

Healthy Lifestyle Guide



Nutrition



Coaching



Exercise

Decorate this page!
Make it yours!

This booklet belongs to:

Write your name here!

Introduction

BOUNCE To Build Healthy Families

Guidelines

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

Participating youths receive this workbook designed to promote them with:

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

For more information, reach us:

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

Content

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Exercise

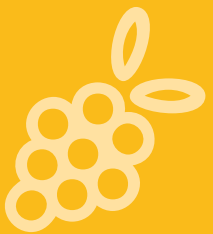
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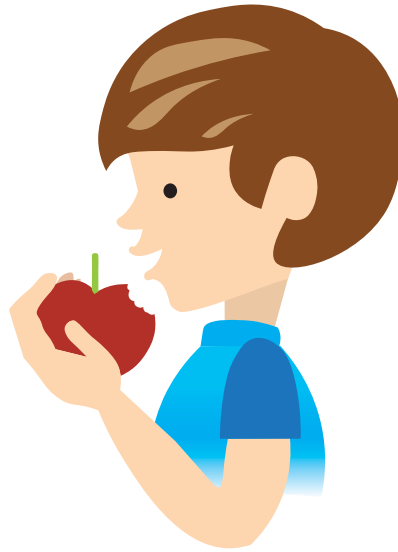


Nutrition



Food Functions

Food is the fuel that makes the body move.



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

Carbohydrates

The body's main energy source.

Sources



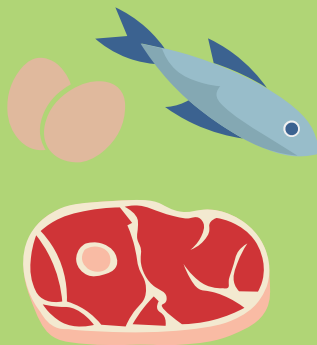
Fruits, vegetables, greens, legumes, and cereals.

Eat fiber!

Proteins

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

Sources



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

Eat lean meat!

Lipids(Fats)

An energy source that helps the body absorb vitamins.

Sources



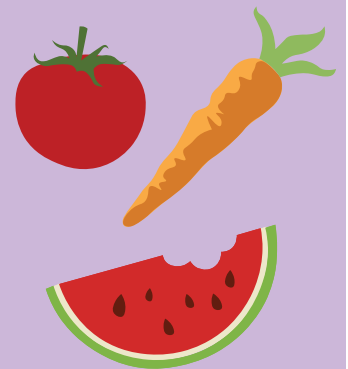
Oils (olive, canola, corn, etc.), avocado, nuts (peanuts, almonds, pecans).

Limit the consumption of animal fats!

Vitamins and Minerals

Essential for health and well-being.

Sources



Fruits and vegetables.

Eat a variety of fruits and veggies!

My Eating Habits

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

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

2. Before bed, I like to eat and drink _____.

3. The healthiest thing I ate yesterday was _____.

4. My favorite fruits to eat are _____.

5. The fruits I do not like is _____ because _____.



6. My favorite vegetables to eat are _____.

7. The vegetable I do not like is _____ because _____.

8. My favorite food is _____.

9. The food I eat the most is _____.

10. I usually drink _____.



11. For desert, I like to eat _____.

12. I eat sweets _____ times a week _____.

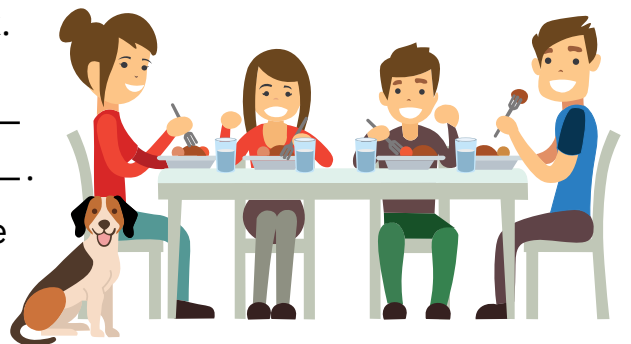
13. I usually eat dinner with my family at a table _____ times a week.

14. I wish that my family ate more _____ instead of _____.

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

16. When I eat fast food, I usually order _____.

17. When I watch TV, I snack on _____ because _____.



The Kitchen Detective



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

Healthy Foods

Example: Low-Fat Milk

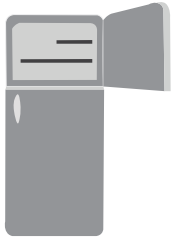


Unhealthy Foods

Example: Whole Milk



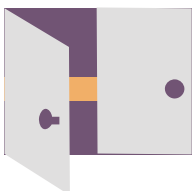
Refrigerator



Pantry

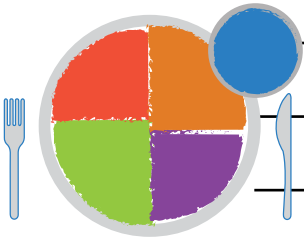


Cabinets & Countertops



Brainstorming Nutrition Goals

Nutrition Goals



What do I need to do?



Who can help me?



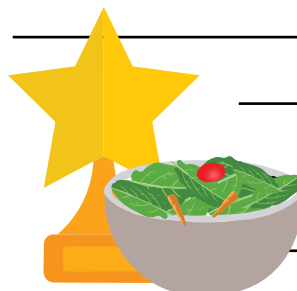
What will stop me?



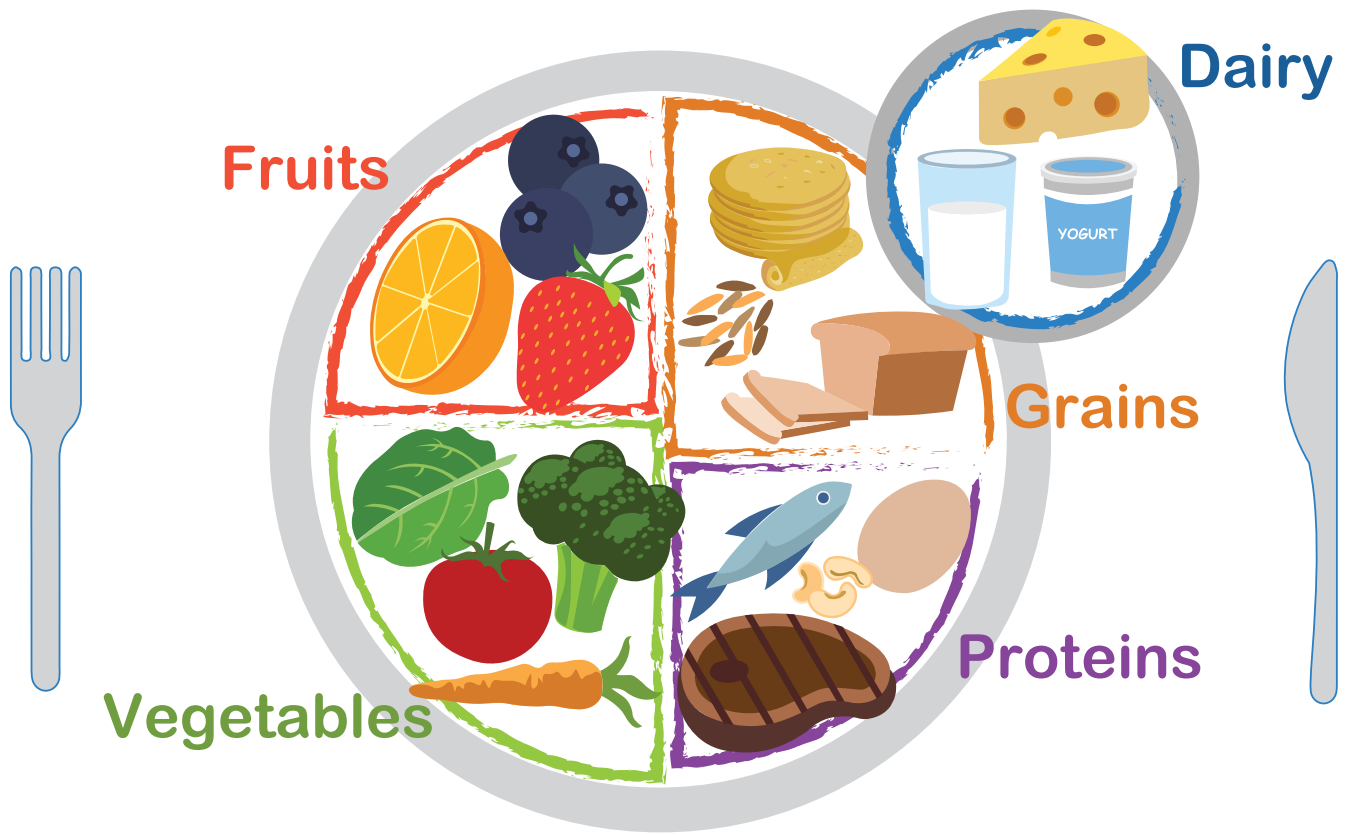
I plan to finish my goal in...








My reward will be...



MyPlate

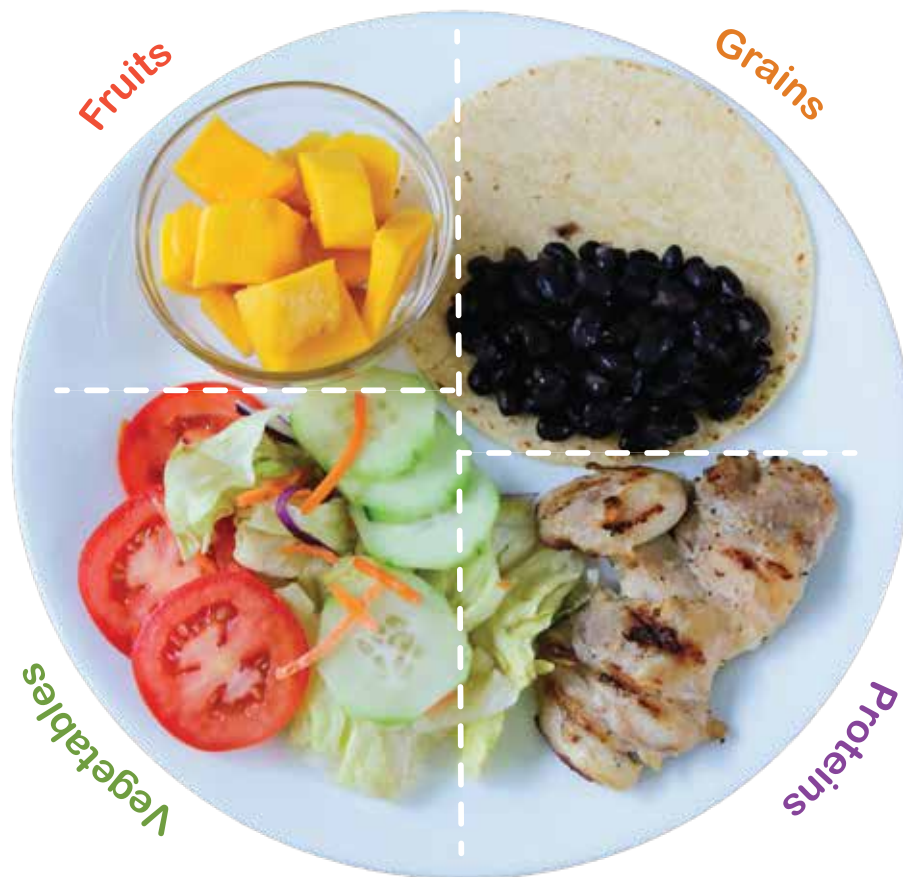


Fruits	Vegetables	Dairy	Grains	Proteins
<p>Choose fresh, whole fruits.</p> <p>Any fruit or 100% fruit juice. Fruits can be fresh, canned, frozen or dry, whole, cut or mashed.</p> 	<p>Consume a variety of vegetables.</p> <p>Any greens or 100% vegetable juice. Vegetables can be fresh, canned, frozen or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

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

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

My BOUNCE Plate



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



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



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

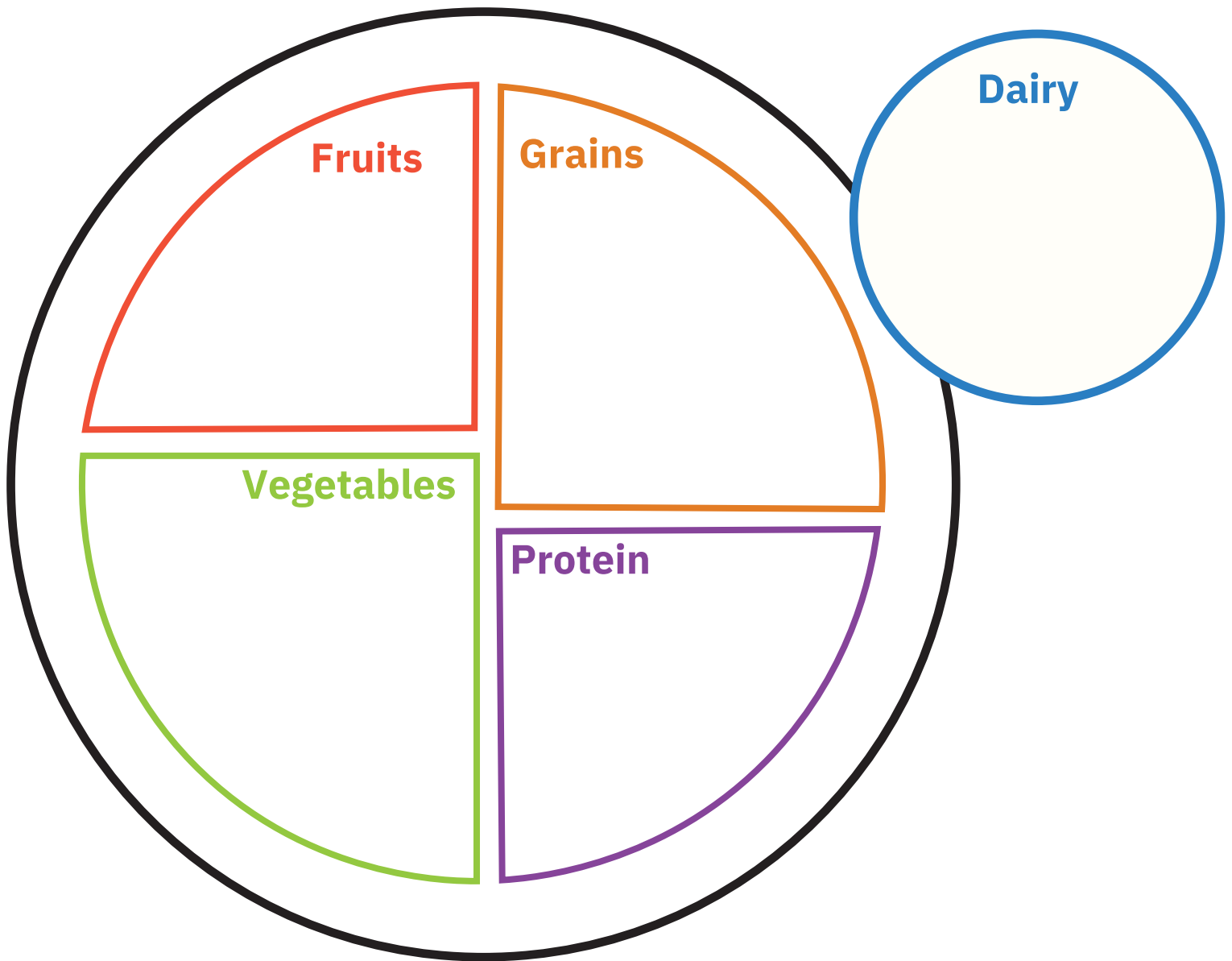


Drink water instead of sodas or other sugary drinks.

You can create your own healthy plate every day.

My Plate Activity

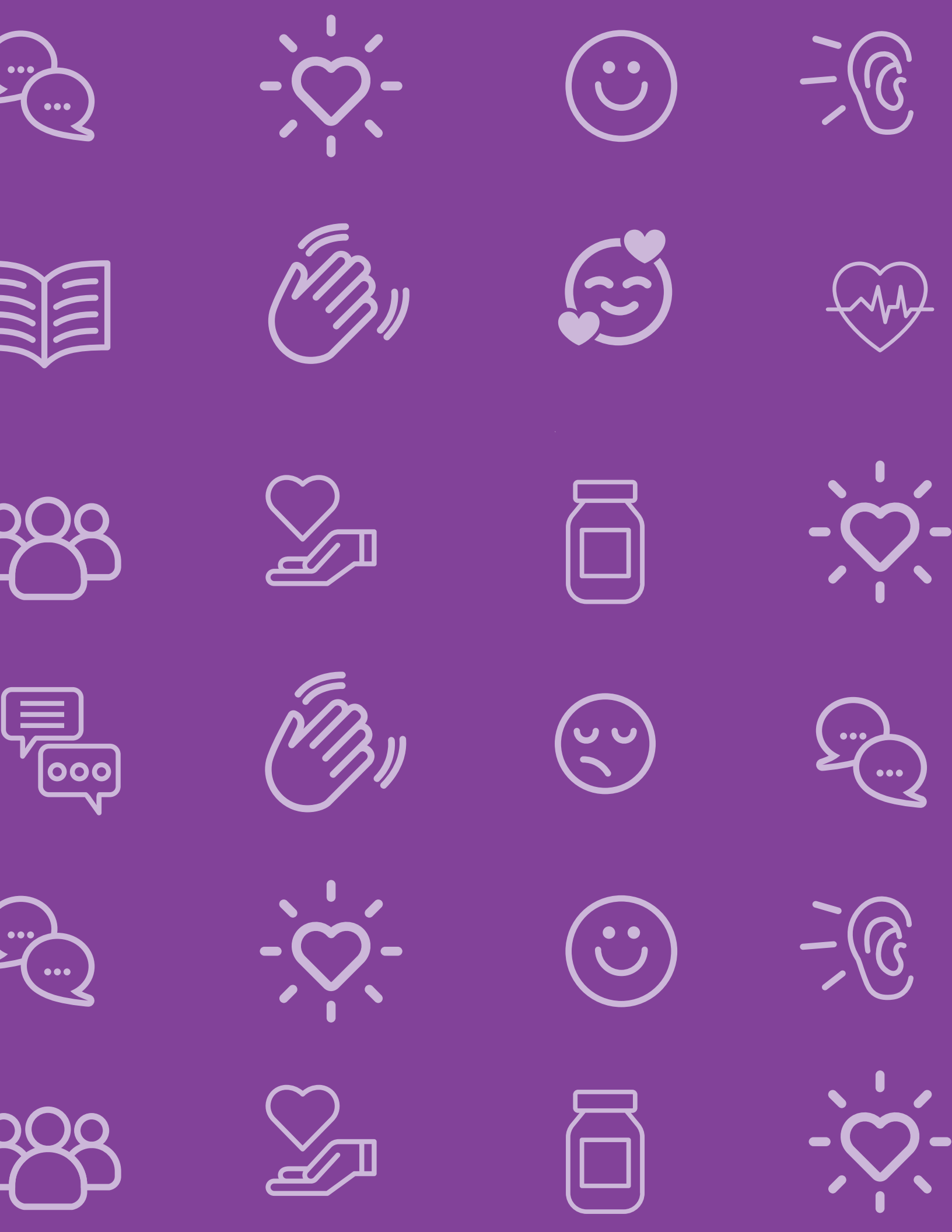
Instructions: Place each of your different food sticker in the correct MyPlate food group.



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



Coaching



BOUNCE Expectations



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

This is a safe place for everyone.

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



WHAT YOU SAY IN HERE STAYS IN HERE

Except when ...

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

Treasure Hunt

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

Hello, my name is:

1



Start

My favorite hobby is:

2



My favorite place to visit is :

3



Exercises I like to do :

4



Happiest Moment:

5



When I am sad, I am likely to eat:

6



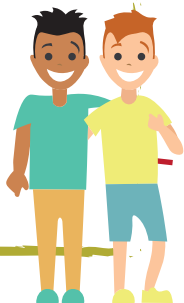
I am afraid of:

7



My best friends are:

8



Things that I am very proud of:

9



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

10



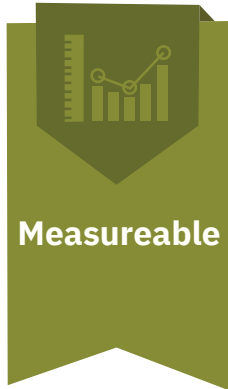
End

Goal Setting Guidelines

S



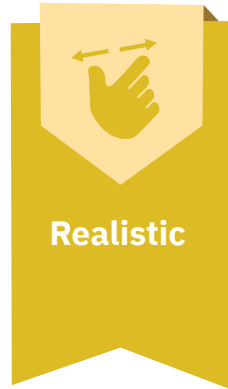
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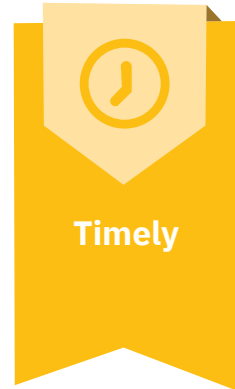
A



R



T



What is a SMART Goal?

It is: **S**pecific,
Measurable,
Attainable,
Realistic, and
Timely.

How can you make a SMARTER Goal?

Evaluate and
Revisit your goals!

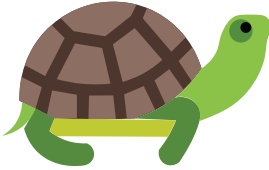
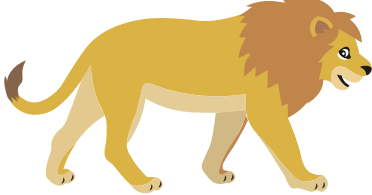

Good Examples

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

How can you make these SMARTER goals?



Communication Style

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

What is your main communication style? _____

Communication Style Quiz

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

In an argument do you:

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

In an argument do you:

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

In an argument do you:

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

In an argument, are you:

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

In an argument:

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

Do you often feel:



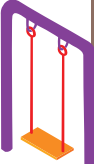

- A. angry and impatient?
- B. powerless and ignored?
- C. excited about life and calm?

Count the number of times you chose each letter A _____ B _____ C _____

:

Practicing Communication

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

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

Practicing Effective Listening Skills

Rules for Speaker:

- 1 Speak for nonstop for 1 minute.
- 2 You can speak about any subject (e.g. ideal vacation, hobbies, favorite memory)
- 3 When finished, let the listener repeat what you said.
- 4 Politely correct the listener if they get information wrong or forget.



Rules for Listener:

- 1 Repeat as closely as possible what the speaker said.
- 2 Allow the speaker to make appropriate corrections.
- 3 Do your best to only repeat what the speaker said, do not include your own response.

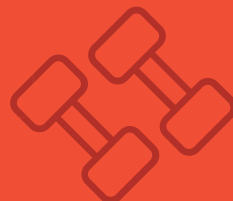


Rules for Both:

- 1 Speaker has the floor.
- 2 Speaker keeps the floor while the listener repeats.
- 3 Switch roles once listener has finished repeating.



Exercise



Benefits of Physical Activity

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

Benefits



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



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



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



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



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



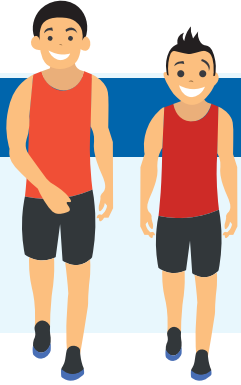
You will have a better memory. Exercise helps to maintain mental health.



You will be able to achieve and maintain ideal weight.



Type of Physical Activities



Moderate Intensity

Walk

Exercises in the pool
(Aquagym)

Dance

Gardening



Vigorous Intensity

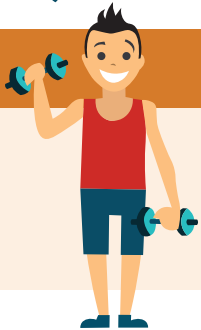
Spinning

Running

Zumba

Soccer

Swimming



Strength Exercise

Repetitions with light weights

Repetitions with own body weight



Flexibility and Stretching Exercises

Yoga

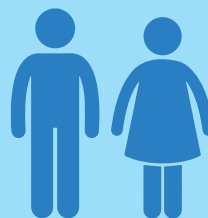


Children ages 4-17



60 minutes daily
of moderate to vigorous physical
activities

Adults ages 18+



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

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

Brainstorming Exercise Goals

Exercise Goals



What Do I Need?



Who can help me?



What will stop me?



I plan to finish my goal in...



My reward will be...



Getting F.I.T.T!

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

F

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

I

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

T

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

T

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

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

Energy and Balance

What is energy?

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

Weight Gain



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

Weight Maintenance



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

Weight Loss

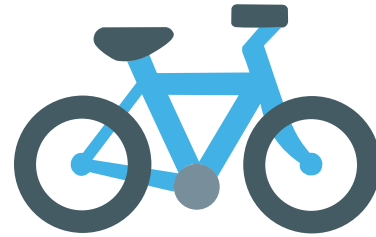


Consumption of foods is **LESS** than the energy spent during physical activity.

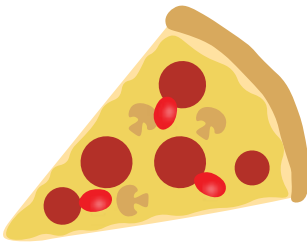
Energetic Balance



1 Chocolate Bar
280 calories



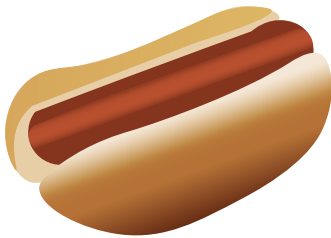
30 minutes in
stationary bike



2 Pizza Slices
580 calories



1 hour of running
(or 6 miles)



1 Hot Dog
265 calories



1 hour and 20 minutes
of light walking



1-1 oz Bag of Snack
140 calories



30 minutes of fast dancing

Domains

Nutrition

Basics of Nutrition

Food Functions
Add Color to Your Plate

Goal Setting and Self-Reflection

My Eating Habits
The Kitchen Detective
Brainstorming Nutrition Goals
Goal Evaluation

Healthy Eating Strategies and Guidelines

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

Macro Nutrients

Carbohydrates & Dietary Fiber

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

Fat

Tips to Reduce Fat Consumption
Food Traffic Light

Protein

How to Increase the Consumption of Proteins
Healthy Protein Snacks

Water

Drink More Water and Less Sodas

Meals

Rate Your Breakfast Plate
Smoothie Competition
My Plate Activity

Monitoring Progress

Daily Food Journal

Reading Nutrition Facts Labels

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

Coaching

Body Image/Self-Esteem

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

Communication

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

Emotion Regulation

Volcano Scale—My Triggers
Strategies for Managing Emotions

Goal Setting and Self Reflection

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

Self-Care

Natural Beauty
Homemade Body Scrubs

Stress and Coping

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

Team Building Activities (no handouts required)

Wool Web
Tall Tower

Exercise

Basics of Exercise

Benefits of Physical Activity
Type of Physical Activities

Exercise Strategies and Guidelines

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

Goal Setting and Self-Reflection

Brainstorming Exercise Goals
Exercise Plan

Monitoring Progress

My Fitness Journal

Nutrition and Fitness

Energy and Balance
Energetic Balance
Calories Spent with Physical Activity

Physical Benefits of Exercising

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

Acknowledgements

Partners

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