

# ATHLETE PLAYBOOK



**SO***fit*

**SPECIAL OLYMPICS  
WASHINGTON**



# My Personal Health Goal

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

My personal health goal is:

To reach my goal, I will do these things:

- 1.
- 2.
- 3.

I will know I have reached my goal when:

# Week 1 Lifestyle Survey



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

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

Today's Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

What is the date you were born?: \_\_\_\_/\_\_\_\_/\_\_\_\_

Are you male or female? *Please circle* Male (Boy) Female (Girl)

Is anyone helping you to complete all of these forms? *Please circle*

I am completing these forms totally by myself

Someone is helping me to complete these forms

**Circle an answer for each question below. You can skip any questions you do not want to answer.**

I am a(n):

Athlete

Unified Partner

Coach

Caregiver

Parent

Other: \_\_\_\_\_

I describe myself as:



White

Black

Hispanic or Latino

Asian or Pacific Islander

American Indian

Alaskan Native

Other: \_\_\_\_\_

I live:



In a group home

With my family

In my own home or apartment

Other - I live in: \_\_\_\_\_

I communicate by:



Talking or using spoken words

Using a communication device or assistive technology (like a Dynavox)

Gestures

Other: \_\_\_\_\_

I move around:

By myself



Using a wheelchair, walker or cane



Only with help from someone



Do you work?:

Yes



No



It is full time

It is part time

When you work:



I do not work right now

My health is:

Great



Good



Okay



Not Good



**Please circle an answer for each question below**  
**There is no right or wrong answer**

1. **Yesterday, how many times did you eat VEGETABLES?** (Vegetables are salads, boiled/baked/mashed potatoes, and all cooked and uncooked vegetables.) Do not include french fries or chip

0	1	2	3	4	5 or more
---	---	---	---	---	-----------



2. **Yesterday, how many times did you eat FRUITS?** Do not include fruit juice

0	1	2	3	4	5 or more
---	---	---	---	---	-----------



3. **Yesterday, how many CUPS of WATER did you drink?**

0	1	2	3	4	5 or more
---	---	---	---	---	-----------



4. **LAST WEEK, on what days did you exercise/play sports that made your heart beat fast and made you breathe hard** (things like: basketball, jogging, skating, fast dancing, swimming laps, tennis, fast bicycling, or aerobics)?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
--------	---------	-----------	----------	--------	----------	--------



I did not exercise/play sports that made my heart beat fast and made me breathe hard

5. **How much time do you usually spend exercising on the days you circled above?**

30 minutes	1 hour	1 hour and 30 minutes	2 hours	3 or more hours
------------	--------	-----------------------	---------	-----------------

6. **Do you have a GOAL as a Special Olympics athlete** (things like a **personal best record** you want in bowling, swimming, or fitness, etc., a **health goal**, or a **competition goal**)?

Yes



No



Don't Know



**If yes, what is your goal?**

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# Week 8 Lifestyle Survey



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

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

Today's Date: \_\_\_\_/\_\_\_\_/\_\_\_\_      What is the date you were born?: \_\_\_\_/\_\_\_\_/\_\_\_\_

Are you male or female? *Please circle*      Male (Boy)      Female (Girl)

Is anyone helping you to complete all of these forms? *Please circle*


I am completing these forms totally by myself

Someone is helping me to complete these forms

**Circle an answer for each question below. You can skip any questions you do not want to answer.**

I am a(n):      Athlete      Unified Partner      Coach      Caregiver  
                          Parent      Other: \_\_\_\_\_

I describe myself as:



White      Black      Hispanic or Latino      Asian or Pacific Islander  
 American Indian      Alaskan Native      Other: \_\_\_\_\_

My health is:

Great      Good      Okay      Not Good






1. Yesterday, how many times did you eat **VEGETABLES**? (Vegetables are salads, boiled/baked/mashed potatoes, and all cooked and uncooked vegetables.) Do not include french fries or chip.

0	1	2	3	4	5 or more
---	---	---	---	---	-----------



2. Yesterday, how many times did you eat **FRUITS**? Do not include fruit juice

0	1	2	3	4	5 or more
---	---	---	---	---	-----------



3. Yesterday, how many **CUPS** of **WATER** did you drink?

0	1	2	3	4	5 or more
---	---	---	---	---	-----------



4. **LAST WEEK**, on what days did you exercise/play sports that made your heart beat fast and made you breathe hard (things like: basketball, jogging, skating, fast dancing, swimming laps, tennis, fast bicycling, or aerobics)?



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
--------	---------	-----------	----------	--------	----------	--------

I did not exercise/play sports that made my heart beat fast and made me breathe hard

5. How much time do you usually spend exercising on the days you circled above?

30 minutes	1 hour	1 hour and 30 minutes	2 hours	3 or more hours
------------	--------	-----------------------	---------	-----------------

\* "Do you feel like you can make healthy choices about exercise and sports? Circle the hand that shows your answer.



Yes



No



Not Sure

+ "Does setting a GOAL make you want to work harder? Circle the hand that shows your answer.



Yes



No



Not Sure

, "As you worked on your GOAL, did you see your sports or fitness change? Circle the hand that shows your answer.



Yes



No



Not Sure

- "As you worked on your GOAL, did your health change? Circle the hand that shows your answer.



Yes



No



Not Sure

**Now we would like to ask you some questions about SOfit**

10. Did you enjoy SOfit? Circle the hand that shows your answer.



Yes



No



Not Sure

11. As you took part in SOfit, did you see your sports or fitness change? Circle the hand that shows your answer.



Yes



No



Not Sure

12. As you took part in SOfit, did your health change? Circle the hand that shows your answer.



Yes



No



Not Sure

<b>EMOTIONAL WELLNESS.....</b>	<b>5</b>
<b>NUTRITIONAL WELLNESS.....</b>	<b>29</b>
<b>PHYSICAL WELLNESS.....</b>	<b>54</b>
<b>SOCIAL WELLNESS.....</b>	<b>84</b>



The intent of this book is to have a place to reference all the healthy things you learn in SOfit. Remember – this program is intended to challenge you to take a look at some of your habits and start to change the ones you feel are unhealthy. Keep in mind, changes don't happen overnight, so start by making small, successful changes and work from there. It is far easier to start adding positive habits than stopping negative ones!

Some suggestions:

Approach fitness as taking steps along a path: wellness is a journey – each stride (action, goal met, and positive thought) is another movement in your voyage to better health!

Every day is different. Things can be easy one day, and challenging the next. That is OK! Always do your best, and remember your long term goals. Do not beat yourself up over challenges, but make decisions and take action to overcome them.

There are lessons in this Playbook from each of our four pillars of wellness – physical, social, nutritional and emotional. All parts of health and wellness work together – work on one thing at a time and enjoy your success!

As you explore each lesson topic, also plan for some physical activity! The SOfit program works best when education meets experience, and lessons meet physical activity.

And remember, you always have your coach, Unified partner and teammates as a resource! You're on this journey together! Get on your feet and have fun!



# EMOTIONAL WELLNESS

In this pillar, **EMOTIONAL WELLNESS** will be discussed in combination with mental wellness. Emotional wellness has to do with our feelings and emotions. Emotions are reactions we have to things that happen around us, and we use “feeling” words to describe them. Because the events we react to are constantly changing, it’s natural that our emotions change too. Mental wellness has to do with our thoughts and choices. Examples of mental wellness include being able to see new ways of doing things, facing challenges in a positive way, being patient with yourself, taking action to reach goals, keeping promises, making healthful choices, and taking responsibility for actions.

When we’re emotionally and mentally stable, we’re able to think more clearly and manage our stress in a healthy way.

In the Emotional Wellness pillar, we’ll learn about stress management and explore different ways to express our emotions in a healthy way, without hurting ourselves or other people. We’ll also work to improve how we feel about ourselves.

## **LESSONS IN EMOTIONAL WELLNESS**

Healthy Expression of Emotions  
Stress Management  
Mindfulness: The Art of Being Present  
Relaxation and Breathing Techniques  
Goal Setting  
Decision-Making  
Healthy Self-Esteem

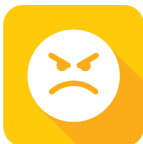
## Healthy Expression of Emotions

### Key Messages

People have a range of emotions, and this is normal.  
I will identify and express my feelings in a healthy way  
without hurting myself or others.

Emotions can be complicated. They aren't objects that can be described, like a car or an apple. Emotions are feelings people have about other people, situations, activities, or their environment.

Psychologist Paul Eckman said there are six basic universal human emotions: fear, disgust, anger, surprise, sadness and happiness. Eckman included more emotions later: excitement, embarrassment, contempt, pride, shame, amusement, guilt, relief, contentment and satisfaction.



It is normal to have all of these emotions. The way people express these emotions can impact relationships with others or ourselves. Some of the ways people express emotions include:

- Words
- Actions
- Facial expressions
- Body language
- Tone of voice
- Crying or laughing

## Healthy Expression of Emotions

The purpose of expressing emotions is to be honest and open. The point is not to hurt or shame others. Here are a few ways people can express their emotions in a healthy way:

- Body language and facial expressions. People respond to body language and facial expressions in different ways. When expressing emotions, think about your body language and the expression on your face.
- Breathing patterns. Use deep breathing techniques to help calm yourself when expressing emotions.
- Use “I feel...” phrases instead of “you make me feel” statements. Saying “I feel...” takes ownership of your emotions. When the listener hears “you make me feel,” he or she has a hard time hearing what the speaker has to say because they feel you are accusing them.

It's okay to have a variety of emotions. The important thing is to learn how to express those emotions in a healthy way without hurting yourself or the people around you.

# Stress Management

## Key Messages

Stress is my body's response to events happening around me and is an everyday experience felt by all people at all ages.  
I can find positive ways to manage my stress.

Stress is how we react when there are pressures on us physically, emotionally or from the world around us. Stress is caused by things that make us feel frustrated, angry or nervous. Stress can hurt our body and brain. We can learn to deal with stress in a healthy way.

## Effects of Stress

When we become stressed, the chemicals in our brain become unbalanced. This causes mental or physical stress.

**Mental Stress:** Our brains can get tired. It is challenging to stay mentally strong. When we have mental stress we might be moody, feel overwhelmed, have difficulty relaxing, or avoid others.

**Physical Stress:** Since stress occurs in the brain, and our brain controls our body, we can feel stress physically in our bodies. You can have difficulty sleeping, a lowered immune function, tense muscles or aches, upset stomach, or gain weight.

## Stress Management

Here are tips on how to combat stress:

- **Be active.** A great way to lower stress is exercise. When we exercise, our brains release chemicals called endorphins that make us feel good about ourselves. Exercise makes your mood better and gets the body moving. Running, bike riding, hiking and yoga are particularly good exercises when trying to relieve stress. Insert image of someone getting exercise.



- **Eat well.** It's important to eat nutritionally dense foods when stressed. Sometimes we eat "comfort foods" when stressed, but eating nutritionally dense foods can combat stress. Some good foods to eat when feeling stressed are: asparagus, avocados, berries, cashews and walnuts, garlic, chamomile and green tea, citrus fruits, oatmeal, and even chocolate. These foods are rich in vitamins, minerals, and antioxidants, which have positive impacts on the brain when you are stressed.



- **Create self-care time in your day.** Take some time for yourself in the day. Watching a movie, taking a bath or shower, reading a book, listening to music, cooking a good meal, or simply spending time alone can be rewarding and combat the stress of constantly being with others.
- **Practice mindfulness and relaxation techniques.** Mindfulness can reduce the impact of stress and prevent situations from becoming stressful. Relaxation can also help. Some ideas for relaxation are: simple stretches, visualization, walking, yoga, meditation or deep breathing.



- **Get organized.** Keeping a calendar, planner, and folders with important information or documents can help to decrease stress by creating predictability. Insert image of calendar, organized desk maybe.



- **Spend time in nature.** Sit in a park or open green space for a few minutes. The time in nature (without a cell phone or other electronics) can be therapeutic and healing. The brain and body respond very positively to nature, and spending time in nature can release similar chemicals to exercising or deep-breathing.

# Mindfulness: The Art of Being Present

## Key Messages

Mindfulness is paying attention. This includes paying attention to how I'm breathing, how I'm moving, how I'm eating, how I'm living.

I can slow down and pay attention to my thoughts, feelings, and surroundings.

**Mindfulness** is being aware of your thoughts, feelings and what is around you at the present moment - right now. This means paying close attention to things. It can help you enjoy good times and also to deal with stress.

Mindfulness has been proven to have many positive impacts on both emotional and physical wellbeing. Some examples are:

- Better focus when you have distractions, such as a loud workplace or distracting thoughts.
- Healthier immune system to fight off illness and infection. Less stress means having a better immune system.
- Better control over emotions and more compassion towards others. Mindfulness allows people to more easily find compassion towards themselves and others, even in challenging situations, because it teaches us to have more control over our emotions. When people are in a more relaxed state, they can think more clearly.
- Relieving stress or pressure. Deep breathing, relaxation, and more control over thoughts and emotions leads to relief from stress. Stressful situations will still happen, but with mindfulness it is possible to handle those stressful situations a little more easily, relieving some of the stress.



## Mindfulness: The Art of Being Present

A few simple ways to incorporate mindfulness into everyday life include:

- Paying attention to your breathing. If something seems stressful or even exciting, check in with your breath. Continue to breathe.
- Paying attention to the senses sight, sound, smell, touch, taste, and other physical sensations helps us to slow down. Be patient. Slow down. Use your senses.



- Paying attention to body language, facial expressions, and movement. This helps when we communicate with others. We can pay attention to our body and other people's body language to be more present with others.

## Relaxation and Breathing Techniques

### Key Messages

Taking deep breaths can help me to focus and experience less stress.

I can find many different ways to experience relaxation.

There are many benefits to relaxation techniques but sometimes it's difficult to remember why it's so important to take time to just relax. Some of the benefits of relaxation and breathing techniques include:

- Reduced anger and frustration.
- Less fatigue.
- Lowered blood pressure.
- Reduced activity of stress hormones.
- Reduced muscle tension or pain.
- Better concentration and mood.
- Better sleep quality.
- Better digestion.

## Relaxation and Breathing Techniques

Here are some great relaxation techniques that anyone can do:

**Massage.** Massage releases the chemicals from stress that muscles hold onto.

**Music and Art Therapy.** Music and art are both ways that a person can release emotions and stress, and can be deeply relaxing.

**Aromatherapy.** Scents can bring about positive memories, and some scents can even cause a hormone shift in the brain. Lavender, sage, patchouli, and frankincense have positive affects on the chemicals in the brain.

**Yoga or Tai Chi.** These two types of exercise are centuries old and have been used by many different cultures to relax the mind.

**Meditation and Guided Relaxation.** Meditation or guided relaxations can help people feel peaceful, positive and calm.

**Progressive Muscle Relaxation.** This is tightening different muscle groups, holding for several seconds and then releasing.

**Visualization.** Make a picture in your mind of positive places, hopes, and dreams. For example, imagine yourself on a beach, in your dream home, or doing something that helps you feel strong and proud.

**Deep Breathing.** Deep breathing helps to lower the heart rate and calms. It's important to make sure that the breath is in the diaphragm and not the chest.

## Goal Setting

### Key Messages

It's important to set goals in all areas of wellness (physical, nutritional, social, and emotional) as well as other areas in life (work, school, home).

Short-term goals will help me achieve my long-term goals.

A goal is something you want to get to or what you want to get done. The definition of a goal is: something that you are trying to do or achieve. Setting a goal is like creating a plan to do better, or to get something done. Some goals are easy to reach, while others may be more challenging. Set goals that you think you can meet.



When setting a goal, it's helpful to:

- Make a plan to reach the goal.
- Think about barriers (what could get in the way).
- Think about solutions to the barriers.
- Identify a reward.
- Keep track of your progress.

**Long-term goal:** A long-term goal is a goal that you plan to reach over a long time. An example of a long-term goal is becoming a teacher.

## Goal Setting

**Short-term goal:** A short-term goal is a goal that you can achieve in a short time. Short-term goals can contribute to the long-term goal. Short-term goals that contribute towards becoming a teacher may include getting a job tutoring or applying to a teaching program at a university.



Barriers for the long-term goal of becoming a teacher might include not getting into the university or not having enough money to pay for the classes at the university.

Goal setting is a powerful tool that you can use to shape your future. Goals help us focus and can give us a sense of purpose. Goals can also boost our self-confidence, and this strengthens our mental and emotional wellness.

## Decision-Making

### Key Messages

I can make decisions in my life to lead to a healthier lifestyle.

If I'm making an important decision, I will think about what I want and what my options might be before making the decision.

We make decisions every day. Some decisions are small choices like deciding what to wear or what to eat for breakfast.



Other decisions are larger choices and may be life changing or affect other people in our lives. These are choices like whether or not to get in a car with someone who has been drinking alcohol or how to respond to hurtful comments made by a friend.



## Decision-Making

It is important for a person to think through the decision and to do the right thing for them. Sometimes we forget that the right thing for one person might not be right for another person. When making decisions, we need to think about ourselves.

When making a decision:

- First we think about whether something is an important or an unimportant decision.
- If it's an important decision, we think carefully about what we want and what options we have.
- Then we think about possible positive and negative consequences.
- Finally, we choose the decision that is right for ourselves.

We have more control over our lives when we think about our decisions. It's okay to ask for help when we have a big decision to make. Talking things through is another helpful step in making important decisions.

## Healthy Self-Esteem

### Key Messages

I can have healthy, positive self-esteem.  
Using positive self-talk helps me to feel better about myself. I can do it!

Self-esteem is the image and thoughts a person has about themselves. Having positive self-esteem can help you have a healthy social life and less stress. Low self-esteem can make you feel down and affect your physical and emotional health. With practice, we can appreciate and be honest about our strengths and weaknesses.

### Improving Self-Esteem

Here are some ways to have higher self-esteem.

- Manage your thoughts through mindfulness. You are in charge of your thoughts. When you have a negative thought, it's ok to say "Stop!" and replace that thought with positive self-talk, such as "I can do this."



- Be proud of your accomplishments, ideas and opinions. Each individual is unique, and that makes the world a wonderful place. Be kind to yourself and accept your differences.
- Set goals, and celebrate when you reach your goals. Insert image of someone celebrating.



## Healthy Self-Esteem

- Do something for someone else. Volunteer or help someone in need. Insert image of someone helping someone else.
- Face your fears. Sometimes conquering a fear can make a person feel strong, powerful and on top of the world.



- Take pride in what can be done and accept what can't be done. Everyone is strong and some areas and struggles in others.
- Focus on the positive. By focusing on things you do well, the brain can be trained to focus on that.
- Be kind to yourself - it can take time to improve your self-esteem. It is possible to train the brain to have high self-esteem through patience and practice.

# NUTRITIONAL WELLNESS

Nutrition is one of the most important parts of our health. The food and drink we put into our bodies impacts how we think, feel and behave. It's a challenge to eat and drink in a balanced way to get the nutrients our bodies need. We can meet the challenge if we understand what healthy eating is and have access to a healthy variety of foods.

Food doesn't have to be "low fat" or "low calorie" to be balanced. Foods like that may have additives that aren't good for us. It's important to make sure that we eat a variety of nutrient rich foods.

Lessons in the **Nutritional Wellness** pillar will explore what's in our food and on our plate. We'll talk about where our food comes from and how to prepare nutritious meals. We'll explain some basic terms and discuss what "balanced" means. The lessons also offer tips for making sure we're in balance and getting the essentials our bodies and minds need.

## **LESSONS IN NUTRITIONAL WELLNESS**

What's in My Food?

What's on My Plate?

Balanced Eating Every Day

Preparing Balanced Meals for the Week

Balanced Eating on the Run

Hunger or Appetite

Where Does My Food Come From?

Understanding Beverage Choices

Caffeine

Alcoholic Beverages

## What's In My Food?

### Key Messages

There is no such thing as “good” food and “bad” food. Essential nutrients are minerals, vitamins, carbohydrates, fat, protein and water.

Nutrient dense foods include many or all of the essential nutrients. Nutrient deficient foods provide none or lower amounts of essential nutrients.

Food is fuel for the body. It gives us the energy we need for everything we do. We use calories to measure how much energy a food gives us. A **calorie** is a unit of energy in food. Calories are found in all types of food, including food that is “nutrient dense” or “nutrient deficient.” **Empty calorie** food has calories - but without the nutrition we need.

Nutrient Dense Foods: Foods that have lots of essential nutrients such as vitamins, minerals, whole grains, fiber, protein and unsaturated fats.



- Provide more long-term energy and satiety (feeling of fullness).
- Fuel brain for better concentration, learning, confidence and stress relief.

### Examples of Nutrient Dense Foods:

Fresh fruit, vegetables, eggs, oatmeal, whole grain breads, rice, cereal, lean meat, and milk.



## What's In My Food?

**Nutrient Deficient Foods:** Foods that do not have essential nutrients and may be made up of empty calories

- Provide short bursts of energy followed by feelings of hunger and sleepiness.
- Can make it hard to sleep, concentrate, learn or manage feelings and emotions.

Examples of Nutrient Deficient Foods:

Sugar, cookies, soda, fruit drinks, ice cream, chips, pizza, bacon, cake, and donuts



Essential Nutrients Recommendations:

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	Calories from Fat 72
<b>Calories</b> 230	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 100mg	7%
<b>Total Carbohydrate</b> 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
<b>Protein</b> 3g	

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	Calories 230
<b>Total Fat</b> 8g	<b>% Daily Value*</b> 10%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 100mg	7%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%

**Carbohydrates:** Whole grains, fiber and vegetables

**Protein:** Nuts, legumes, and lean meats like fish, chicken, and turkey

**Fats:** Unsaturated fats, like baked foods instead of fried foods

**Vitamins:** A, D E, K and the B Vitamins

**Minerals:** Iron, calcium, potassium

**Water:** 8-12 cups



# Alcoholic Beverages

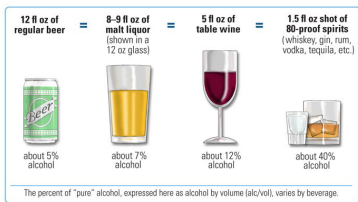
## Key Messages

There are long term and short term effects from drinking alcohol.

I can be safe if I drink alcohol responsibly.

Media messages about alcohol can be misleading.

Alcohol can be bad for your body, especially if you drink too much. Binge drinking is defined as having four or more drinks in a two-hour period. Binge drinking can cause death.



How much is one drink? 12-oz beer, 5-oz glass of wine or 1.5-shot of hard liquor (such as vodka).

## Short-Term Effects of Alcohol Use

- Difficult to talk and communicate with people
- Drowsiness - feeling sleepy
- Vomiting
- Diarrhea and upset stomach
- Making poor decisions
- Difficulty with coordination, reaction time and perception
- Difficulty seeing and hearing
- Blackouts (not remembering things that happen when you drink alcohol)

## Alcoholic Beverages

### Long-Term Effects of Alcohol Misuse or Abuse

- Possibly insert images of some of these effects.
- Problems with brain development
- Liver diseases such as cirrhosis
- Damage to brain cells
- Stomach and intestinal ulcers
- High blood pressure that can cause heart disease and stroke
- Decrease in male sperm production

Moderate drinking is better. Moderate drinking means you only drink a small amount. For women, moderate drinking is 1 alcoholic drink a day. For men, moderate drinking is 2 alcoholic drinks a day. Or you don't have to drink alcohol at all.

### Drink Responsibly

- Don't drink and drive.
- Avoid getting in a car with someone who has been drinking.
- Wait until it's legal to drink (age 21 in the United States).
- Don't mix alcohol and other drugs.
- Avoid going to parties alone where alcohol may be present.
- Never leave a drink unattended.

To drink responsibly, use your common sense. If your inner voice is telling you that something is not a good idea, then it probably is not a good idea.

## What's On My Plate?

### Key Messages

Foods shouldn't be labeled as "good" or "bad," but as "nutrient dense" or "nutrient deficient."

All foods have purpose in a balanced diet.

I will study and learn the content of food labels.

Our plates should have a variety of foods from all food groups as well as a variety of essential nutrients. Our body and mind need proteins, fats, carbohydrates, vitamins, minerals and plenty of water, so we need to eat a variety of different foods.



Foods are not good or bad. Think of foods as "nutrient dense or rich" and "nutrient deficient" to keep the focus on the important goal of getting all the essential nutrients.

**Balanced Eating:** Eat a variety of foods so your body and mind get the essential nutrients you need.

**Empty Calories:** Foods that do not have any of the essential nutrients.



## What's On My Plate?

### Tips for Balanced Eating

- Eat many different fruits and vegetables because they are nutrient dense.



- Drink 8-12 glasses of water each day.



- Eat a variety of protein, including lean meats such as fish, chicken and turkey, as well as nuts and legumes.



- Remember foods such as ice cream, candy, baked goods, soda, and fruit beverages are nutrient deficient.
- Know the ingredients in the foods you eat (for example: fresh food or processed food).
- Eat throughout the day: breakfast, lunch, dinner and 2-3 snacks.

Balanced eating is a great way to get us to stop and think about what our body and mind need for energy and being at our best.

## Balanced Eating Every Day

### Key Messages

A balanced meal plan is important every day.  
Balanced eating takes planning and preparation.  
Balanced meal planning can include dessert.

We all have eating habits - ways that we eat. We can eat in a more balanced way by making small changes in the way we eat.

### Be Aware of What You're Eating

Think about the types of food you eat.

#### Nutrient Dense



#### Nutrient Deficient



## Balanced Eating Every Day

Use the information on food labels: serving size, ingredients, and nutrients.

Eat fresh, unprocessed food as much as possible: *whole grain breads, meats and dairy products without antibiotics, and fresh fruits and vegetables without packaging.*

Balanced meal planning can include dessert. It's okay to treat yourself once in awhile.

### Identify Areas for Growth

- Try to eat 3-5 meals per day.
- Eat nutrient dense foods.
- Try to eat something every 2 hours, including snacks to keep metabolism (energy) levels up.
- Eat smaller snacks between meals to avoid hunger and lowered energy.
- Drink 8-12 glasses of water per day.
- Drink less caffeine late in the day. Caffeine can affect sleep if you have it after 2pm.
- Try not to have a late evening snack. Snacks can affect sleep if after 6pm.

# Preparing Balanced Meals for the Week

## Key Messages

I will understand steps to planning a balanced meal.  
Foods of different colors can have different nutrients.  
Planning and preparation guarantee balance.

Meal planning is a good way to start making balanced food choices. It can help you see how many calories you are eating. It can also help you to eat more nutritious and balanced foods.

## Here's how to start meal planning.

- Write down your favorite foods and meals.
- Write a 1-month rotation of your favorite recipes onto a calendar. Remember to include a variety of food groups in each of your meals. Here is an example:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Break-fast	Whole Grain cereal and milk	Whole grain toast and almond butter	Oatmeal with bananas or raisins and milk	Greek yogurt and fresh fruit	Egg and whole grain toast	Whole grain pancakes and fresh fruit	Greek yogurt and fruit shake
Lunch	Turkey and cheese sandwich on whole grain bread and an apple	Grilled chicken and fruit salad	Cheese and whole grain crackers with carrots and hummus	Grilled lean meat on a salad with various dressing	Whole grain pasta or rice with vegetable	PB&J sandwich on whole grain bread with a banana	Whole grain tortillas with stirfried chicken and vegetables
Snack	Carrots and hummus	Celery and almond butter	Almonds and/or Chex mix	Apple and almond butter	Black bean nachos	Whole grain granola bar	Yogurt or fresh fruit
Dinner	Meatloaf and green beans	Chili	Chicken Fajitas with black beans	Steamed or grilled fish with a vegetable	Hamburger and grilled vegetable	Pizza with a variety of toppings	Tacos and brown rice

## Preparing Balanced Meals for the Week

- Each week create a grocery list including all ingredients you need to make the meals for the week.



- Keep healthy snacks such as fruits, vegetables, and protein choices like nuts, cheese, and yogurt in your kitchen.



### Plan and Prep

Plan your meals for the week like we talked about above. Then take the time once a week to prep your food - that means to get your food ready to eat. This includes washing, peeling, chopping, and cutting your fresh fruit and veggies so they can be ready to eat for a meal or healthy snack.

## Balanced Eating on the Run

### Key Messages

I will understand ways to make balanced choices when I am in a hurry.

I can make balanced choices even when I eat at fast food restaurants.

When you're traveling or in a hurry, be mindful about what you eat. You can relax on vacation, but it's still important that we take care of our body by eating nutrient dense foods. Listen to your body. When you notice yourself getting hungry, take a moment to think of balanced options. You can buy nutritious foods at a grocery store or finding balanced foods at a restaurant.

The best way to avoid hunger when you're on the road is to pack snacks. Some snacks to pack are:

- Fruits
- Pretzels
- Crackers and hummus
- Tortilla chips and salsa or guacamole
- Vegetables and dip
- Cheese and whole wheat crackers
- Popcorn
- Nuts or trail mix

## Hunger or Appetite

### Key Messages

I will learn how to identify my individual hunger cues.

I will understand the difference between hunger and appetite.

Breakfast can help maintain balanced, consistent eating throughout the day.

**Hunger** is our physical need to eat. When we are hungry, our stomachs rumble, we are tired, and have mood swings. Hunger occurs when you haven't eaten in awhile.

**Appetite** is our want to eat. This happens when you have cravings, boredom, or emotions rather than actual hunger. Our appetite can lead us to eat in an unbalanced way, or to eat more than we need to.

Sometimes it is hard to tell if you are actually hungry for food or if you just have an appetite for food. Our appetite can make us want to eat food even when we aren't really hungry. Have you ever eaten a piece of chocolate cake for dessert even though you were full from dinner? That's your appetite. Our appetite can be hard to ignore.

The best way to decide if you should eat is to simply listen to your body. Do you need food or of want food?





## Where Does My Food Come From?

### Key Messages

I will follow a food footprint from the ground to the store.

Eating local has less processing and can be cheaper in price.

The grocery store can be a confusing place. It can be overwhelming because there are so many different foods. If we ask where our food comes from, many people would say grocery stores, restaurants or corner markets. We don't always think about where our food comes from. We see the food after it has been packaged or cooked and prepared for eating. What do we think of with orange juice? We don't always remember that it was once an orange hanging on a tree. How about pasta sauce? Sometimes we forget that the tomatoes were actually growing on a vine.

It's important for us to understand where our food comes from and how it gets to our plates. Would our grocery shopping choices change if we knew?



# What's Your Food Footprint?

Name \_\_\_\_\_

Directions: Answer the questions below. See how you did by using the key below!

**1. How often do you eat meat?**

- a. I'm vegan (I eat no animal products).  
b. I'm a vegetarian (I don't eat any meat).  
c. I eat meat 1 to 4 days a week.  
d. I eat meat every day.

**2. If you eat meat, which type of meat do you eat most often?**

- a. I told you already! I don't eat meat!  
b. Turkey or Chicken  
c. Lamb or Pork  
d. Beef

**3. How often do you eat fast food?**

- a. I never eat fast food.  
b. Sometimes. 2-3 times a month.  
c. I eat fast food a lot. But I would rather eat healthy!  
d. I love fast food. I would eat it everyday if I could (and sometimes I do).

**4. How often do you buy food from local farmers markets?**

- a. I go to the farmers market every week.  
b. I go to the farmers market sometimes. Maybe once a month.  
c. I don't know of any farmers markets but I am interested in going!  
d. Never. I am not really interested in starting.

**5. How much of your own food do you grow?**

- a. I grow lots of my own food! I have a garden or a farm.  
b. I grow some food. I have a few plants in my yard or window garden.  
c. I don't have a garden but I would like to grow some food.  
d. I have never grown any food. Eh, Not that interested.

**6. Do you try to eat food that is in season?**

- a. Yes, I only eat food that is in season.  
b. Sometimes if I remember.  
c. I don't know what food is in season when, but I would like to learn.  
d. No, I eat what I want when I want

**7. How often do you eat home-cooked food?**

- a. I eat home-cooked food almost every night.  
b. I eat home-cooked food 3-5 times a week.  
c. I eat out a lot, but I would eat more home-cooked food if I knew how.  
d. I never eat home-cooked food.

**8. Do you try to buy fruit and vegetables that were grown locally or in your state?**

- a. I always check to see where my food is grown. If it isn't grown locally, I don't buy it.  
b. I try to buy locally grown fruits and vegetables usually but not always.  
c. I never thought about where my food was grown. I will try to eat more local food.  
d. I don't care where my food comes from.

- 1 point for every **a** answer  
2 points for every **b** answer  
3 points for every **c** answer  
5 points for every **d** answer

Your Score

**8-14** Congratulations, you have awesome eating habits! Your next challenge: work to make sure ALL people have access to healthy, affordable food.

**15-24** Not too bad. Seems like you have some good eating habits and aspire to have even better ones. 10-24 acres are used to support your food habits. Unfortunately we would still need at least one more planet to support your consumption.

**25-32** Yikes, big foot! It seems some of your habits are damaging to the environment. 24-40 acres are used to support your food habits. We would need 3-4 more planets to sustain your life style into the future.

## Understanding Beverage Choices

### Key Messages

Water is an essential nutrient.

All drinks are not equal in nutritional content.

The best drink for your body is water. Water gives your body everything it needs when you feel thirsty. Water rehydrates your body, which means it gives your body the liquid it needs to be healthy. We should drink 8-12 glasses of water per day.

### Here are some other beverage choices.

**Flavor your water** - You can change the water you drink by getting sparkling water or by adding flavor. You can buy sparkling water at the grocery store. It is bubbly like soda, but without the sugar. You can also buy water flavorings that are either liquid drops or powder packets. You can also add fruit or fresh herbs, such as mint leaves, mixed berries, watermelon, pineapple, oranges, lemons, or limes.

**Milk** - Milk is sold as skim, 1%, 2% and whole milk. The percentages tell how much fat is in the milk. Milk has essential nutrients that your body needs.

**Tea and coffee** - Tea and coffee don't cost a lot. If you drink them plain, they have no calories and they have antioxidants that can help remove harmful chemicals from our bodies. Adding cream and sugar to coffee and tea can add calories. Some coffee and tea drinks have up to 500 calories or more because of added sugar and cream.

## Understanding Beverage Choices

**Sports drinks** - These drinks have carbohydrates, minerals and electrolytes. They also have added coloring and flavoring such as high fructose corn syrup. They are meant to replace water and electrolytes lost during fitness activities. They can be helpful to athletes who are doing intense exercise, but be aware that they are not replacements for the water your body needs.

**Diet sodas or drinks** - We sometimes think that diet sodas or other diet drinks are good choices. However, diet drinks have artificial sweeteners and some studies say they might cause weight gain or body changes.

**Other drinks** - Drinks such as soda, fruit drinks, and energy drinks have high sugar content and added chemicals. Insert image of soda, fruit and/or energy drinks. They aren't nutrient dense with vitamins and minerals. Many of the energy drinks and sodas also have a lot of caffeine. Too much of these drinks can actually lead to dehydration rather than providing the body with the water needed for proper functioning.

**It's important to drink as much water as we can. Try to limit drinks with high sugar, caffeine and empty calories to once in awhile.**



# Caffeine

## Key Messages

Caffeine is a drug and not a nutrient.  
I will explore caffeine levels in a variety of drinks.

Caffeine comes from plants, but it can also be made by people and added to our foods and drinks. It is usually okay for adults to have 400 milligrams of caffeine or less per day.

Caffeine is a drug. It does not give your body any nutrients. Caffeine is in coffee, tea, cocoa, soda, energy drinks, chocolate, and some fruits and leaves.

Caffeine is a stimulant. That means it makes you feel more awake.

The more caffeine we have, the more we tend to want it. That can make us addicted to caffeine. A person is addicted to caffeine when they can't function without it. When they don't have caffeine, they may have headaches and feel irritable and nervous. If you use caffeine a lot, over time, you may need a larger amount in order to stay alert.

# PHYSICAL WELLNESS

An important aspect of wellness is being able to move your body with strength and endurance. **Physical wellness** is much more than just exercise. Physical wellness is anything and everything having to do with your body. In this pillar we will explore many topics that are important for your body, all being a part of physical wellness.

With movement and exercise, it's important that we explore a variety of movements. Variety helps us maintain interest; there is nothing worse than forcing ourselves to be active in ways we don't enjoy.

A comprehensive program should include activities in four categories: balance, strength, cardiovascular fitness and flexibility. Find movements in each of these categories that you enjoy. Finding ways of moving that you especially like will help you get moving consistently. If you enjoy an exercise or physical activity, you'll be more likely to continue it.

## **LESSONS IN PHYSICAL WELLNESS**

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- Balance in Physical Wellness**
- Taking Care of My Body**
- Alternative Fitness Options**
- Cardiovascular Endurance**
- Flexibility**
- Muscular Strength and Endurance**
- Movement at School or Work**
- Sleep**
- Dealing with Illness**

## Balance in Physical Wellness

### Key Messages

Water, movement, balanced nutrition and sleep are the four basics of physical wellness.

I can find balance in each basic area of physical wellness every day.

The human body is amazing and complex, but most people who want to increase their physical wellness don't have to know everything about how it works. We will look at four areas of physical wellness.

### Water

Drinking water is very important. Water affects all parts of fitness, including how the brain works and your digestion.

- Drink a glass of water when you wake up and before bed. It will help you start your day, and it will help you sleep at night.
- Drink a glass of water with every meal.
- On hot days or days you work out, make sure you drink even more water than usual.
- Your urine should be clear or slightly colored. If the color is darker, you might not be drinking enough water.
- In general, drink 8-12 glasses of water per day, but more if you are sweating a lot.





## Balance in Physical Wellness

### Movement

You don't have to do a full workout every day, but you should be active every day. Being active can mean going for a walk, weight training, playing a sport, or cleaning the house.

- Train with resistance at least two times per week – either use body weight or weight lifting.
- Walk as much as possible. If you have a movement tracker, like a Fitbit, try to get as many steps as you can in a day.
- Get your heart rate up for 10-30 minutes, 2-3 times per week.
- Make movement fun – find an activity you enjoy.
- Take the stairs or walk from your parking spot or bus stop when you can.



### Nutrition

Sometimes people feel stressed that they are not eating enough nutritious foods. Here are some ideas to get you started.

- Eat 1-2 cups of green and colorful foods like fruits and vegetables with every meal.
- Eat 20 grams of protein like meat, fish, or eggs with each meal. Eating protein helps you to feel full and gives you energy.
- Choose whole grains for sandwiches or add a small portion of brown rice or pasta to meals. This will provide essential nutrients as well as give you some energy.
- Eat breakfast. Eat lean protein (eggs), whole grains (oatmeal) or dairy (yogurt) and some fruits. Peanut butter on whole grain toast is also a great way to start the day.

## Balance in Physical Wellness

### Sleep

Sleep is a very important part of wellness, but sometimes we don't think about how helpful it is.

- Try to go to bed at the same time every night and sleep 8-10 hours per night.
- Short naps for less than 30 minutes can give you more energy. If you feel more tired after a nap, try to take a shorter nap next time.
- Sleep is when our body rests and repairs itself. It is when our brain processes what we learned during the day.
- If you always have trouble sleeping, talk to a doctor or someone you trust to get ideas to help you sleep.



**Everyone is different. Try things to see what works for you.**

# Taking Care of My Body

## Key Messages

Taking care of my body helps me to look and feel my best.

Taking care of my body is my responsibility, but if I need help I can ask a trusted person in my life.

Hygiene is an important part of your overall health - it means keeping your body neat and clean. Your hair, skin, and teeth need care every day. As we get older, it is even more important to take care of our bodies, since this can prevent many infections. Every person has a responsibility to take care of his or her body. If there is something you need help with, it's important to think about who you can ask to help you. Let's look at the different ways that we can keep our bodies clean.

## Washing Your Hands

Washing your hands is the easiest way to keep clean throughout the day. By washing your hands, you can get rid of dirty germs to prevent getting sick or getting others sick.

Follow these 3 steps to wash your hands:

1. Wet your hands with running water.



2. Rub soap into your hands for about 20 seconds (about the same time as singing "Happy Birthday" to yourself). Be sure to get between your fingers and onto your forearms.



## Taking Care of My Body

3. Rinse your hands with water and dry them using a towel or air dryer.



It's best to wash your hands before and after you eat, after you go to the bathroom, after you play with animals, after blowing your nose, coughing, or sneezing, or whenever you think you may have gotten some germs on your hands after touching something dirty. NOTE: Cough into your upper arm rather than your hands so you don't get so many germs on your hands. If you don't have soap and water, try using hand sanitizer. Don't use hand sanitizer on a regular basis.

### **Taking a Shower or Bath**

Showering or taking a bath is a great way to get your whole body clean. Some people like to shower every day as part of their morning or evening routine. Some people like to take a shower or a bath every other day. You should also take a shower or bath after you sweat and get exercise. That way you can stay clean and looking fresh.

Make sure you're using shampoo (and conditioner if you like it) when you wash your hair. Use about a quarter size of shampoo. Use body soap, and make sure you clean your whole body.

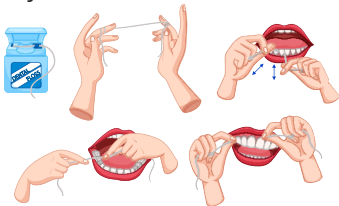
## Taking Care of My Body

### Brushing Your Teeth

Brush your teeth at least twice a day: once when you wake up in the morning and once before you go to bed at night. If you have a sticky snack or something gets stuck in your teeth after dinner, brush them an extra time. Make sure that you brush your teeth for 2 whole minutes. You can use a timer by the sink or an electric toothbrush. Make sure to get all parts of your mouth: your front teeth, your back teeth, and even your tongue. That way your whole mouth can be clean.



Try to floss your teeth after brushing them as well. Flossing helps get anything out that is stuck in between your teeth. It keeps your gums healthy too.



Keeping our mouth clean gives us fresh breath, a nice smile, and helps to prevent cavities.

Having clean teeth along with washing our hands and taking showers or baths can help us be the cleanest we can be. Cleaning our bodies and teeth can prevent skin and gum infections from occurring. Create a routine. Your body and teeth will thank you.

# Alternative Fitness Options

## Key Messages

There are a variety of ways to get movement in your day.

I can explore a variety of activities in order to find something I enjoy doing for exercise.

Movement is a big part of being a fit person. There are many ways to move. Try different ways to move to keep it fun and interesting. You might have different goals: flexibility, weight loss, getting stronger or something else. Here are some ideas for movement to try.

## Yoga

Yoga has been around for a very long time and involves movement, breathing, and relaxing. It is very popular in the United States and all over the world, but it began in Asia. Yoga can help your body get stronger. It can help you to have better posture, movement and health. You can do yoga in a group, with a partner or by yourself. You can find yoga videos on youtube.com and on DVD. If you like doing yoga in a group, you can try a class at a yoga studio or gym.

## Hiking

Hiking is taking a walk in nature, sometimes with a plan to go to a certain place. People can hike to a waterfall, hilltop, cave, or some other natural place. You can take a long hike or a short hike. Hiking is a great way to enjoy the outdoors on a beautiful day. You can learn about the area and burn calories while strengthening your legs. It is important to wear good shoes when hiking. Boots have better grips on the bottom and can be safer because they support your ankles.

## Alternative Fitness Options

### Rock Climbing

There are a few types of rock climbing. The easiest type is called bouldering. The only gear you need is a helmet. Bouldering is climbing that is not high above the ground. You usually climb up just a few feet, so if you fall off you easily jump down to the ground. The next level is rock climbing with a rope and harness. You need more people to help make sure you don't fall. You tie onto a rope and climb up a taller cliff while someone holds the rope. This is the most popular type of rock climbing. There are many different places to climb, outdoors or indoors at climbing gyms.

### Canoeing and Kayaking

If you live near water, canoeing or kayaking is a fun way to exercise. It is important to go with someone who is experienced. To be safe, you need to know the water you'll be on and where to enter and exit the water. Check the weather before you go. Always wear a life jacket. You can go as fast or slow as you want.

### Biking

Biking is fun but you need to be safe. Sometimes you use the same road as cars, and that can be dangerous. If you can bike on a path, it is much safer. Always wear a helmet and watch out for other people and cars. Biking is a great way to get a cardio workout, and it also makes your legs stronger.



## Alternative Fitness Options

### Swimming

Swimming is a workout for your full body. Swimming can include playing in the water or swimming a long distance. It is great for people who have trouble walking or running. Swimming can help strengthen all the muscles in the body. It is good for people who need to heal from an injury or illness. You can swim outside in nice weather, or find a pool inside. You should take lessons when you first learn to swim and swim with a partner for safety.



### Yardwork or Housework

Maybe you think yardwork or housework is not much fun, but you can make them into a fun workout. Yardwork is very active. Examples of yardwork are digging a garden, raking leaves, mowing the grass or painting a fence. Housework can be good exercise too. Examples of housework are stretching to dust a shelf, pushing and pulling the vacuum, or carrying laundry up and down the stairs. You can even do some pushups, sit-ups or squats in between your yardwork or housework activities.

Anything that has movement in it can help you be more fit and active. Go out, move, and enjoy life!



# Cardiovascular Endurance

## Key Messages

When building cardiovascular endurance, I can choose activities I enjoy.

I can improve the health of my heart, blood vessels, and lungs - this is cardiovascular fitness.

To be cardiovascularly fit means improving and maintaining the health of your heart, blood vessels, and lungs. Insert images of heart, blood vessels and lungs. This is measured by testing your blood pressure and heart rate at a doctor visit. If you can, please make a graph to show the information of heart rate. Normal blood pressure should be 120/80 or lower. If it is higher than 140/90, your heart may be working too hard, and there could be some blockages in the arteries around your heart. Resting heart rate should be between 50-80. When you are cardiovascularly fit, your heart muscle is strong and is more efficient in getting oxygen and blood to all the working muscles of your body.

To be physically fit does not mean you have to go out and run ten miles. It means that you can do what you need to do each day easily and that your brain, heart, lungs and muscles are healthy. It also means you feel well in your mind, body and spirit.

Try these common cardio exercises to keep your heart healthy:

- Walk or run
- Hike
- Bike or use an arm cycle
- Rollerblade
- Jump rope
- Swim
- Canoe or kayak

# Flexibility

## Key Messages

Stretching is important and should be done every day.  
Stretching can help prevent pain in our joints.

Sometime we forget about flexibility exercises such as stretching. However, we need to make time to move our bodies through the full range of motion. As we get older, our joints become more prone to problems such as arthritis. Arthritis is a painful joint inflammation that can restrict our range of motion.

The joints in our body move in many ways. Some joints bend in one direction (knee) or more directions (hip). Others rotate (shoulder). Pay attention to the natural bend of the joint when you do flexibility exercises. The joint should never be pushed into a painful motion.

Do the following stretches on a regular and consistent basis. All stretches should be held at least 20 seconds without bouncing.

**Hamstring:** Lie on back and straighten one leg. With your hands gently pull it towards your head and feel a stretch in the back part of the upper leg. Repeat with opposite leg.

**Quadricep:** Stand straight and bend one of your knees. Grab your ankle below the knee with the hand on the same side of your body. Be sure to keep the knee pointing straight down to the floor. Feel a stretch on the front part of the upper leg. Repeat with opposite leg.

## Flexibility

**Calf:** Stand close to a wall, facing it. Put one toe up on the wall and lean into the wall. Feel this stretch on the lower part of the back of the leg. Repeat with opposite leg.

**Shoulders:** Put one arm out straight from the body and then cross to the opposite side. Grab the arm with the opposite hand and pull gently. Feel the stretch on the outside of the shoulder. Repeat with opposite arm.

**Chest:** Stand in a doorway with goal post arms (arms straight out to sides with elbows bent and palms facing forward). Rest your forearms on either side of the doorway and take a step through the doorway. You should feel a gentle stretch across the chest.

**Back:** Lower to your hands and knees and gently sit back on your heels, keeping your arms stretched over your head. This is called “child’s pose” in yoga. Feel the stretch in your lower back and also in your shoulder area.

**Neck:** Gently bring your ear to your relaxed shoulder, then chin to your chest, then other ear to the opposite shoulder. Be sure to hold each side at least twenty seconds. You should never feel pain or dizziness.



# Muscular Strength and Endurance

## Key Messages

Muscular strength and endurance exercises should be part of a balanced fitness program.

It's important to work my muscles every day to keep them strong and moving.

**Muscular Strength:** The amount of force your muscles can exert in one motion. The ability to lift a heavy box from the floor or to hold a heavy bag of groceries are examples of muscle strength.

**Muscular Endurance:** The ability of a muscle or group of muscles to repeatedly exert force against resistance. For example, the muscle endurance of your legs allows you to walk a full flight of stairs or more without difficulty.

Here are some great tips to improve your muscular strength and endurance:

Use the stairs instead of the elevator.

- Park your car in the last spot to walk to the store.
- Perform 2 sets of 10 squats and heel raises while brushing your teeth in the morning and night.
- Carry the groceries to the car instead of using a cart.
- Rotate some core planks and push ups during commercial breaks of your favorite TV show.
- Lift something heavy like jugs of milk in a bicep curl for 2 sets of 10-20 repetitions.
- Attach resistance bands to door knobs at home for a variety of exercises for the shoulders, arms, chest and back.
- Join a local gym or community fitness center and ask a trainer at the facility to help you create a program for yourself.

## Movement at Work or School

### Key Messages

Even if I sit most of the day, I can stretch or bring movement into my day.

Movement throughout the work day or school day can help me to have more energy and get more work done.

It's important to break up your work day or school day with movement. You can do some exercises while you are sitting. Researchers say that exercising at work or school helps you to concentrate, get more work done and be more enthusiastic.

Here are some examples of exercises that can be done anywhere – an office desk, in the classroom, or sitting around doing homework.

- **Shoulder Shrugs:** Shrug your shoulders and hold for 5 seconds. Repeat 10-15 times.
- **Glute Squeeze:** When you're sitting down, squeeze your glute muscles and hold for 10 seconds. Repeat 10-15 times or for as many times as you want.

## Movement at Work or School

- **Walking:** Instead of sending an email or calling a person at work, walk over and talk to them. Instead of taking the bus to class, leave a few minutes early and walk.
- **Have Good Posture:** Sit up tall, shoulders back, and activate your core muscles. Try sitting with good posture for 5-10 minutes and you will feel it in your muscles. Insert picture of someone sitting up straight
- **Leg Lifts:** Stretch your leg out until it's straight, hold for 3 seconds, and relax. Repeat for each leg 10-15 times.
- **Calf Raises:** While you're waiting in the lunch line or waiting for your food to heat up, do single leg or double leg calf raises. Insert picture of someone doing leg lifts and/or calf raises.

# Sleep

## Key Messages

Sleep is important and helps my body and mind to function at their best.

A sleeping routine will help me to fall asleep and stay asleep.

Sleep is a very important part of our health. It helps both your body and mind to work their best during the day.

The benefits of sleep include:

- Maintain hormone levels to help control hunger and appetite
- Support growth and development and repair muscle tissue
- Improve learning and ability to remember information
- Improve attentiveness and concentration
- Clear the mind to make good decisions
- Increase creativity

The amount of sleep your body needs changes as you get older. For example, a newborn baby will sleep 16-18 hours per day, but an adult should get 8-10 hours of sleep per day.

Some people have difficulties with falling asleep or staying asleep. One of the best ways to get better sleep is to have the same schedule every day. Go to bed and wake up around the same time each day, including weekends. Your body likes having a schedule, and that will help your body to relax at the end of each day. Also, take the hour before you go to bed for quiet time by avoiding exercise, TV/computer screen time and eating large meals. This will help you to get more rest and feel better when you wake up.

## Sleep

### Feeling Sleepy?

Some people often feel “sleepy,” falling asleep while watching TV or while eating lunch. This could be because of sleep deficiency or a sleep disorder. Many people take naps when they are sleepy.

However, a nap does not provide all of the benefits of a good night of sleep. Try not to take naps, but if it is necessary it should be earlier in the afternoon and not last more than 30 minutes. Avoid caffeine and sugary foods beginning in the late afternoon. Caffeine and sugar can make it very difficult to relax at bedtime





# Dealing With Illness

## Key Messages

Illnesses can be caused by bacteria or viruses (germs).  
Illnesses can be spread through direct and indirect contact.  
It's important to rest when sick.

Illness means getting sick. Sometimes it's a stuffy nose, or a fever, or your stomachache. We need to take care of ourselves so we can get better and not spread sickness to other people.

## What Should You Do?

Here are some things to consider when you are not feeling well:

- If you think you are sick, you should tell someone and maybe go to the doctor for a check up. They can help you feel better.
- Sometimes you don't need to go to the doctor because your body can fight off the illness. Our immune system is our body's way to help us feel better. We don't need to go to the doctor for medicine when we have a cold or food poisoning. However, if the symptoms are not going away, then seek a doctor's help.
- Cover your mouth when you cough or sneeze. Germs can spread through the air, and we don't want to make our loved ones sick. Use a tissue so you're prepared to catch those germs. If you don't have a tissue, cough or sneeze into your elbow or upper arm, not your hands so you don't spread germs as easily.

## Dealing With Illness

- Stay clean. Wash your hands often and especially after every cough or sneeze.
- Clean things around you, such as cell phones, doorknobs, and electronic remote controls. This will kill the germs and stop them from spreading. Insert image of cleaning doorknob or an example of this.
- The most important thing to do when you are sick is to rest. This means getting as much rest and sleep as you can to help your body heal. Drink plenty of water to flush out the germs and eat fruits and vegetables.

Listen to what your body needs. Don't do too much. The better you take care of yourself while you're sick, the faster you can get better again.

# **SOCIAL** **WELLNESS**

Being social means spending time in large or small groups and often means forming relationships with people in the groups. These relationships can take many forms, all of which have different meanings to us.

Relationships are an important part of a person's life. We have many different relationships in our lives, and we use different types of touch with all of those people. Some of those relationships are healthy and others are unhealthy. In the **Social Wellness** pillar, we will learn how to recognize healthy and unhealthy relationships as well as what to do if we are in an unhealthy relationship. We will explore safe and appropriate boundaries, different personality types in our relationships, and social skills to use in our relationships.

Who we spend time with can influence our choices, behavior and opportunities every day. All parts of wellness work together, especially when it comes to relationships. Having healthy relationships is important, not only for support and guidance, but also for fun and safety. Healthy relationships are fun, reduce stress, increase healthy hormones, and regulate good processes in the body. We can have many healthy relationships in our lives.

## LESSONS IN SOCIAL WELLNESS

Relationships in My Life

Healthy Relationships

Social Skills in My Relationships

Safe and Appropriate Boundaries

Different People, Different Personalities

Bullying, Cyberbullying and Peer Pressure

Internet and Social Media: Safety and Perception

# Relationships in My Life

## Key Messages

A relationship is a connection between two or more people.

We have many different relationships in our lives and we use different types of touch or affection within all of those relationships.

A relationship is a connection between two or more people. We have many different relationships in our lives.

## Types of Relationships

**Family:** Can be parents, siblings, aunts and uncles, cousins, nieces and nephews, and more. Family will look and feel different for everyone. Family may include grandparents, step-family, foster-family, and other extended family members.

My Family



**Friends:** You can choose your friends. Both people *want* to be friends. They usually have something in common, such as a hobby or other interest, or school or work. Friends can be very close, or less close. Some people have many friends, and other people have few friends.

My Friends



## Relationships in My Life

**Romantic partner/Significant Other:** You can choose your romantic partner. Both people have romantic feelings for each other. They can be a boyfriend or a girlfriend, or a partner, a husband or wife, or a significant other. Not everyone has a romantic partner. In a romantic relationship it is important that both people want to be romantic. If one person has a “crush” on the other, this means that they have sexual, happy feelings for that person. A one-way crush is when only one person likes the other. A two-way crush is when both people like each other. In order for a romantic relationship to happen, both people need to like each other.w

Romantic Partner



**Professional Relationships:** These can be relationships we have with people at work or school. Sometimes these relationships turn into friendships. People in relationships like these may or may not like each other, but they are connected through work or school. Some examples of professional relationships inc

Professional Relationships



# Healthy Relationships

## Key Messages

Healthy relationships have a positive impact in our lives.

Unhealthy relationships may have a negative impact.

Healthy relationships are fun and make you feel good about yourself. These relationships can be with anyone in your life – family members, friends and the people you date.

In a healthy relationship:

- You take turns making decisions.
- You respect each other with your words and actions.
- You use kind and caring words.
- You both share thoughts and feelings even if you disagree.
- You both support and encourage each other.
- You communicate well.
- You can say no.

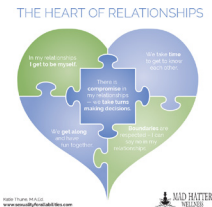
Unhealthy relationships are not fun and might make you feel bad about yourself. These relationships can be with anyone in your life – family members, friends and the people you date.

In an unhealthy relationship:

- You do not respect each other with your words or actions.
- Decisions are made mostly by one person - you don't take turns.
- One person tries to control the other.
- One or both of you criticize the other's thoughts, feelings, and actions.
- You might feel worried when you disagree.
- You might feel pressured to do things you don't want to do.
- You don't communicate well.
- You might yell or physically hurt each other when you argue.
- One person wants the other to keep secrets.

## The Heart of Relationships

Relationships are like puzzles. If one piece is missing, the puzzle is not complete. Here are five pieces of a healthy relationship. If one piece is missing, the relationship may need some work to become a healthy relationship.



**In my relationships I get to be myself.** I don't have to pretend to be someone else. The relationship is truthful and real.

**We take time to get to know each other.** The amount of time to get to know someone is different for all relationships.

**There is compromise in my relationships - we take turns making decisions.** There is a shared power in the relationship.

**We get along and have fun together.** We have things in common. Arguments are brief and end respectfully.

**Boundaries are respected - I can say no in my relationships.** If I say no, the other person doesn't get upset with me.



## Social Skills in My Relationships

### Key Messages

I can have healthy relationships when I have healthy social skills.

Healthy social skills include positive communication with others.

Respect for yourself and others is important in having healthy social skills.

A healthy lifestyle isn't just eating healthy and exercising. It is also about the relationships you have with your friends, family, co-workers and community members. Let's talk about some ways you can have healthy social skills.

### Respect Yourself

It is important to have respect for yourself. Some ways you show respect to yourself are:

- Having confidence and high self-esteem.
- Standing up for yourself. This means "telling your truth" when necessary in a kind way. If you are being bullied or are uncomfortable in a situation, say what you are feeling. It is most important to tell your truth when you are hurt, angry, or sad about something.
- Taking care of your body and mind.
- Taking care of your physical health through exercise and fitness. This shows your body and mind that you care about you.

## Social Skills in My Relationships

- Taking time for yourself. This might mean saying “no” sometimes. If you have lots to do and need time alone, it’s okay to say “no” to activities. It’s very important to care for your emotional health and take time for yourself if you need it.
- Listening to yourself. Often, if you look inside, you will already have answers to questions you may have about relationships or situations.
- Respecting your own space. Personal space is different for everyone. If someone is in your space, it’s okay to step back or ask the other person to give you more space.

### Respect Others

- Be patient. Not everyone thinks, acts, or does things the same way.
- Respect the things around you. Respect all things and spaces as if they were your own to care for.
- Build strong relationships through communication - talk to people with respect.

### Communication Is Key

#### Active listening:

Use understanding and empathy when listening. Pay attention when you talk with others.

Turn your body, head, and ears towards the person when listening.

## Social Skills in My Relationships

Give “nonverbal” cues that you are listening, such as nodding your head, making eye contact, or using your body to indicate a response like shrugging your shoulders.

### **Engaging in communication with others:**

Be positive. Say things like: “How are you?” “How was your day?” “I hope you’re doing well.”

Ask questions and actively listen to what people say.

- When you ask a question, wait to speak until the other person answers.
- Ask more questions about the topic.
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### **Resolving Conflict**

Be aware of when you’re feeling angry, sad, frustrated, negative, or upset.

Use active listening skills to show that you are understanding the other person.

Use deep-breathing and positive language.

Try to understand the other person and their point of view.

Apologize and forgive negative language and actions so you can move forward.

Cooperation can help. Sometimes this means both people have to give up something they want. Try to find something you can both agree on.

## Safe and Appropriate Boundaries

### Key Messages

A boundary is a line that others cannot cross unless I say it's okay.

My boundaries might be different from another person's boundaries.

I need to respect my boundaries.

I need to respect other people's boundaries and ask before touching another person.

I can say no to touch or behavior that makes me feel uncomfortable or unsafe.

We have many different relationships in our lives. We use different types of touch with the different people in our lives. Not all family members receive the same type of touch. Not all friends receive the same type of touch.

A boundary is a line that others cannot cross unless we say it's okay. We're not allowed to cross into another person's boundary unless that person says it's okay. Boundaries will be different for different people. It's important that we ask people before we touch them.

We have warning signals in our body that let us know when something doesn't feel comfortable or something is wrong. Everyone has a different signal in his or her body. Examples of signals in our body include:

- Feeling uncomfortable in the stomach
- Body is shaky
- Breathing is fast
- Heart or chest hurts
- Body is sweaty

## Safe and Appropriate Boundaries

Sometimes these feelings can be confusing, because they might be similar to how we feel when we have a crush on someone. It is important to think about the feelings we have in our bodies so that we know when something is uncomfortable or wrong. Talk to someone you trust if there is a person who makes you feel uncomfortable. You can say no if you don't want someone to touch you or if someone makes you feel uncomfortable or unsafe.

# Different People, Different Personalities

## Key Messages

There are many different personality types.  
People express themselves differently depending on their personality type.

There are many different personality types. We will talk about personality types in four general categories – Analytical, Amiable, Driver, and Expressive.

### **Analytical** personalities:

- Focus on a job or task, not people
- Are organized and like to solve problems
- Prefer working alone rather than in groups
- Are cautious in making decisions
- Are critical or pessimistic in nature
- Like structure and routine, fearing change and uncertainty

### **Amiable** personalities:

- Like people and are social
- Are friendly
- Are good listeners and good at teamwork
- Want respect and approval
- Make decisions slowly
- Follow rather than lead
- Don't like conflict or risks
- Are fearful of change
- Work hard
- Are sometimes "soft-spoken"
- Blend into any situation

## Different People, Different Personalities

### **Driver** personalities:

- Don't worry about other people's reactions
- Focus on tasks and get their work done
- Are sometimes impatient and insensitive
- Take-charge
- Plan carefully
- Are very decisive
- Are competitive
- Are independent
- Are direct, quick communicators ("get to the point")

### **Expressive** personalities:

- Are creative and understanding
- Are outgoing and enthusiastic
- Are spontaneous and fun-loving
- Like teamwork
- Are motivating
- Seek to be heard and acknowledged and fearful of being ignored or rejected
- Are impatient with routine
- Focus on the "big picture" rather than the details
- Overgeneralize or exaggerate
- Are articulate and quick
- Are sometimes poor listeners
- Get distracted easily
- Are sometimes impractical and impatient

All of these personalities are a little different from person to person. Your personality type affects the way you communicate and work in a group. If you understand your personality type and other people's personalities, it can help you get along with others.

# Bullying, Cyberbullying and Peer Pressure

## Key Messages

I will identify my strength and think about ways I can use it to help in my life.

I have a trusted person in my life I can talk to if I'm involved in bullying or cyberbullying.

I can say no with my body and my words to anything that makes me feel uncomfortable or unsafe.

What is bullying? Bullying is when someone does something to someone else that is unwanted and aggressive or mean. It happens when one person has more power over another person. For example, if someone is always telling you that you aren't smart in an angry or forceful tone – that is considered bullying. If someone is mean once or even twice, this does not mean it is bullying. Bullying is when that mean behavior is done on purpose, many times and the bully has more power than the person they are bullying.

## Types of Bullying

**Verbal Bullying:** This is done using words in speaking or writing. Verbal bullying can be teasing, name-calling, or threatening.

**Social Bullying:** This has to do with your social relationships or reputation. Social bullying can be leaving someone out, spreading rumors about another person or embarrassing people in front of others.



## Bullying, Cyberbullying and Peer Pressure

**Physical Bullying:** This is using the body to hurt others. Physical bullying can be tripping or pushing, making mean or rude gestures toward another person, or hitting or kicking someone.

**Cyberbullying:** This type of bullying happens with electronic devices or technology like cell phones or computers. Examples of cyberbullying include verbal bullying through social media sites, text messages, group chats or other websites.

**Bullying is never ok. It is very harmful to people: physically, emotionally and socially.**

**Here are some tips on what to do in a bullying situation:**

- Save any evidence. In cyberbullying, save texts, messages and emails on a computer, smartphone or tablet. If someone witnessed the bullying or cyberbullying, they can help in providing evidence by telling what they saw. Take the evidence to a trusted adult who will help to solve the problem.
- Block someone who is cyberbullying. You can block someone on social media by following simple directions. Blocking someone on social media takes the simple click of a few buttons or prompts. Block the person and ignore what they are saying or doing to bully and tell a trusted adult immediately.
- Practice positive self-esteem and self-image to gain courage to stand up against bullying. If someone is bullying you or you see someone bully others, it's important to find the courage to stand up against bullying. It could even save a life

## Bullying, Cyberbullying and Peer Pressure

- Send appropriate messages, posts, pictures and links via cell phones and the internet. While it's tempting to send something that seems funny, it's not always funny to the person receiving the message. Ask yourself, "Would I want my mom, dad, employer, teacher or coach to see this?" If the answer to that question is "no," then it's not appropriate to send to anyone.

### Peer Pressure

Peer pressure is social pressure on a person, or a couple of people, from a peer group. Peer pressure can be both positive and negative. Positive peer pressure can be good, like encouraging someone to try new experiences, activities, books, music, or developing new skills. On the other hand, peer pressure can also be negative. Peers can encourage each other to make poor decisions, such as encouragement to cheat, steal, smoke, use drugs or alcohol, and other risky behaviors.

People often give into peer pressure when they want to fit in or avoid feeling left out. Maybe you want to be liked, and so you go along with what someone else says and make a poor decision. Making poor decisions can cause stress and low self-esteem.

### How to handle peer pressure:

- **Say no to negative peer pressure.** It's absolutely okay to say no when someone asks you to make a poor decision or do something risky.
- **Focus on common interests.** Spend time with friends doing things you like to do, without feeling pressured to make bad choices.
- **Leave the situation if it's risky or uncomfortable.** It's important to feel safe and comfortable in order to avoid stress. If a situation is risky or uncomfortable, it is a good idea to leave.
- **Finding a strong voice, being honest, and having a high self-esteem** will help anyone to avoid negative peer pressure.

## Internet and Social Media: Safety and Perception - How People See You Online

### Key Messages

The internet can be helpful and provide us with a lot of information.

We need to be careful about who and what to trust on the internet.

We need to be careful about what we post online in order to stay professional.

Technology is getting better and more important. Many people use the internet for information about possible new friends, people in certain businesses, or to find employees. Social media sites such as Twitter, Instagram and Facebook where pictures are posted about your daily activities make it very easy to learn information about others. This is why it's important to think about how you appear online. What you do online affects organizations you are with or jobs you have.

Remember, when a person is associated with an organization, such as Special Olympics, they are representing that organization. When people post things that are inappropriate, they are not only risking their own reputation, but the organization's reputation as well.

## Internet and Social Media: Safety and Perception - How People See You Online

### Don't

- Post unprofessional or inappropriate pictures or about illegal drugs, guns, or alcohol.
- Post statuses or tweets with inappropriate language, poor work habits, or bad things about your boss.
- Post about sexual or discriminatory (racist, sexist, homophobic) things.
- Share passwords or personal information, or respond to emails or other messages that inquire about personal information (Social Security number, bank account number, birth date, telephone number, or information about your family, school, work, or where you live).
- Meet in person with a stranger you met online. No matter how long you chat with someone online, that person is still a stranger. People on the internet are not always honest about who they really are.

### Do:

- Post positive things about you. Be kind and respectful to others.
- Use privacy settings for passwords and social media.
- Make sure that websites you are shopping on are secure (they will have "https" in the web address and will also have a logo that looks like a lock).
- Tell a trusted adult if a stranger contacts you through social media, email, or another messaging service or website.
- Tell someone if you feel uncomfortable about anything happening on the internet.