Experts recommend drinking 6 - 8 cups of water (1.5 – 2 liters) a day. While you can decide how much water you need, try not to wait until you feel thirsty before drinking water, because by then your body may be already dehydrated.

2. **Eat the "rainbow"** Fruits and vegetables are friends to your skin. Bright and dark colored fruits and vegetables like berries, plums, carrots, broccoli, and sweet potatoes have lots of Vitamin A. Vitamin A helps keep skin, hair and nails healthy. **Eat up to 5 servings of fruit and vegetables a day on a balanced plate!** Fruit and vegetables contain water. This is another reason that you should eat enough of them every day.

3. **Eat lean protein** Vitamin D, Iron, Zinc in lean meats help make hair, skin and nails shine. Lean meats like chicken and turkey provide protein, so do eggs and nuts.

4. **Eat whole grains** Whole wheat bread, brown rice and wheat pasta are better than refined or white bread, rice and pasta. Whole grains have more fiber and Vitamin B, good for the health of your hair, skin and nails.

5. **Eat healthy fats and oils** Good fats in nuts and some fish and Flax Seeds help keep cells healthy and strong. Healthy cells keep hair, skin and nails look beautiful.

6. **Eat low-fat dairy** Calcium and Vitamin A in milk products help make nails and bone strong. The good bacteria in yogurt help keep skin healthy. Just remember to go for low-sugar yogurt. You can add nuts – unless you are allergic to nuts - and fresh fruit to yogurt so it tastes even better. Remember to use your skill of reading the food labels and eat foods with no or less added sugar and low salt.

7. **Keep stress under control** Stress can be a big risk for developing skin problems, like acne, eczema, hives, and hair loss. Find ways, like **deep breathing**, to relax your body – Skin and muscles, and most of all, your mind so you feel healthy and look great.

8. **Sleep well** **Catch enough Zzzzs!** Skin is the body's largest organ. Everyone needs enough and quality sleep to stay healthy and strong. Not getting enough sleep can make your skin more easily catch breakouts and rashes. It can make your skin, hair and nails look dull and unhealthy. 9 - 10 hours of sleep every night is your goal. We challenge you to reach this goal, starting tonight!

9. Be physically active and try to reach your daily exercise goal of 60 minutes. When you are physically active, you have a much better chance to make healthier food choices, manage stress and sleep well. All these good habits support the health of your skin, hair, nails, and teeth.

10. Finally, keep doing a good job with personal hygiene, something you have learned to do from pre-school. Your skin, hair, nails, and teeth have a much better chance to look beautiful when you always keep them clean.

Stay in Shape Program Curriculum

Week 9

Eleven Best Daily Health Habits: Putting It All Together

Let's Continue to Breathe Deeply to Relax

Weekly Words for Thought & Inspiration

Real change, enduring change, happens one step at a time.

Fight for the things that you care about,
but do it in a way that will lead others to join you.

I tell law students, if you're going to be a lawyer and just practice your profession, you have a skill - very much like a plumber. But if you want to be a true professional, you will do something outside yourself, something that makes life better for people less fortunate.

-- Justice Ruth Bader Ginsburg

Program Summary: Once in "Stay in Shape", always stay in shape!

Session Goal

Look back at the seven learning objectives of the program to identify existing or anticipated challenges in living a healthy daily life

Session Highlights

- Connecting the dots: Nutrition, physical activity, stress management, and the 3Ss
    - Start every day with a healthy breakfast
    - Use Balanced Plate as a guide to healthy eating
    - Check the Food Labels and pay special attention to fiber, added sugar, and salt
    - Screen time: Limit entertainment screen time to not more than 2 hours a day
    - Stress: Practice the skill and form the habit of deep breathing to control daily stress
    - Sleep 9-10 hours a night and sleep well (All above objectives support sleep!)

Suggested Activity

- Recap the 7 learning objectives
- Share success stories that include what strategies students used to succeed on a learning objective
- Encourage students to comment on the success story of a fellow students:
    - What did you learn from that story?
    - Can you use the same strategy you heard to succeed?
    - If not, what would be your strategy?
- Continue to practice the deep breathing skill to relax

Student Handout

Eleven Best Daily Health Habits

Learn More

State of Childhood Obesity, Massachusetts

Stress (For teens)

Teenagers: How to Stay Healthy

11 Best Daily Health Habits: How Many Do You Have?

1. ***Eat a healthy breakfast every day***
   A healthy breakfast jump-starts your body and brain in the morning. It keeps you active and smart during the school day so you. A healthy breakfast also helps from overeating at the next meal.

2. ***Eat 5 or more servings of fruits and vegetables every day*** *(US national campaign since 1991)*
   Fruits and vegetables help cut down risk of getting many diseases, including cancer and heart diseases. Remember to practice My Balanced Plate to eat plenty of fruits and vegetables. Fruits and vegetables are great snack choices too.

3. ***Exercise for 60 minutes every day***
   There are so many benefits from daily exercise. 60 minutes a day is your goal. Get moving every day and stay in shape for life!

4. ***Always Read the Food Labels***
   Reading the labels helps you make smarter food choices. You can avoid buying and eating unhealthy foods especially foods with too much added sugar and salt since you now know better from reading and understanding the food labels.

5. **Limit entertainment screen time to no more than 2 hours a day**
   The less entertainment screen time, the better! Try not to turn the TV on at family meal-time. Have a conversation among family members instead.

6. ***Find time to relax every day***
   Managing daily stress well is just as important as eating healthy and exercising daily. Remember to do deep breathing regularly, the simple and effective skill you have learned. You can certainly do other things to relax, like playing sports, going for a walk, getting up for a stretch, listening to music, doing work of arts and crafts, taking a nap …. Your goal is to keep daily stress well under control!

7. ***Have a good night's sleep***
   Your body does all kinds of repairs for you when you are asleep. A good night's sleep helps a fever to drop, an earache to calm down, and a wound to heal. Your daily sleep goal is 9 – 10 hours, according to child health experts. Stick to good sleep hygiene to sleep well.

*There are **4 bonus good daily health habits** we hope you will remember to practice, even though we did not talk about them at Stay in Shape:*

8. *Stay away from vaping and using other tobacco products, alcohol, and illegal drugs*
   Vaping is smoking. Each cigarette contains more than 4,000 harmful chemicals that cause diseases including many types of cancer. Just like smoking, using alcohol or drugs is a health risk for addiction and lots of other health problems.

9. *Choose respect*
   Practice healthy and respectful communication skills. Be always kind and thoughtful to all.

10. *Stay in close touch with nature every day*
    Take a minute to enjoy your natural surroundings – listen to the wind, rain; look at flowers, leaves, watch birds and hear them sing .... Do you know that you are part of this natural beauty too?

11. *Connect heart to heart with a loved one or a close friend every day*
    Relationship is key to staying in good health. Find time every day to connect with a loved one or a close friend. Sharing your inner thoughts and feelings with someone you trust creates an opportunity for you to let out stress and get support at the same time. Reaching out for help, when you yourself or a friend needs the help, is a must-have skill. This action shows your strength and courage the best.

Stay in Shape Program Curriculum

Week 10

Once in "Stay in Shape", always stay in shape
Living a Healthy Life after the Program

Post-Surveys

Congratulations and Awards

Program Completion

Summary: Once in "Stay in Shape", always stay in shape!

Session Goal

To complete and celebrate the program

Session Highlight

- Administer the post-survey
  - Review the program learning objective once again if needed.

- Congratulations and awards
  - Award Program Completion Certificate to each student
  - SIS cinchpack for each student

Suggested Activity

- Explain the post-survey (See notes on survey cover page) and encourage students to answer all the questions.
- Organize an award ceremony for students to receive Program Completion Certificates
  - Congratulate everyone
  - Remind students to read and share the letter (Printed at the back of the Certificate) with their family members
  - Discuss "Once in Stay in Shape, always stay in shape": Share ideas and plans for continuing a healthy life after the program

Supplies for the Last Session

Copies of the Post-Survey
Program Award Packets

STAY IN SHAPE
Post-Program Survey

How to take the survey:

- This survey is anonymous. It means that you don't need to write your name on the survey.

- The survey is not a test. All you need to do is to answer each question according to what you know or don't know; do or don't do.

- Your answers will help us know how well you learned from the program and how we can improve the program for future students.

Thank you so much for your help!

Stay in Shape Post-Program Survey Today's Date: _____

1. On average, I spend ____ hours every day watching TV and/or using other electronics for entertainment.
   ❑ 0 hour ❑ 0 – 1 hour ❑ 1 – 2 hours ❑ More than 2 hours

2. Daily stress, if poorly managed, can make people ill.
   ❑ True ❑ Not true ❑ I don't know

3. I do deep breathing exercise to relax and control my stress.
   ❑ Yes ❑ No

4. "5 - 9 A Day" in nutrition education means …
   ❑ Eat 5-9 servings of bread or rice a day
   ❑ Eat 5-9 small meals a day
   ❑ Eat 5-9 servings of fruits and vegetables a day
   ❑ Eat 5 small meals and 4 snacks a day
   ❑ I don't know

5. I eat at least 5 servings of fruit and vegetables every day.
   ❑ Yes ❑ No

6. I ____ read Nutrition Facts (Food Labels).
   ❑ always ❑ sometimes ❑ once in a while ❑ never

7. How many times did you skip breakfast in the past 7 days?
   ❑ I did not skip ❑ 1-3 times ❑ More than 3 times

8. I spend 60 minutes on physical activities every day.
   ❑ Yes ❑ No

9. On average, how many hours of sleep do you get a night these days?
   ❑ 8-10 hours
   ❑ 5-7 hours
   ❑ Less than 5 hours

10. The Stay in Shape program was _____ to me.
    ❑ Very helpful
    ❑ Helpful
    ❑ Somewhat helpful
    ❑ Not helpful

11. Please share a short story of how you have improved in daily nutrition (For example, eating enough fruits and vegetables, having breakfast, and drinking water), exercise, sleep, and stress management since you started **Stay in Shape**:
    _____
    _____
    _____

12. How confident do you think you are now to live a healthy life after the program? This means that you will continue to eat healthy, spend 60 minutes on being physically active, and do deep breathing activity or other relaxing activities to control stress.

    ❑ Very confident ❑ Confident ❑ Somewhat confident ❑ Not confident

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Former Stay in Shape students who wrote the Positive Body Image Essays included in the curriculum to inspire new participants every year to write their own body image essays.

The Life Skills Program managed by the MGH Charlestown Coalition. Since 2016, Stay in Shape and Life Skills have been combined to offer students in Charlestown a unique opportunity to learn health and other youth developmental skills in one combined program of Life Skills-Stay in Shape.

The CirclePoint Bullying Prevention Program founded by Ari Magnusson whose generosity, experience, and expertise touched many students. From Ari, the students learned the importance of this youth health issue and skills of prevention.

The MGH Clay Center for Young Healthy Minds for creating and sharing self-care videos and other youth wellness resources.

CDC Healthy Schools Characteristics of an Effective Health Education Curriculum
This document is used to guide improving the Stay in Shape curriculum.

MA Department of Education Comprehensive Health Curriculum Framework

Finally, the hosts of the web-based resources selected for inclusion in the Stay in Shape curriculum for teachers and students to learn more about the program topics. Use of these resources is for the sole purpose of health education for school youth.

Thanks!

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