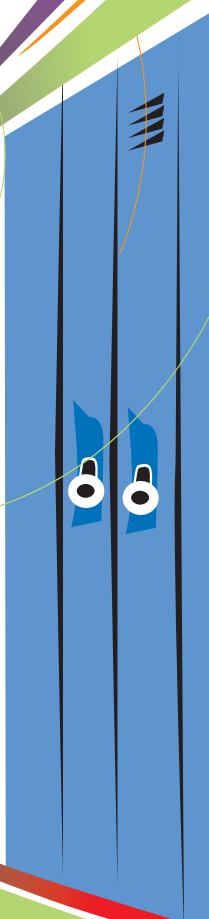


# Healthy Eating and Active Living

For ages 13 to 18 years

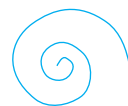


Alberta



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# Good Health – Yours to Choose

Every day you make decisions about your health. From the time you wake up in the morning until the time you go to bed, you make dozens of choices about eating healthy foods or being active. This booklet explains what it means to be physically active, eat healthily and have a positive self-image as well as ideas for helping you make healthy choices.

## Why eat healthy & be active?

It's more than your body that wins when you choose healthy food and physical activities. Food and physical activity connect friends and families. They help us learn and grow into the person we want to be.

**Energy** **Healthy body image** **Vigorous Activity**  
**Confidence** **Sleep better**  
**Meet new people** **Friends**  
**Teamwork**  
**Healthy Growth**  
**Healthy skin, hair and teeth**  
**Positive attitude**  
**Concentrate better**  
**Manage stress** **Healthy heart**  
**Strong muscles**  
**Healthy bones**



## My voice matters

Sometimes healthy choices are easy to make, like having a glass of water to quench your thirst instead of a pop.

Sometimes healthy choices are challenging to make. For example, you're hungry and the only choice you have is the chocolate bar in the vending machine at school. If you are the only student asking for a healthier choice, then it may be hard to ask your school to provide healthier choices in the vending machine. However it would

be a different story if it's 20 students asking for a healthier choice.

Imagine what would happen if 200 students ask! Your voice is the power. Businesses may change the food or products they have available. Schools may adapt their policies and routines.

Throughout this booklet, My Voice Matters provides tips and ideas on how you can help create a healthy home, school and community.



# Active Living Your Way

## What's your style?

Active living is a lifestyle that encourages people to build physical activity into their daily choices. An active lifestyle includes day-to-day activities such as walking or cycling to get to school or work. Being active doesn't mean you have to run a marathon, play sports or climb a mountain; any moderate-paced activity counts. Think of ways you can build activity into your day-to-day routine, and get moving today!



**"Nothing's better than the wind to your back, the sun in front of you, and your friends beside you."**

*Aaron Douglas Trimble*



## Challenge yourself!

Put your muscles to work and burn off some energy. Strive for 60-90 minutes of moderate to vigorous physical activity every day. Opportunities can be with a friend or a group, by yourself, planned or unplanned, structured or "free-living", or in short bursts throughout the day. And, you don't have to get all 90 minutes at once. You can add up all of the smaller bouts throughout the day to reach your daily total.

To achieve the full benefits of physical activity, choose a combination of endurance, strength, and flexibility activities.

- **Endurance Activities** increase your heart rate, work your lungs by doing activities that make you breathe harder, and make you sweat. This is also called "aerobic" or "cardiovascular" exercise. Examples include running, playing basketball, skating or cycling.
- **Strength Activities** strengthen and build muscles and bones using resistance. Examples of these include push-ups, crunches or work with specific equipment such as weight machines.
- **Flexibility Activities** help to keep your joints and muscles supple, and include activities such as stretching, dancing, yoga or pilates.

## Who knew?

Quench your thirst with water. Drink more when you are very active or in hot weather. Drinking water is as easy as turning on the tap.

**WEB**

Physical Activity Guides for Children and Youth  
[www.phac-aspc.gc.ca/pau-uap/paguide/child\\_youth/index.html](http://www.phac-aspc.gc.ca/pau-uap/paguide/child_youth/index.html)

## Your recipe for success

### New to active living?

Start by increasing the time that you are physically active, while decreasing the amount of time that you are inactive. It's important to start slowly and build up gradually towards your daily goal. Take advantage of simple activity opportunities whenever you can!

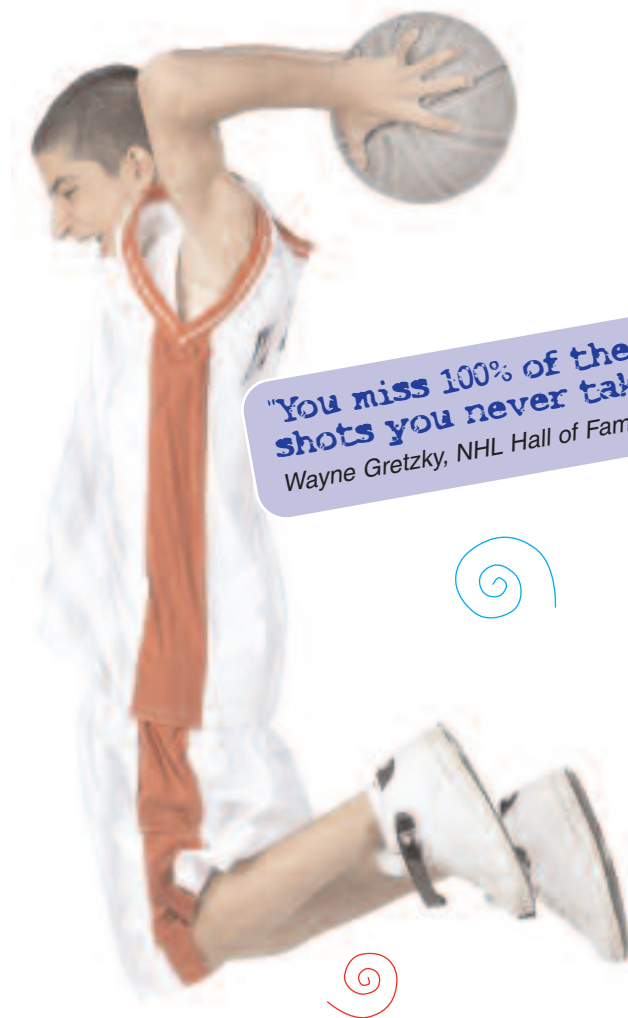
#### CHECK IT OUT

You can prevent osteoporosis by building bone mass now. Weight-bearing activities build bone mass.

### Not sure where to begin?

Try walking to a friend's house after school or taking a brisk walk around the school grounds at lunch. Remember that your minutes of physical activity can add up throughout the day, so not everything has to happen all at once.

- **Moderate Activities** should cause your heart rate to increase and your breathing to become faster. At this intensity, you should be able to talk to someone, but singing will be difficult. Examples include mowing the lawn, walking briskly, swimming, dancing or cycling on level ground.
- **Vigorous Activities** should cause your heart to beat rapidly, your body to sweat, and make it difficult to have a conversation during the activity. Examples include cycling uphill, running up a flight of stairs with a heavy backpack, carrying a heavy bag of rice or flour, high-intensity aerobics or swimming multiple laps.



*"You miss 100% of the shots you never take."  
Wayne Gretzky, NHL Hall of Famer*

## Who knew?

Strength training programs help build and tone muscles if proper training techniques and safety precautions are followed. Avoid "bulking up", power lifting or doing maximal lifting exercises until your early 20's, when you have reached your full growth height, and your bones have finished growing. Try and learn strength training exercises without resistance. Once you've learned the proper movements and techniques, then it is generally safe to gradually add resistance.

## How do you measure up now?

### Step 1. Keep track

Write down all the physical activities you have done over the last week and how long you spent doing them. Include walking, biking and chores.

### Step 2. Quiz yourself

In an average week, how many minutes of moderate physical activity do you currently get each day? Check the best answer.

- Less than 30 minutes
- 30 to 60 minutes
- 60 to 90 minutes

**If you checked "Less than 30 minutes"... It is time to get moving!**

Start today by adding 5 to 10 minutes of moderate activity. If you can, try to add 5 to 10 minutes of vigorous activity until

you get to 30 minutes by the end of the week. This can be as simple as jogging a bit more during gym class each day instead of walking.

**If you checked "30 to 60 minutes":** You're on the right track.

Continue increasing your physical activity time by an additional 15 minutes per day with 10 minute increases in moderate activity and 5 minute increases in vigorous activity. Walk the long way home with a friend after school, or ride your skateboard to the next bus stop down before getting on.

**If you checked "60-90 minutes":** Great work, keep going!

Continue to build physical activity into your routine until you are active for 90 minutes every day with 30 minutes of vigorous activity and 60 minutes of moderate activity. Do this for life!



### What do my results mean?

Adding physical activity into your daily routine won't happen all at once. Work slowly and increase your activity time each week until you are at 90 minutes per day.

Inactive time is television watching or using a computer for chatting or playing games. Start by decreasing inactive time by 30 minutes each day until you are spending more time being active than inactive.

### Who knew?

Friends are a powerful tool when it comes to becoming active. Instead of going home after school and hanging out by yourself, grab a friend or two and try:

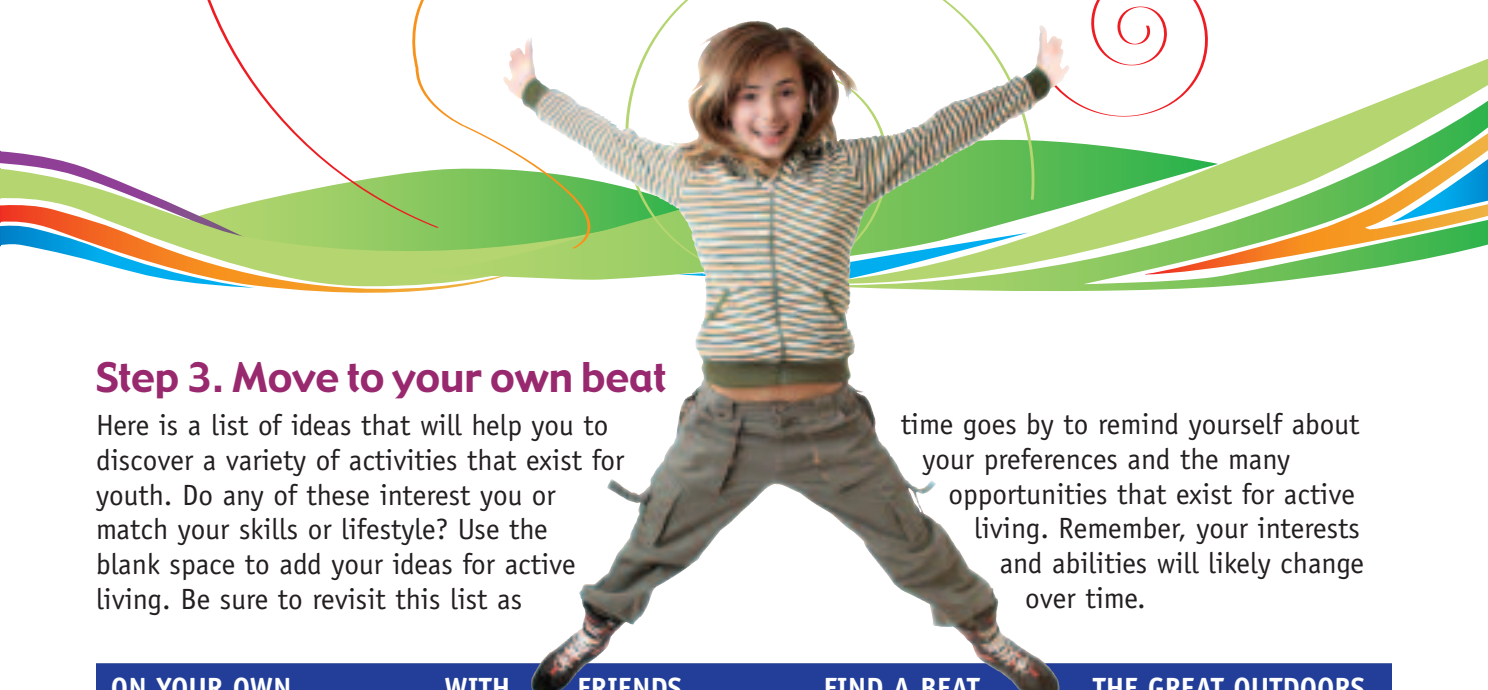
**Bowling** – A fun way to move and chat with your pals. Some alleys have 'glow bowling'.

**Roller-skating or Rollerblading** – Try classic roller skates or the newest in rollerblades.

**Frisbee** – All you need is the Frisbee, your friends and an open space to play. Try Ultimate Frisbee, Frisbee Golf or Frisbee Baseball.

**Hacky Sack** – Develop your coordination and have a full-body workout at the same time.

**Hip Hop Dance** – Turn up the music and challenge your buddies to a dance-off.



### Step 3. Move to your own beat

Here is a list of ideas that will help you to discover a variety of activities that exist for youth. Do any of these interest you or match your skills or lifestyle? Use the blank space to add your ideas for active living. Be sure to revisit this list as

time goes by to remind yourself about your preferences and the many opportunities that exist for active living. Remember, your interests and abilities will likely change over time.

ON YOUR OWN	WITH FRIENDS	FIND A BEAT	THE GREAT OUTDOORS
<ul style="list-style-type: none"> <li><input type="checkbox"/> Walking</li> <li><input type="checkbox"/> Swimming</li> <li><input type="checkbox"/> Cycling</li> <li><input type="checkbox"/> Coaching</li> <li><input type="checkbox"/> Ice Skating</li> <li><input type="checkbox"/> Inline Skating</li> <li><input type="checkbox"/> Martial Arts</li> <li><input type="checkbox"/> Running or Jogging</li> <li><input type="checkbox"/> Rowing</li> <li><input type="checkbox"/> Weight Training</li> <li><input type="checkbox"/> Yoga</li> <li><input type="checkbox"/> Tai Chi</li> <li><input type="checkbox"/> Skateboarding</li> <li><input type="checkbox"/> Aerobic or Fitness Classes</li> <li><input type="checkbox"/> Vacuuming</li> <li><input type="checkbox"/> Shovelling Snow</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Basketball</li> <li><input type="checkbox"/> Racquet Sports (squash, badminton, tennis)</li> <li><input type="checkbox"/> Walleyball</li> <li><input type="checkbox"/> Ringette</li> <li><input type="checkbox"/> Kickball</li> <li><input type="checkbox"/> Lacrosse</li> <li><input type="checkbox"/> Baseball or Softball</li> <li><input type="checkbox"/> Kickboxing</li> <li><input type="checkbox"/> Soccer</li> <li><input type="checkbox"/> Broomball</li> <li><input type="checkbox"/> Floor Hockey or Street Hockey</li> <li><input type="checkbox"/> Football</li> <li><input type="checkbox"/> Golf</li> <li><input type="checkbox"/> Handball</li> <li><input type="checkbox"/> Bowling</li> <li><input type="checkbox"/> Ultimate Frisbee</li> <li><input type="checkbox"/> Frisbee Golf</li> <li><input type="checkbox"/> Hacky Sack</li> <li><input type="checkbox"/> Drama Games or Theatre Sports</li> <li><input type="checkbox"/> Beach Volleyball</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Jazz</li> <li><input type="checkbox"/> Tap</li> <li><input type="checkbox"/> Hip Hop</li> <li><input type="checkbox"/> Break</li> <li><input type="checkbox"/> Social</li> <li><input type="checkbox"/> Square</li> <li><input type="checkbox"/> Ballet</li> <li><input type="checkbox"/> Ballroom</li> <li><input type="checkbox"/> Belly</li> <li><input type="checkbox"/> Line</li> <li><input type="checkbox"/> Flamenco</li> <li><input type="checkbox"/> Interpretive</li> <li><input type="checkbox"/> Mambo</li> <li><input type="checkbox"/> Modern</li> <li><input type="checkbox"/> Polka</li> <li><input type="checkbox"/> Salsa</li> <li><input type="checkbox"/> Tango</li> <li><input type="checkbox"/> Swing</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hiking</li> <li><input type="checkbox"/> Downhill Skiing</li> <li><input type="checkbox"/> Snowboarding</li> <li><input type="checkbox"/> Cross-country Skiing</li> <li><input type="checkbox"/> Snowmobiling</li> <li><input type="checkbox"/> Snowshoeing</li> <li><input type="checkbox"/> Windsurfing</li> <li><input type="checkbox"/> Canoeing</li> <li><input type="checkbox"/> Kayaking</li> <li><input type="checkbox"/> Horseback Riding</li> <li><input type="checkbox"/> Orienteering</li> <li><input type="checkbox"/> Sailing</li> <li><input type="checkbox"/> Camping</li> <li><input type="checkbox"/> Mountain Biking</li> <li><input type="checkbox"/> Rock Climbing</li> <li><input type="checkbox"/> Ice Fishing</li> <li><input type="checkbox"/> Nordic Walking</li> </ul>
<b>MY IDEAS</b>		<b>MY IDEAS</b>	<b>MY IDEAS</b>
	<b>MY IDEAS</b>		



## SMART active goals



Starting something new can often be challenging and exciting. Try making some SMART goals.

These are goals that are **Specific, Measurable, Attainable, Rewarding and Timely**. They are a great way to monitor your progress. What are your goals for active living? Are you trying to get in shape? Have fun? Improve your self image?

SMART	ACTIVE LIVING GOAL
<b>S</b> pecific: Know exactly what you want to achieve.	"My goal is to" participate fully in gym class, including the warm-ups, running and all the activities.
<b>M</b> easurable: How will you know that the goal has been reached?	Maybe my grade will go up; my teacher and friends will notice.
<b>A</b> ttainable: Make sure your goal is possible.	I will do my personal best. After all, I'm not running a marathon.
<b>R</b> ewarding: What is in it for you to keep working at the goal?	I will reward myself. Having a bit of extra motivation will ensure that I don't stray from my goal.
<b>T</b> imely: Set a date that you would like to achieve your goal by. This way you have a benchmark to work towards.	I will do this one week at a time.

"The journey of a thousand miles begins with a single step."

Lao-Tse, an ancient Chinese Philosopher



### CHECK IT OUT

To create your own SMART goals go to [www.healthyalberta.com](http://www.healthyalberta.com) and click on Resources and Tools.



## Choose activities you like

You will have a better chance of succeeding if you enjoy the activities you're doing. Some people enjoy bringing along their favourite music for extra motivation and enjoyment.

## Big changes don't happen over night

Learning a new activity or a new lifestyle takes time, so have patience.

## Keep track

A journal or log book is a great way to monitor your progress and see where you might need to change your routine.

## Don't give up

Good things take time, patience and effort. Be aware that you will likely experience a learning curve with your new habit and you will likely face challenges along the way. Identify some alternatives just in case.

## The power of friends and family

Being physically active with your friends or family can be a great way to stay motivated and feel supported. Trust their support and advice.

## Variety is the spice of life

Try new things, vary your activities regularly.

## Roadblock?

Sometimes goals don't work out and that's OK. If you face a challenge you can't overcome, start over again with something new. Don't give up!

What SMART goal will you choose for Active Living?

**WEB** Ever Active Schools: [www.everactive.org](http://www.everactive.org)  
Be Fit For Life: [www.befitforlife.ca](http://www.befitforlife.ca)



## Who knew?

The terms physical activity, exercise and fitness all mean something different? Each one reflects a different aspect of active living, but when combined together, they create a powerful blend of positive benefits for your body.

- **Physical Activity** includes what you do in your leisure time (recreation), methods of transportation (walking, cycling), housework (cleaning your room), and work duties like lifting boxes.
- **Exercise** is usually planned (you make time for it), structured (they are organized) and repetitive (you do it regularly).
- **Fitness** describes certain aspects or attributes of your physical conditioning such as endurance, flexibility and strength. If you're an athlete, fitness may describe power, speed, balance and reaction time.



## Get off the couch!

Here are some practical ways to increase the amount of physical activity in your daily routine, while decreasing the time you are inactive. If any of these examples apply to you, think of ways you

can make small personalized changes for big success. For more ideas check out [www.liveoutsidethebox.ca](http://www.liveoutsidethebox.ca).

### Increasing your physical activity levels

INSTEAD OF...	I WILL...
Taking the bus or getting a ride to school	Use active transportation (human powered). Walk part way if I can, or try jogging, skateboarding, rollerblading or cycling.
Sitting in front of the TV	Go for a walk with a friend. Having extra support will help me to stay motivated.
Doing as little as possible in gym class	Join in! Request the activities I know I enjoy and take advantage of the time away from my desk.
Hanging out at the mall	Keep moving inside the mall.
Wondering if you could have made the team	Find a recreational team or join intramurals.
Driving to a restaurant for lunch	Park the car and walk.

### Decreasing your inactive time

INSTEAD OF...	I WILL...
Watching TV on your lunch break or after school	Take a short walk around the neighbourhood or get involved in after-school activities.
Flipping through commercials during a TV show	Get up and do some pushups, situps, jumping jacks or dance. Try an exercise ball or resistance bands for an added challenge.
Watching television while you babysit	Take the kids outside and play tag or hide-and-go-seek.
Talking online to your friends	Meet my friends somewhere outdoors where we can walk and talk.
Waiting for your music to download	Crank up the tunes and dance, dance, dance!
Watching an entire TV program	Record the program and watch it later. This way I can fast-forward through the commercials.
Playing sports video games	Play the real thing or check out my schools' team in action.

## Winter ideas to live actively

Canadian winters can be fun if you stay warm when outdoors. If you find it difficult to be active in the cold, here's some advice to help you get on the right track.

### Frozen motion

- Find your skates (or get a second hand pair from a thrift store) and check out a nearby outdoor skating rink.
- Grab a toboggan and a helmet, call your friends and head to the nearest hill.
- Cross-country skiing or snowshoeing is a great way to be active, and you can rent supplies from many sports retailers or some university and college outdoor centres.
- Take a hike. Explore some of mother nature's trails and natural parks.
- Live outside of the box. Try traditional outdoor activities such as dog sledding, ice fishing, snowmobiling or building an igloo.
- Head to the hill. Skiing and snowboarding are a great way to get your blood pumping.
- Get a group of friends together and play soccer or football in the snow.

### Keep it safe

- **Wear the gear.** Protect yourself.
- **Dress appropriately.** Layers work best when they are loose fitting and have room for air circulation. The layer against your skin should be absorbent, the middle layer should be warm and the outermost layer water repellent and wind resistant.
- **Watch out for wind chill.** Before leaving the house, check the wind chill factor.
- **Take a friend.** The buddy system works best to



keep an eye out for each other.

- **Be efficient.** If the weather is really nasty, don't stay outside too long. Protect yourself by coming inside for a break if you feel yourself getting cold.
- **Stay hydrated.** Even though it's cold outside, your body may still be losing water from sweat. Take a water bottle with you on your travels to ensure you stay hydrated.
- **Protect yourself.** Protective equipment is a good idea if you're going out to enjoy an activity where there is potential for injury such as tobogganing, snowboarding, skiing etc. A helmet is a good thing.
- **Check the ice.** Frozen creeks, ponds, lakes or rivers may appear to be frozen, but the ice could be extremely thin. Check with your local weather authority or recreation department before walking out onto a body of frozen water. Never go alone for safety reasons.
- **Beware of frostbite.** Frostbite signs include skin that turns from red to blue, then grey or white. The area may feel cold or painful. Tingling, numbness or burning sensations may occur.

### CHECK IT OUT

Natural ice (pond, lake or river) must be at least 10 cm or 5 inches thick before you can walk on it. ALWAYS check the ice before you decide to venture out.



## Short on cash?

Try checking out your community leisure centres, ice rinks or outdoor recreation areas. Here are ideas to help you get started.

### Student rates

Many facilities and recreation areas offer student discounts. Bring your school ID and inquire about a discounted rate.

### Drop in to your local recreation facility

Many facilities offer youth rates for drop-in activities and fee assistance for those who qualify. These include fitness classes (pilates, yoga, aerobics) and recreational activities such as basketball, swimming and rock climbing. Some facilities have special event nights specifically for teens. Check with your local recreation facility for more information.

## Who knew?

Guys and gals don't always see eye-to-eye when it comes to being active. When asked about their top five favourite activities, here's what Canadian youth had to say:

BOY'S FAVOURITES	GIRL'S FAVOURITES
1 Cycling	Walking
2 Basketball	Swimming
3 Walking	Dancing (ballet, jazz, modern, hip-hop)
4 Jogging or running	Jogging or running
5 Swimming	Cycling

### Outdoor recreation areas

Soccer fields, baseball diamonds, basketball courts and city pathways in your local municipality are often free of charge.

### Volunteer

Large recreational facilities often offer rewards (such as passes or free admission) to volunteers who contribute to a positive and successful working environment.

### YMCA

YMCA's/YWCA's in Alberta offer fee-assistance programs. Check with your local facility for more information.

### CHECK IT OUT

People often believe it takes equipment, special shoes and clothes, and paying to use sports facilities in order to be active. The truth is, climbing the stairs and carrying groceries or your backpack with books in it are good complimentary physical activities. Walking is an easy, readily available and highly recommended physical activity, and it's absolutely free.

### Also check out:

Boys and Girls Clubs of Alberta:  
[www.bgcalberta.com/](http://www.bgcalberta.com/)  
 Kidsport Alberta: [www.kidsport.ab.ca/](http://www.kidsport.ab.ca/)  
 Canadian Tire "Jumpstart" Program:  
[www.canadiantire.ca/jumpstart/](http://www.canadiantire.ca/jumpstart/)

### WEB

### Into sports? Check out:

Sport Alberta: [www.sportalberta.ca/links.htm](http://www.sportalberta.ca/links.htm)  
 Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS): [www.caaws.ca](http://www.caaws.ca)



## My voice matters

### At home

- How do you help your family plan recreation time and holidays that include active living? Whether it's kicking a soccer ball with your cousins or planning a summer camping trip, what activities can everyone do together?
- How do you contribute to household activities? How often do you vacuum the floor, wash clothes, clean your room or put things away?

### At school

- Think about how you get to school: Could you ride a bike or rollerblade to get there? Can you get off a regularly scheduled city bus two stops earlier and walk home?
- How can you connect the ideas you learn at school with ideas to be physically active? What

information is new to me? Which part of my lifestyle will benefit the most from this information? Which physical activities can I change to improve my health?

### In the community

- Communities are great places for walking or trying out bike paths that are safe and often cleared of snow in the winter. Where are these routes in your community? Are there pathways or sidewalks you could use to walk or cycle to school?
- With the help of friends, neighbours and parents, speak up and let the elected representatives in your community know what services for active living you would like to see. What can you do to help the people in your community be more physically active?

**WEB**

Active Edmonton: [www.activeedmonton.ca](http://www.activeedmonton.ca)  
G02 Calgary: [www.go2calgary.com](http://www.go2calgary.com)  
Healthy U: [www.healthyalberta.com](http://www.healthyalberta.com)



# Healthy Eating Your Way

Healthy eating has so much to offer – great tasting food, and the opportunity to explore foods from different cultures. Not to mention all the vitamins, minerals, protein, fibre, healthy fats and energy your growing body needs. Make food choices for meals and snacks based on Canada’s Food Guide and the Food Guide Serving Sizes for 13 to 18 Years.

The following charts are general guidelines to help you choose healthy meals and snacks most often. Learning to read food labels will also help you to choose between similar types of packaged foods to find the healthier choice.

## Everyday foods

### CHOOSE THESE FOODS MOST OFTEN

Healthy daily choices come from the four food groups.

Vegetables & Fruit	Grain Products	Milk & Alternatives	Meat & Alternatives
Vegetables – fresh, canned or frozen Fruit – fresh, canned or frozen Fruit juices – 100% unsweetened	Whole grain bread, bagels, pita, bannock, buns or crackers Whole grain cereal – unsweetened Tortillas, naan or roti Rice cakes Noodles or pasta Rice Pancakes Homemade muffins Plain popcorn	Milk – skim, 1% or 2% Fortified soy beverage Yogurt Cheese (low fat ≤ 20% milk fat) – cheddar, mozzarella, swiss, or feta Milk-based soups	Beef, pork or ham Wild game Chicken or turkey Cooked legumes – beans, lentils or daal, chickpeas Eggs Fish and seafood Canned fish in water Nuts and seeds Peanut butter Tofu

### Visit:



Canada’s Food Guide - [www.healthcanada.ca/nutrition](http://www.healthcanada.ca/nutrition)  
 Food Guide Serving Sizes for 13-18 Years - [www.health.alberta.ca/resources/publications.html](http://www.health.alberta.ca/resources/publications.html)  
 Healthy Eating is in Store for You to learn about food label reading - [www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca)

### Examples of healthy fats are:

Oils, non-hydrogenated margarine and salad dressings from canola oil, corn oil, flaxseed oil, olive oil, peanut oil, soybean oil or sunflower oil. Use small amounts.

### CHECK IT OUT

Are “trans fat free” foods better? Maybe, maybe not. Double check the Nutrition Facts. Food manufacturers may have removed the unhealthy trans fats but the food product could still have unhealthy saturated fats. Be on the lookout. Food manufacturers may market the words “trans fat free” to make you think the food product is a healthier choice.

## Sometimes foods

### CHOOSE THESE FOODS SOMETIMES

These choices are called sometimes foods because they are usually lower in fibre, vitamins and minerals and higher in sugar, salt or fat.

Vegetables & Fruit	Grain Products	Milk & Alternatives	Meat & Alternatives
Vegetables with sauces or breading Fruit canned in syrup Sweetened fruit juices, drinks, beverages, punches, cocktails and "ades" Dried fruit (brush teeth after eating) Bottled salsa Vegetable soup	Granola bars Pretzels Fruit crisps or cobblers Cookies – oatmeal, peanut butter, dried fruit Packaged macaroni and cheese dinners	Ice cream Milkshakes Flavoured milk Frozen yogurt Processed cheese slices Refrigerated pudding cups/ homemade pudding	Lower fat wieners or sausage Canned luncheon meat Cold cuts Fish sticks Breaded meat strips Canned fish in oil

## Junk foods

### CHOOSE LEAST OFTEN

These foods contain a lot of sugar, salt, or fat and very little fibre, vitamins, or minerals. It's alright to use these foods occasionally, but they shouldn't replace healthier food choices.

Pastries or danishes	Instant noodle soups	Chocolate	Soft drinks	Hot chocolate made from powder
Cake	Cream cheese	Candy	Fruit drinks or punches	Coffee and tea
Sweet cereals	Cheese spreads	Flavoured popcorn	Sport and energy drinks	Coffee drinks with syrup and cream
Cookies with icing or sandwich style	Sour cream	Cheese-flavoured twists	Chocolate-bar flavoured milk	
Doughnuts or sticky buns	Bacon	Potato chips		
Pie	Gravy	Nacho chips		
	Syrup	Ready-to-serve pudding cups		
	Deep-fried french fries			
	Other deep-fried foods			

**WEB**

[www.mindlesseating.org](http://www.mindlesseating.org)

## CHECK IT OUT

Check out the Nutrition Facts Label and Ingredients List on packaged food. Choose foods that are: lower in saturated fat; have no trans fats; are low in sodium (salt) and sugar; and contain at least 2 grams of fibre.



Amount	Cereal Only	Plus 125 ml 2% Milk
Calories	120	180
Fat 2 g*	3%	7%
Saturated 0.4 g	2%	10%
* Trans 0 g		
Cholesterol 0 mg	11%	14%
Sodium 270 mg	7%	9%
Carbohydrate 22 g	12%	12%
Fibre 3 g		
Sugars 1 g		
Protein 4 g	0%	8%
Vitamin A	0%	2%
Vitamin C	4%	20%
Calcium	30%	30%
Iron		

Amount	Cereal Only	Plus 125 ml 2% Milk
Calories	120	180
Fat 2 g*	3%	7%
Saturated 1.5 g	6%	14%
* Trans 0 g		
Cholesterol 0 mg		
Sodium 230 mg	10%	12%
Carbohydrate 26 g	9%	11%
Fibre 1 g	3%	3%
Sugars 13 g		
Protein 1 g		
Vitamin A	2%	8%
Vitamin C	0%	2%
Calcium	0%	10%
Iron	30%	30%

## You asked?

### Why limit fruit juice?

Most teens need more whole fruit, not more juice. Juice will provide vitamins and minerals, but fruit will also provide fibre. Drink water when thirsty.



### Can soup quench your thirst?

Soups can help increase fluid intake, but most canned and dried soups are very high in salt. It's better to drink water to quench your thirst.

### What is non-hydrogenated margarine?

This is a soft margarine made with little or no trans fats, and sold in tubs. See reading labels information at [www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca)

### How often is "sometimes"?

Most of the Sometimes foods listed are higher in calories than the Everyday foods. Focus on meeting your caloric needs from the recommended Food Guide Servings, then a few servings a week from the Sometimes foods might be enough.

## CHECK IT OUT

Consider three things when you change your diet.

- What food will be decreased?
- What will replace the junk food? The substitute foods need to taste good, be available when you might eat junk food, and preferably be from the Everyday category.
- Give yourself some time to make changes. It can take 4 to 6 weeks before new foods feel part of your everyday choices.

## Who knew?

It's easy to get caffeine and even easier to get wired and lose sleep. The less caffeine, the better.

Cola soft drink 250 mL (1 cup)	28-32 mg
Milk chocolate bar* 50 g bar	13 mg
Tea 250 mL (1 cup)	43 mg
Coffee 250 mL (1 cup)	150 mg
Moccacino* 250 mL (1 cup)	80-100 mg
Energy drinks 250 mL (1 cup)	80 mg
Iced Tea 250 mL (1 cup)	8-25 mg

\* Have sugar and sometimes high fat ingredients which make them higher in calories

**WEB** See [www.hc-sc.gc.ca/iyh-vsv/prod/energy-energie\\_e.html](http://www.hc-sc.gc.ca/iyh-vsv/prod/energy-energie_e.html)

## How many junk food choices do you eat or drink each week?

**2 or less?** Wonderful!

**3 to 4?** Hmmm... Like many of us, maybe there are one or two of these junk foods that could be eliminated.

**5 to 9?** It's time to make some changes. Those junk foods choices are going down too easily. Now is a good time to make healthier food choices.

**10 or more?** Are you still walking and talking? Amazing! You need to start paying attention to what your body really needs. Decrease the amount or number of junk food choices and replace with Everyday food choices.

**WEB**

Eat Well, Live Well™  
– Virtual Kitchen  
– Let's Make a Meal Game  
[www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell)  
Track your foods  
[www.eatracker.ca](http://www.eatracker.ca)



## Fast breaking moves

### Life with breakfast means

- Better memory, concentration and ability to solve problems
- Eating less junk food later in the day
- More fibre, vitamins and minerals for your body
- Energy for morning workouts or the dash to the bus
- Great tasting food

Have your friends talked about being in a better mood or more alert when they eat breakfast? Everyone is unique and there may be other breakfast benefits. What do you notice when you eat breakfast?

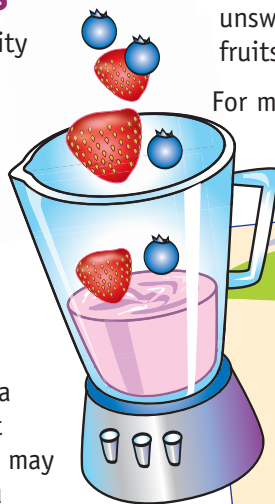
### A healthy breakfast includes at least 3 food groups from Canada's Food Guide:

- Grain Products
- Vegetables and Fruit, and
- Milk and Alternatives or Meat and Alternatives

### Breakfast can be more than cereal, milk and juice

Here are some ideas for making your own breakfast:

- Yogurt and fruit smoothie
- Whole wheat bagel or homemade muffin and cheese slices
- Whole wheat toast and peanut butter
- Supper Rewind – yesterday's stir fry, pizza slice, or burrito
- Go International. Australian breakfast with cold spaghetti, tomato sauce and grated parmesan cheese. Or an Asian breakfast of rice congee (rice porridge) with chopped peanuts, fish or meat
- Breakfast Parfait – Layer unsweetened cereal, nuts or seeds, fresh banana slices or strawberries, yogurt and top with granola
- Microwaved egg in a mug, whole wheat toast and juice



- Exam Special – your favourite mixture of unsweetened cold cereals, nuts or seeds and dried fruits stored in a small bag.

For mornings when you have more time, learn how to make French toast and pancakes.

### Yogurt and fruit smoothie

- 175 mL (3/4 c) yogurt
  - 125 mL (1/2 c) orange juice
  - 125 mL (1/2 c) banana or berries
- Place all ingredients in a blender and blend until smooth.

### CHECK IT OUT

How do you know if a cereal or bread is whole grain? Check the Ingredient List. "Whole" or "whole grain" should be the first ingredient. Is the first ingredient enriched flour? Then it's not a whole grain.

## SMART breakfast goals

<b>S</b> pecific	I will eat breakfast at least 4 days a week.
<b>M</b> easurable	I can count how often I eat breakfast with at least 3 Food Groups.
<b>A</b> ttainable	I already eat breakfast twice a week. Eating breakfast more often is a small change.
<b>R</b> ewarding	Eating breakfast will help me perform better at school.
<b>T</b> imely	I will do this for the next six weeks until the Christmas break.



## Great lunches

A healthy lunch has these three things:

1. All four food groups
2. A healthy beverage
3. More servings of Vegetables and Fruit than Meat and Alternatives

Friends, fun, and food make a great lunch. Lunches from home tend to be less expensive, better for you and may take less time to prepare than you think.

Which lunches can you make or get in 10 minutes or less? What other healthy lunches could you choose at home or from cafeterias, fast food restaurants and vending machines?

**Q. Can you get healthy lunches from school cafeterias, fast food restaurants or a vending machine?**

A. Yes, healthy foods are available, you just need to make informed choices.

### A Fav

Turkey and bun: whole wheat bun, sliced turkey, and your favourite condiments

Baby carrots and cucumber wedges  
Fresh fruit  
Yogurt  
Water

### Home-on-Saturday Special

Refried bean tortilla with grated cheese, diced tomato and lettuce  
100% juice

### Traveling Time

Homemade muffin and sliced cheese  
Mixed nuts  
Baby carrots  
Grapes, diced honeydew melon and cantaloupe  
Water (and buy milk at pit stops)

### THE SPLURGE

Whole wheat sub with  
– ham, beef or chicken  
– lettuce, green pepper, cucumber, tomato slices  
– mayonnaise or salad dressing  
– cheese slice

Milk  
Top up with a fruit.

### Fast Food Possibilities

Hamburger with 1 beef patty  
Garden salad\* and small salad dressing

Milk and water

\*Not into salads? Then bring an apple or orange from home for your own full meal deal.

### School Cafeteria Solutions

Chicken Wrap (Some wraps are large. Don't feel obligated to eat it all.)

Veggie sticks  
Fresh fruit  
Milk

### Packaged Aid

Macaroni and cheese dinner with sliced ham  
Cherry or grape tomatoes  
Canned fruit  
Milk and water

### MALL CHOICES

Chicken or tofu and vegetable stir fry on rice  
Milk and water





## Saving dough

Teens work hard for their money. If you take your own lunch and snacks, you have a healthier meal and you save your money. What could you buy with \$500 or more at the end of the school year?



LUNCH ON THE RUN		HOMEMADE LUNCH	
2 hot dogs with ketchup and mustard	\$3.00	1 whole grain pita	\$0.25
Soft drink 355 mL	\$1.50	Mayo	\$0.05
Chocolate bar	\$1.25	30 g lower fat cheese	\$1.25
		40 g turkey (2 slices)	\$0.60
		Small container of fruit flavoured yogurt	\$1.00
		Fresh orange	\$0.50
		Water – Frozen tap water	
<b>Total</b>	<b>\$5.75</b>	<b>Total</b>	<b>\$2.95</b>
<b>Higher in</b>		<b>Higher in</b>	
Calories		Fibre	
Total fat		Vitamin C	
Saturated fat		Vitamin A	
Sugar		Calcium	
Salt			
		<b>Savings per day</b>	<b>\$2.80</b>
		<b>Savings per school year</b>	<b>\$518.00</b>

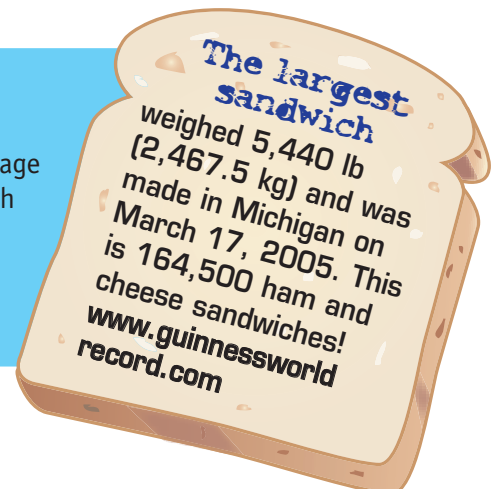
### CHECK IT OUT

Ice cold water. Pour water into a reusable bottle to the three-quarters level. For a flavour, add a lemon or orange slice. Freeze overnight. The frozen bottle will keep your lunch cold and will be a refreshing drink for lunch and afternoon snacks.

*Priced Calgary, 2007 based grocery store, convenience store and vending machine prices*

## Who knew?

The long bones in the legs and arms are important calcium storage sites. Our ability to store calcium has a time-limited offer. Youth need the calcium from almost 400 litres (1600 cups) of milk or fortified soy beverage, every year, for bones to last a lifetime. Don't delay. Have 3-4 Milk and Alternatives servings today.





## Snacks rule

### Do your snacks help you:

- keep your energy between meals?  YES  NO
- concentrate better?  YES  NO
- limit overeating junk foods  YES  NO
- add more milk, vegetables or fruit to your diet?  YES  NO
- include water to quench your thirst?  YES  NO

For every yes give yourself 1 point.

**Score 5:** Yes! You rule your snacks.

**Score 3 or 4:** You have some good snack habits. Replace some of the junk food with Everyday foods.

**Score 2 or less:** Your snacks rule you. It's time to change some foods and beverages. Check out:

- Fruit smoothies – see page 15
- Fresh vegetables – dipped or plain
- Fresh or frozen fruit – straight up, dip in yogurt, toss with cinnamon, or kabobs
- Fruit wrap – spread low fat cream cheese on tortilla, add cut-up fruit and wrap
- Unsweetened cold cereal and milk
- Pita and hummus or tzatziki
- Toast and peanut butter



**WEB** For more snack ideas see [www.healthyalberta.com](http://www.healthyalberta.com)

## Out and about?

Healthy snacks are hard to find at food courts or the movie theatre or when travelling. You will have no trouble finding lots of Sometimes or Junk foods. Better choices are:

- Small or medium popcorn with small amounts of butter
- Whole grain granola bar
- 100% juice (250 mL or less)
- Water
- Apple or orange
- Small ice cream cone – that would be a 1/2 cup (125 ml) single scoop!

**A snack serving size is closer to a baseball than a basketball.**

## Who knew?

A large tub of popcorn has 21 cups of popcorn and 1700 calories. Add a large pop and the calorie count soars to 2500 calories. How many calories will your body use to watch the movie? About 200.

## Pita or Tortilla Chips

- A whole wheat pita bread or whole wheat tortilla
- 15 mL (1 Tbsp) vegetable oil
- Dash of garlic powder or chili powder; or basil and oregano.

Cut pita or tortilla into 8 wedges. Brush lightly with oil and sprinkle with the seasoning you prefer. Place on baking sheet. Bake at 350°F for 8 to 10 minutes. Serving Size = 8 wedges

## SMART snack goals

<b>S</b> pecific	I will replace my soft drinks with water and fresh or frozen fruit.
<b>M</b> easurable	I will keep a calendar and mark the soft drink free days and days with more fruit and water. I will ask my parents not to stock soft drinks in the house.
<b>A</b> ttainable	A couple of years ago, I quit drinking soft drinks for 4 weeks. I think I can do this one month at a time.
<b>R</b> ewarding	I will save money.
<b>T</b> imely	By the end of the month, 10 or 12 days will be soft-drink free, and I will be eating more fruit, and drinking water to quench my thirst.

### Q. Why drink milk or fortified soy beverage?

- A. Your bones and teeth need calcium to make them strong. Your body needs vitamin D to absorb calcium. Both milk and fortified soy beverage are good sources of calcium and vitamin D. You build the healthiest bones from 0 to 25 years. What is in your glass?

## Who knew?

Energy drinks can be dangerous and are not to be used to quench thirst. Some of these products contain as much as 280 mg of caffeine in one can. Too much caffeine can cause: insomnia, headaches, irritability, nervousness, stomach pain, anxiety, confusion, dehydration, irregular heart beat, nausea or vomiting.

## CHECK IT OUT

### Sugar content in common drinks

Some healthy drinks naturally contain sugar but can be included in a healthy diet because they are high in important nutrients. Judge a drink by the nutrients it offers rather than simply the sugar content.

Drink	Sugar teaspoons	Other nutrients
Water	0 tsp	none
Unsweetened soy-beverage (Calcium & Vitamin D fortified) (250 mL or 1 cup)	0 tsp	Calcium, vitamins A, D, riboflavin, B12 & protein
1 % milk (Vitamin D fortified) (250 mL or 1 cup)	3 tsp	Calcium, vitamins A, D, riboflavin, B12 & protein
Chocolate milk (Vitamin D fortified) (250 mL or 1 cup)	7 tsp	Calcium, vitamins A, D, riboflavin, B12 & protein
Flavoured soy-beverage (Calcium & Vitamin D fortified) (250 mL or 1 cup)	4 tsp	Calcium, vitamins A, D, riboflavin, B12 & protein
100% orange juice unsweetened (250 mL or 1 cup)	6 tsp	Vitamin C, folic acid & potassium
Diet pop, 1 can (355 mL or 1 1/2 cups)	0 tsp	No sugar or nutrients
Sweetened Iced Tea (473 mL or 1 3/4 cups)	8 tsp	High in sugar only
Iced Cappuccino (with milk) (312 mL or 1 1/4 cups)	8 tsp	Calcium, vitamins A, D, riboflavin & B12, protein
Regular pop, 1 can (355 mL or 1 1/2 cups)	8 tsp	High in sugar only
Ice slush* (500 mL or 2 cups)	12 tsp	High in sugar only
Sport drinks* (591 mL or 2 1/3 cups)	8 tsp	High in sugar only
Large fountain pop (1.9 L or 7 1/2 cups)	51 tsp	High in sugar only

\* The amount of sugar in slushes, beverages and sport drinks varies depending on the manufacturer.

*Nutrition Services, Capital Health, May, 2007*

## Cook Dinner? Me?

Yes, you can cook dinner. You can start by making part of dinner and gradually add more to the meal. Learning to make family dinners builds valuable skills so you can live on your own. Cooking may become a new hobby or even start a culinary career.

### Starting steps

Making a healthy dinner often starts with a basic family plan. After you know who is going to be home for supper, help plan supper. Whoever is home first can get started. How?

Some suggestions:

- Potatoes can be cleaned, pierced and baked in a 350°F oven or cooked in a microwave.
- Start cooking the rice or pasta.
- Chop onions and garlic for a stir fry, omelette or spaghetti sauce.
- Start a salad by rinsing and tearing lettuce.
- Open a ready-to-eat salad and top up with colourful vegetables.
- Wash and if needed, chop fruit for dessert.

Want to surprise your parents?

- Pour water into a jug and put in fridge to cool.
- Clean up dirty dishes and cooking utensils.
- Set the table.

### CHECK IT OUT

Wash your hands with soap and water for 20 seconds before you start cleaning or cooking foods or after handling meat. How long is 20 seconds? Time your favourite song or a ringtone to see how long 20 seconds last.

## Take control with your own two hands

Over time you can make some easy-to-prepare meals. What about?

- An omelette. Serve with a large salad and toast.
- Reheat meals from yesterday's supper such as lasagna, stew or chili. Have fresh fruit for dessert.
- Dishes made from lean ground beef like spaghetti sauce or soft tacos.
- And don't forget the vegetables. What about frozen vegetables? They are as nutritious as fresh, cooked vegetables. Steam, microwave or stir fry. Try to have one orange and green vegetable each day.

### A healthy supper for teens could look like this:

**1-2 servings**  
Meat &  
Alternatives

**1 serving**  
Milk &  
Alternatives



**2 servings**  
Grain Products

**2-3 servings**  
Vegetables & Fruit

Very active teens will need more food from all four food groups.

## CHECK IT OUT

Are "low fat" foods better choices? Sometimes. Check Nutrition Facts on the food label. Sometimes, more sugar is added to the food so the calories are similar to the original food.



Create your own  
"my food guide"  
at [www.healthcanada.ca/nutrition](http://www.healthcanada.ca/nutrition)



## WEB

### For recipes:

*Healthy U*  
[www.healthyalberta.com](http://www.healthyalberta.com)

Food Channel  
[www.Foodtv.ca](http://www.Foodtv.ca)

Canadian Produce Marketing Association -  
Consumer Information  
[www.cpma.ca/en\\_con\\_home.asp](http://www.cpma.ca/en_con_home.asp)

5 to 10 a day  
[www.5to10aday.com](http://www.5to10aday.com)

Food Safety Information Line  
[www.foodsafetyline.org](http://www.foodsafetyline.org)

Canadian Partnership for Consumer Food  
Safety Education  
[www.canfightbac.org](http://www.canfightbac.org)

Many agricultural organizations have recipes on their web pages. Search online for organizations like:

Alberta Egg Producers  
Alberta Pork  
Beef Information Centre  
Dairy Farmers of Canada  
Potato Growers of Alberta  
Canola Council of Canada

And more... When searching online for recipes, look for Canadian web pages. Recipes will include Canadian food terms, meat cuts and foods found in Canadian grocery stores.

## Ways to add in veggies and fruit

- Munch on some sliced veggies while making supper or for an after school snack. Need a dip? Try Italian salad dressing, hummus or plain yogurt seasoned with dill and pepper.
- Add fresh, frozen or canned fruit to yogurt, cereal or ice cream.
- Try one or two new vegetables each month.
- Eat raw veggies if you don't like them cooked\*. Broccoli, cauliflower, turnip, spinach, green, yellow or red pepper, carrots, snow peas, even potato all taste different fresh. Some say they taste better!

\* *Braces? Hard veggies can be partially cooked in the microwave. Microwave 1 cup of vegetables on high 45 seconds to 1 minute.*



- Order garden salads at fast food restaurants.
- Order burgers, sub sandwiches or stuffed pitas with lettuce, tomato and onion. Are there more vegetables available? Add green peppers, cucumbers, hot peppers and mushrooms.
- Become the in-house salad chef. Try a variety of green leafy vegetables. Add chopped or diced vegetables or fruits. Perhaps raspberries, spinach leaves, mandarin oranges, finely sliced cabbage, mushrooms, grated carrot or zucchini. For a vegetarian twist, try chickpeas or sunflower seeds.



## Who knew?

The jury is still out on whether or not organic vegetables and fruit have more nutrients. What is known is that it is a healthy habit to eat vegetables and fruit. Just make sure to wash all vegetables and fruit before eating them.

## CHECK IT OUT

A good rule of thumb is to eat vegetables and fruit from every colour of the rainbow.





# My voice matters

## At home

- Are healthy food choices easiest to choose because they are the first foods you see when the cupboard or fridge door is opened?
- Are breakfast foods kept together in the cupboard or fridge so they can be quickly found?
- Does your family eat meals together? Family meals help families stay connected. They also have a health perk. Family meals tend to include more vegetables, fruit and milk.

## At school

- Have you learned about healthy eating in classes? How do food choices in your school match what you have learned?
- Help your school have healthy food choices available in canteens, cafeterias, vending machines or at fundraisers.

## In my community

- How can you get involved? Could the community recreation centre offer healthier foods in the vending machines? Have you asked for healthy foods like milk instead of pop; granola bars instead of chocolate bars? How can you let elected representatives in your community know what services you would like?
- What are some ideas for supporting local programs that make healthy foods available?
  - Take part in a community garden to grow fresh vegetables or fruit.
  - Give healthy foods to your local food bank.
  - Help your family by researching a Good Food Box program that provides fresh vegetables and fruit at bulk cost.

### WEB

For information see [www.foodsecurityalberta.ca](http://www.foodsecurityalberta.ca)  
Click on "Your Local Food Connections".





## Vegetarians need more than veggies

Some people choose to be vegetarians for personal reasons. Some people are vegetarians because of religious beliefs or their culture.

Vegetarian diets tend to have less saturated fat, have more fibre, and more of most vitamins and minerals. Vegetarians, like everyone else, can make poor food choices. A poor vegetarian diet can be low in protein, iron, calcium, vitamin D and more.

If you are thinking about becoming a vegetarian you should talk to a Registered Dietitian to help you learn about healthy choices that provide all the nutrients you need.

### Are you a vegetarian?

#### Do you enjoy:

1. Trying new foods?
2. Cooked beans, peas, lentils, chickpeas and tofu?
3. Peanuts, nuts, seeds and nut butters?
4. Dark green vegetables?
5. Eating different foods than friends and possibly your family (e.g. eat vegetarian pizza while everyone is eating burgers or wings)?

### Who knew?

Vegetarians need twice as much iron as people who eat meat, fish and poultry. Iron from animal foods is absorbed better than iron from plant foods. Vegetarians need to include iron sources such as cooked legumes, grains and green leafy vegetables. Vegetarian should also eat a vitamin C source, like tomatoes, with their meals to help absorb the iron.

If you answered “Yes” to

**4 or 5** – You may already be a vegetarian.

**3 to 4** – You could be ready to call yourself “vegetarian”. Have

two or three vegetarian meals every week that include good sources of protein and iron.

**0 to 2** – If you want to go vegetarian, challenge yourself to try vegetarian dishes once in a while. Use Canada’s Food Guide and the recommended meat alternatives often.

#### Some vegetarian foods:

- Falafel (patties made from chickpea and sesame seed paste) and pita bread
- Brown beans and toast
- Bean and cheese burrito
- Lentil soup
- Peanut butter and toast



#### WEB

Vegetarian fact sheets:  
[www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell)  
Vegetarian Resource Group:  
[www.vrg.org](http://www.vrg.org)



# Positive Self Image

## Think positive

A positive self-image is feeling good about yourself, and having confidence in who you are and how you look.

## Grow positive

Youth grow and change quickly. Sometimes teens grow in height first so height will get ahead of weight. Other times extra weight is stored before a growth spurt. The extra weight is normal and helps support the growth spurt.

Dieting in youth is risky business and is not recommended. Dieting can be harmful and may stop healthy growth. It can also lead to problems with learning and developing mentally, emotionally and socially.

Do you still feel your weight is not healthy? Talk to your parents, school counsellor or school nurse. Many youth are surprised to learn their weight is healthy.

**In real life, healthy bodies come in all shapes, sizes, heights and weights.**

## In real life

Idealized images of men and women are easy to find in magazines, movies, music videos, TV shows and ads. Some teens think they should look like movie stars or models. However, these images are usually created with the help of make-up artists as well as photography and filming tricks. Comparing yourself to this fiction is hard on your self-image and unrealistic.

## CHECK IT OUT

Check out some of your favourite TV shows. What is the range of body types for men? For women? Are the guys “macho” or “tough”? Are the girls “ultra-thin”? Remember 99.97% of people don’t look like this!

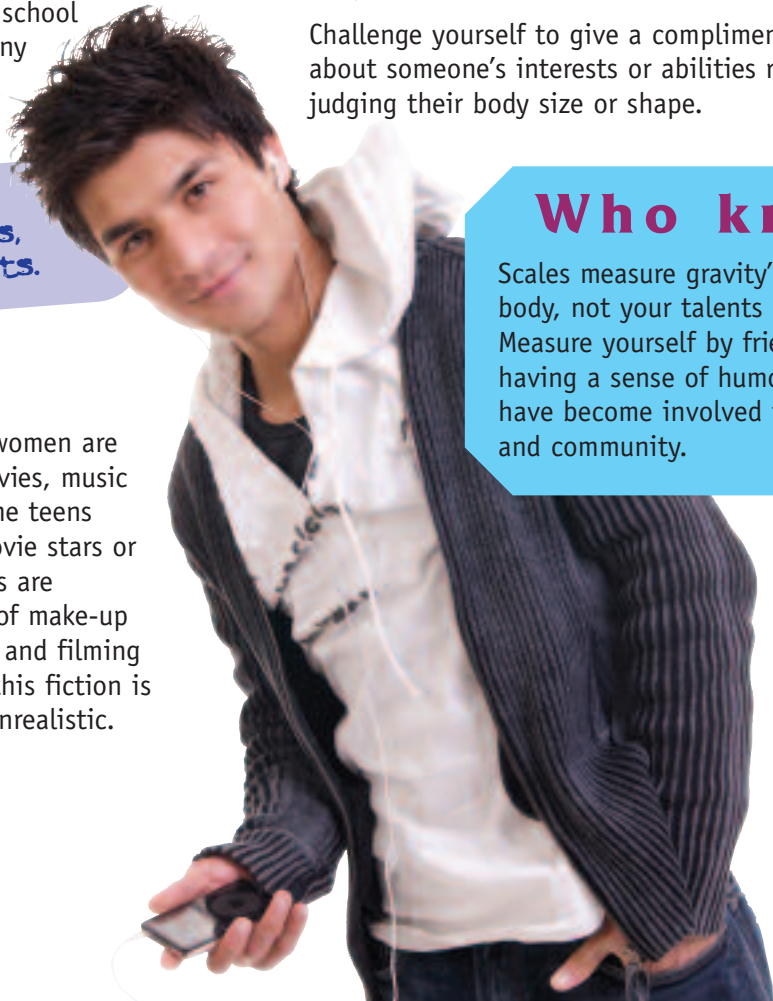
## Changing our talk

It’s sad, but true. Canadians tend to have a limited view of what a healthy body is. Our attitude shows through our words and our actions. Sometimes we talk about body shapes, sizes and what people are eating. For example, we say “I can’t believe they are wearing that.” or “You aren’t going to eat that?” Sometimes, teens are teased about their body size.

Challenge yourself to give a compliment or learn about someone’s interests or abilities rather than judging their body size or shape.

## Who knew?

Scales measure gravity’s pull on your body, not your talents and abilities. Measure yourself by friendships, having a sense of humour or how you have become involved in your school and community.





## Who I really am

Ask yourself these questions and take a moment to reflect.

*What is it about me that I like?*

**What is it that I like to do?**

Who or what is important to me?

*What makes me special?*

**What am I good at doing?**

*Who needs my support?*

"It takes a great deal of courage to stand up to our enemies, but even more to stand up to your friends."

*J.K. Rowling, author of the Harry Potter book series*



## SMART think positive goals

<b>S</b> pecific	I will say three kind things about myself every day (e.g. I like me, I gave compliments today, I am a good friend.)
<b>M</b> easurable	I'll put '★★★★' on the calendar in my room or in my journal for each time I say three kind statements.
<b>A</b> ttainable	I can do this first thing in the morning or just before I go to sleep.
<b>R</b> ewarding	I will feel good about myself.
<b>T</b> imely	By the end of the month, I will have at least 25 '★★★★'.

What are your SMART Think positive goals?

## My voice matters

### At home

- How can you reinforce positive self-image?
- In what ways do you avoid conversations about your family members' weight or body shapes?

### At school

- Do you recognize teasing? What are ideas to stop it even when you are not the target?
- In what ways do you avoid conversations about people's weight or body shapes?
- How do I compliment other students?
- How can I encourage my school to offer programs or classes to prevent teasing or bullying?
- Discuss the body types you see on television, in magazines, movies and advertisements. How do the images reflect what you see in real life?

## Who knew?

During puberty: Boys grow as much as 30 cm (12") during their teen years. They can also gain 23 to 27 kg (50 to 60 pounds). Boys tend to gain muscle as they grow.

Girls will grow 25 cm (10 ") taller. And they could gain 18 to 23 kg (40 to 50 pounds). Most of this weight tends to be fat for breasts, thighs and hips and it's healthy!



### In my community

- How can you let advertisers and TV shows know when you think they have positive, inspiring messages about the natural diversity of human body shapes and sizes?
- Would you avoid buying products from advertisers who consistently send negative body images? Write them a letter explaining why you are using your 'buying power' to protest their messages.

**WEB**

Healthy Measures: [www.healthymeasures.ca](http://www.healthymeasures.ca)  
 Media Awareness Network: [www.media-awareness.ca](http://www.media-awareness.ca)  
 To talk to someone about teasing and bullying  
 Kids Help Phone: 1 (802) 668 6868  
[www.kidshelphone.ca](http://www.kidshelphone.ca)  
 Parents Help Line: 1 (888) 603 9100

# Just for Teens

## General health contacts

Contact your health unit, or public health centre, or Health Link Alberta to find out more about health services for teens such as:

- Smoking prevention or cessation
- Sexuality education
- Healthy eating
- Active living

### Regional health authority offices

are listed in phone books or visit: [www.health.alberta.ca](http://www.health.alberta.ca)

### Health Link Alberta

Edmonton, call 408 LINK (5465)  
Calgary, call 943 LINK (5465)  
Outside Edmonton and Calgary local calling areas, call toll-free 1 (866) 408 LINK (5465).  
[www.healthlinkalberta.ca](http://www.healthlinkalberta.ca)

## Additional websites

*Healthy U*  
[www.healthyalberta.com](http://www.healthyalberta.com)

**Alberta Sport, Recreation, Parks and Wildlife Foundation**  
[www.cd.gov.ab.ca/asrpfw](http://www.cd.gov.ab.ca/asrpfw)

**Young and Healthy from Canadian Association for Adolescent Health**  
[www.youngandhealthy.ca/caah/](http://www.youngandhealthy.ca/caah/)

**Canadian Health Network: Youth**  
[www.canadian-health-network.ca](http://www.canadian-health-network.ca) and follow the links for youth.

**Health Canada: Just for Youth**  
[www.hc-sc.gc.ca/jfy-spv/youth-jeunes\\_e.html](http://www.hc-sc.gc.ca/jfy-spv/youth-jeunes_e.html)





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- Registered Dietitians, Registered Community Nutritionists, Public Health Nurses and Mental Health Workers and Community Support Workers of Alberta
- Alberta schools, teachers and students
- Schools Come Alive
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