

Healthy Lifestyle Guide



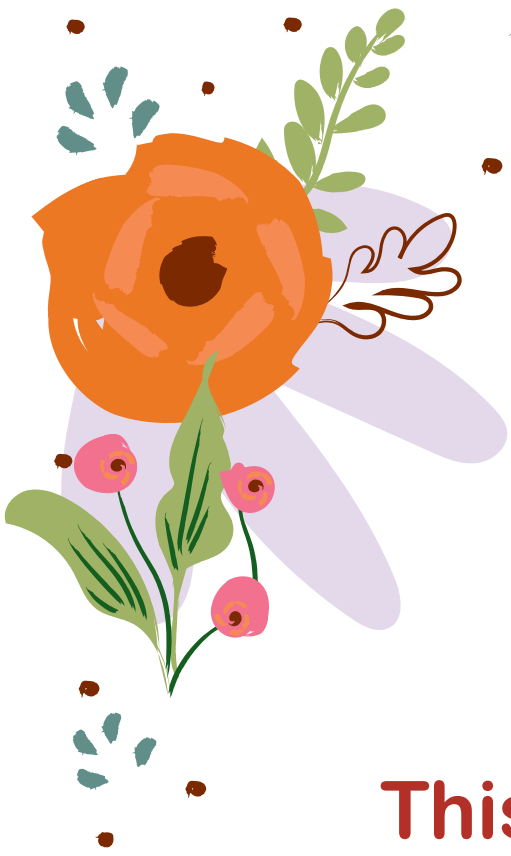
Nutrition



Coaching



Exercise



This guide belongs to:

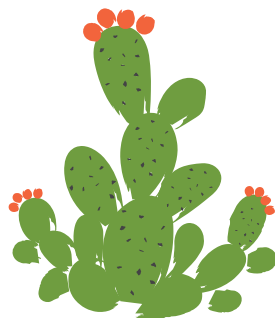


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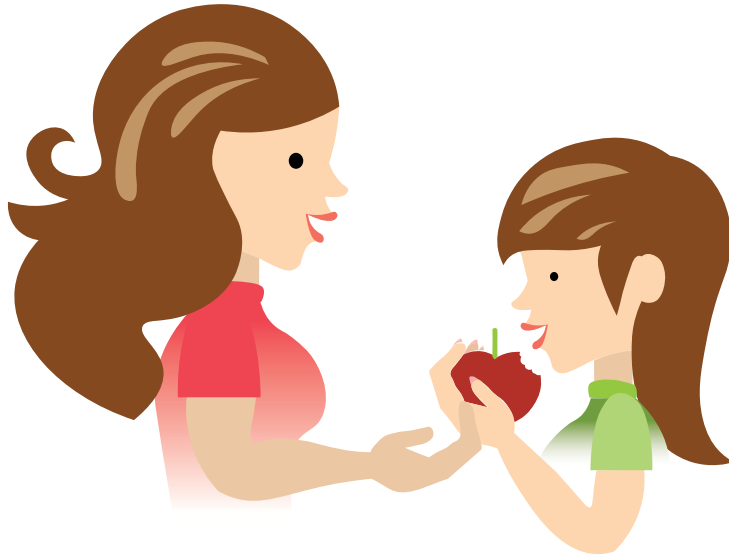


Nutrition



Food Functions

Food is the fuel that makes the body move.



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

Carbohydrates

The body's main energy source.

Sources



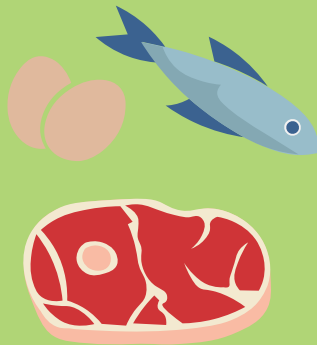
Fruits, vegetables, greens, legumes, and cereals.

Eat fiber!

Proteins

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

Sources



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

Eat lean meat!

Lipids(Fats)

An energy source that helps the body absorb vitamins.

Sources



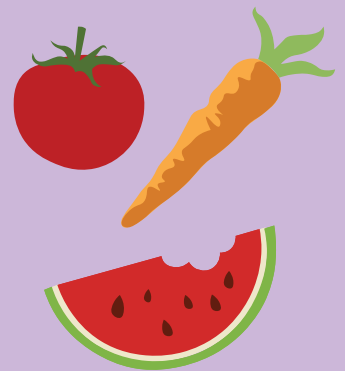
Oils (olive, canola, corn, etc.), avocado, nuts (peanuts, almonds, pecans).

Limit the consumption of animal fats!

Vitamins and Minerals

Essential for health and well-being.

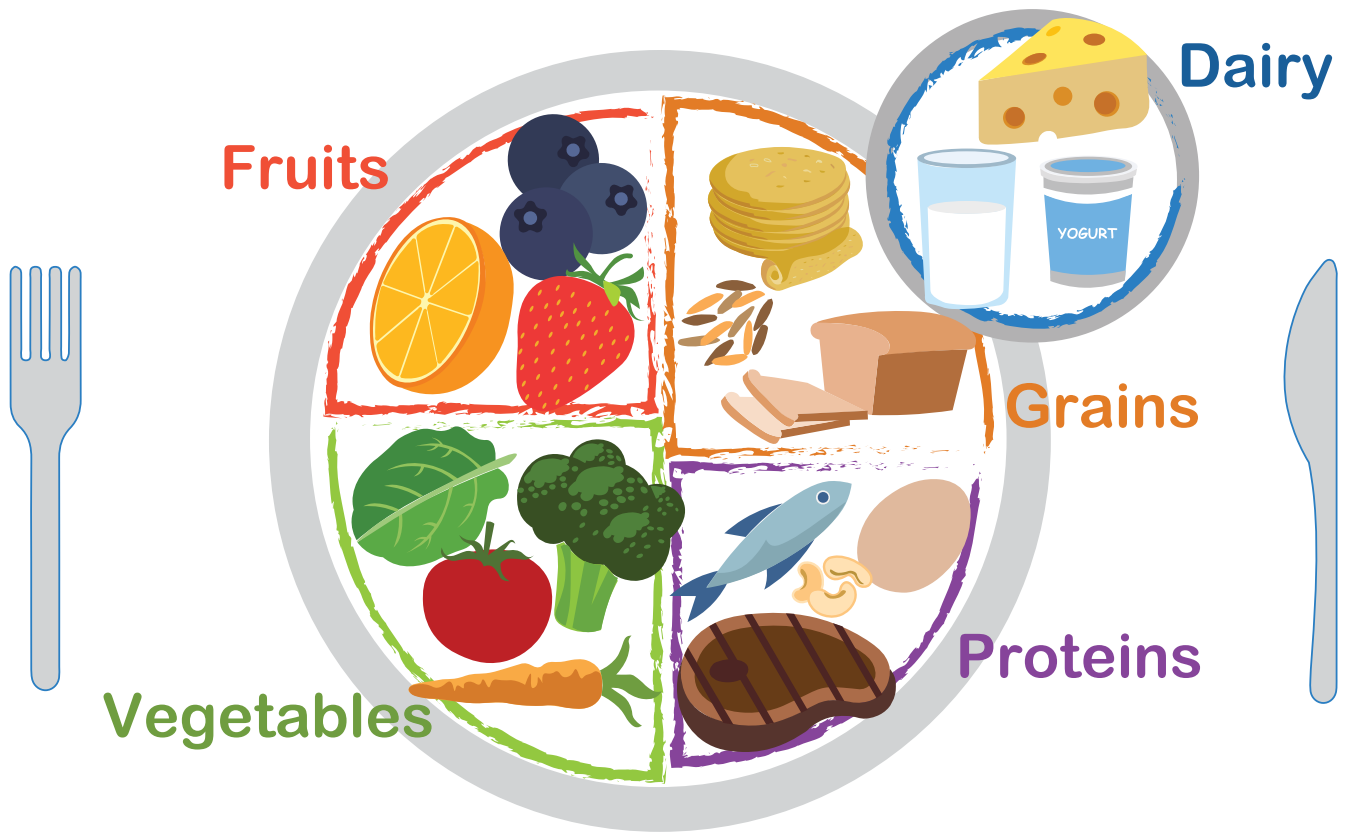
Sources








Fruits and vegetables.

Eat a variety of fruits and veggies!

MyPlate

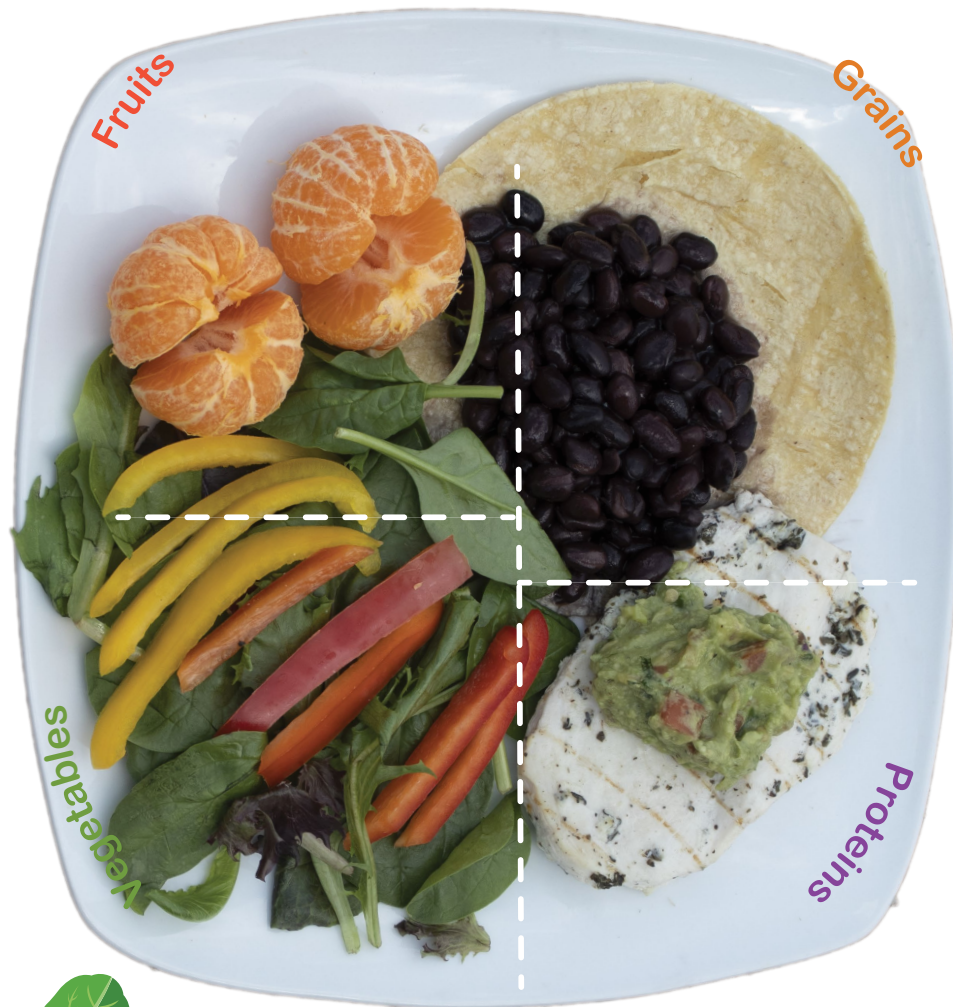


Fruits	Vegetables	Dairy	Grains	Proteins
<p>Choose fresh, whole fruits.</p> <p>Any fruit or 100% fruit juice. Fruits can be fresh, canned, frozen or dry, whole, cut or mashed.</p> 	<p>Consume a variety of vegetables.</p> <p>Any greens or 100% vegetable juice. Vegetables can be fresh, canned, frozen or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

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

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

My BOUNCE Plate



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



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



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

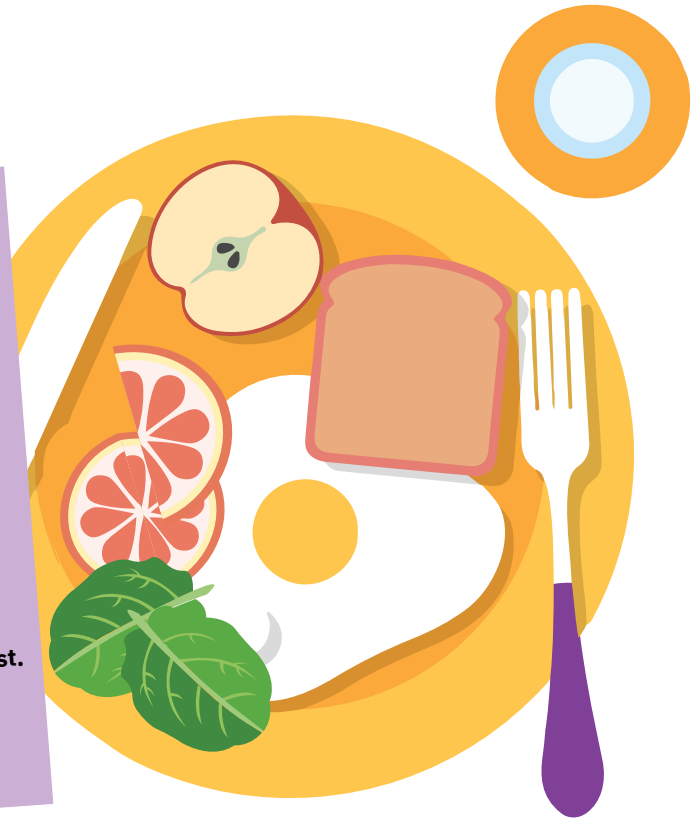


Drink water instead of sodas or other sugary drinks.

You can create your own healthy plate every day.

Tips for a Healthy Breakfast

- Plan your weekly breakfast with time
- Use fresh foods, with traditional oatmeal
- Use SKIM milk instead of whole milk
- Add sliced fruit to your cereals to give it color and flavor.
- Avoid sweet bread.
- Try to eat fruit instead of fruit juices.
- Use MyPlate to add different food groups to your breakfast.



Options may include:



Yogurt with Granola and Fruits



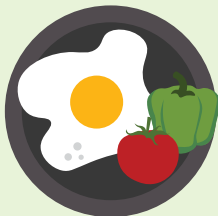
Fresh Fruit



Oatmeal



Vegetable and Fruit Smoothies



Eggs (you may add sauces and vegetables)



Whole Grain Bread with Peanut Butter



Wholegrain Pancakes

Include Fruits and Vegetables to Add Color to Your Plate!

Red

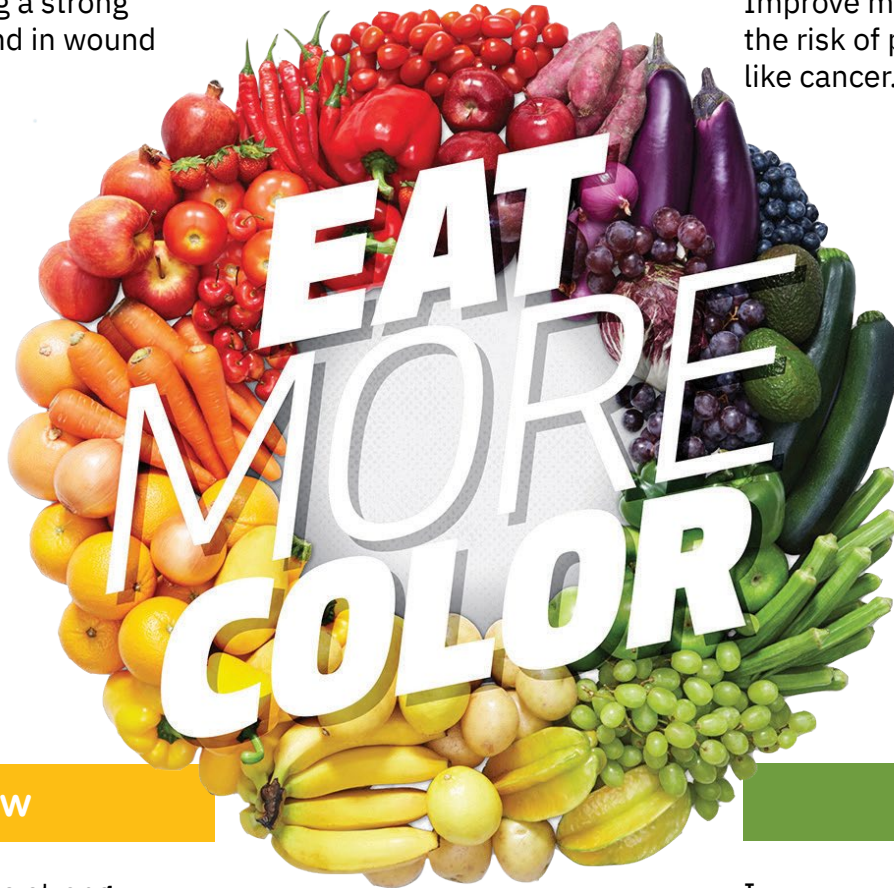
They aid in keeping a strong immune system and in wound healing.

Apple
Beet
Grape
Grapefruit
Pepper
Pomegranate
Radish
Strawberry
Tomato
Watermelon

Blue and Purple

Improve memory and decrease the risk of presenting diseases like cancer.

Blackberry
Blueberry
Date
Fig
Grape
Plum
Raisin



Yellow

They aid in keeping a strong immune system and in wound healing.

Apple
Cantaloupe
Carrot
Corn
Lemon
Mango
Orange
Papaya
Peach
Pumpkin
Sweet Potato

Green

Improve cell, tissue and blood functioning.

Asparagus
Avocado
Brussel Sprouts
Broccoli
Celery
Cucumber
Grape
Green Bean
Kale
Kiwi
Lettuce
Lime
Pear
Peas
Pepper
Spinash
Squash
Watercress

White and Brown

Help improve your heart's health and decrease the chances of developing certain types of cancer.

Garlic
Onions
Mushrooms
Cauliflower
Potato
Platain

Source: American Heart Association

<https://www.heart.org/en/healthy-living/healthy-eating/add-color/eat-more-color>

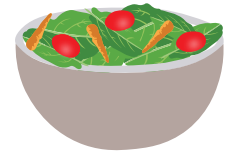
Add color to your plate with fruits and veggies everyday!

Ten Tips to Eat More Fruits and Veggies

1 Place fruits and veggies where they are easily seen and ready to eat.



2 Prepare your salads with many colors, like a rainbow.



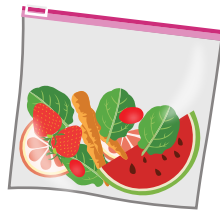
3 Add fruits and yogurt to your whole grain cereal.



4 When eating out, ask for veggies to be served as a snack.



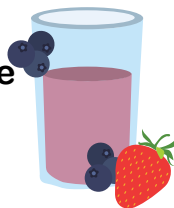
5 Prepare bags of fruits and veggies to eat as a snack.



6 Add veggies to your sandwich, pizza, taco and eggs.



7 Prepare a smoothie with your favorite fruits and veggies.



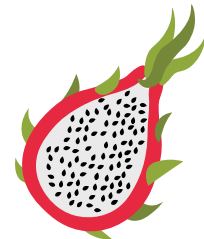
8 Use a lettuce leaf instead of a tortilla.



9 Choose fruits for dessert.



10 Try a new fruit or vegetable every week.



Have at least five portions of fruits and veggies per day.



Exercise



Benefits of Physical Activity

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

Benefits



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



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



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



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



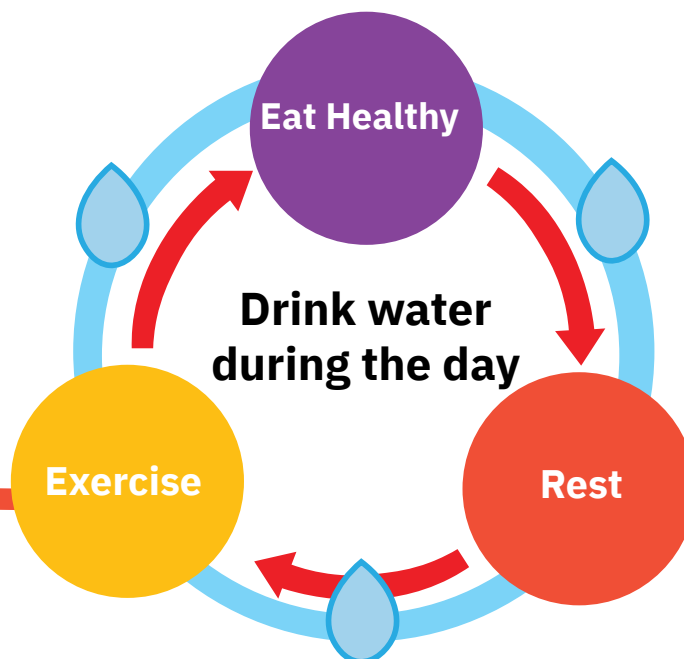
You will have better health. Exercise will reduce risks to develop diseases such as diabetes.



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



You will be able to achieve and maintain ideal weight.



Type of Physical Activities



Moderate Intensity

Walk

Exercises in the pool
(Aquagym)

Dance

Gardening



Vigorous Intensity

Spinning

Running

Zumba

Soccer

Swimming



Strength Exercise

Repetitions with light weights

Repetitions with own body weight



Flexibility and Stretching Exercises

Yoga



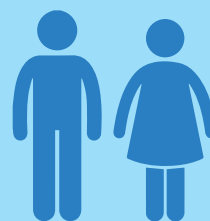
Children ages 4-17



60 minutes daily

of moderate to vigorous physical activities

Adults ages 18+



30 minutes daily 5 times a week

of moderate to vigorous physical activities

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

Getting F.I.T.T!

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

F

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

I

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

T

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

T

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

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

Energy and Balance

What is energy?

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

Weight Gain



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

Weight Maintenance



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

Weight Loss

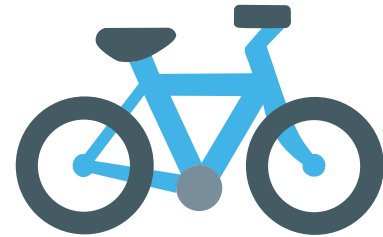


Consumption of foods is **LESS** than the energy spent during physical activity.

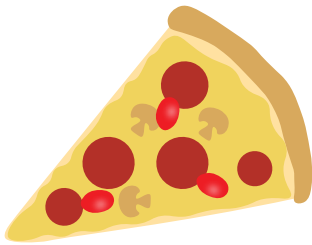
Energetic Balance



1 Chocolate Bar
280 calories



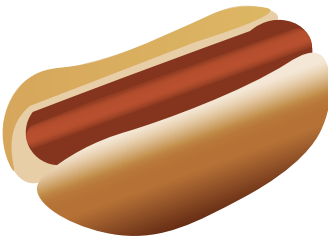
30 minutes in
stationary bike



2 Pizza Slices
580 calories



1 hour of running
(or 6 miles)



1 Hot Dog
265 calories



1 hour and 20 minutes
of light walking



1-1 oz Bag of Snack
140 calories







30 minutes of fast dancing

Calories spent are referenced to a 150 lb. Men

Calories Spent with Physical Activity

List of activities and the number of calories spent in physical activities done for 10 minutes for one person of 100 lbs. and another one with 250 lbs.

	Activity	100-lb Person	150-lb Person
	Walking 2 MPH	23	24
	Dancing	28	42
	Swimming	32	48
	Running 5.5 MPH	72	107
	Volleyball	34	52
	Making the bed	26	39
	Shopping at Supermarket	27	41
	Cooking	30	33
	Sweep/Mop	34	51
	Mow the grass	36	54
	Using Stairs	68	102
	Walking the dog	33	50
	Watching TV	8	12

Source: National Institute of Health and Calorie Control Council

<https://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/healthy-weight-basics/maintain.htm>

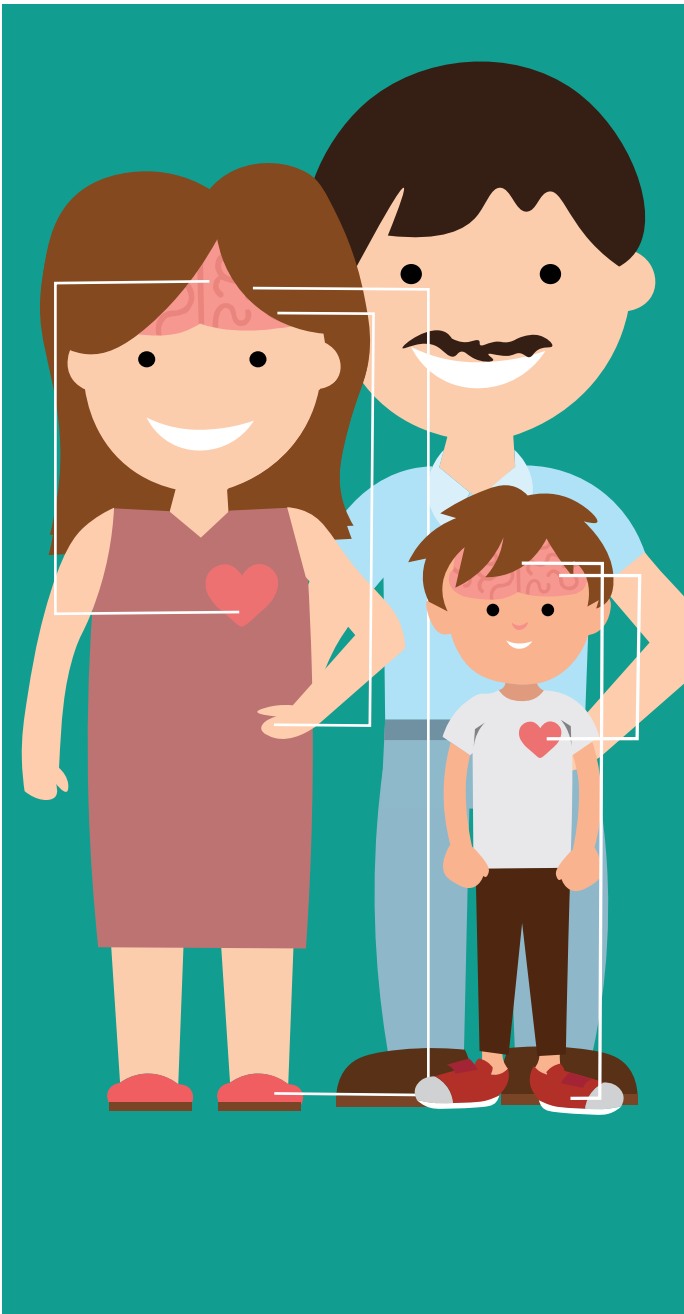
<https://www.caloriecontrol.org/healthy-weight-tool-kit/lighten-up-and-get-moving>



Coaching



Mind-Body Connection



The brain is the organ that controls the body's daily functions, as well as thoughts and feelings.

- The brain and the body are connected. Thoughts, feelings, and attitudes directly influence physical health.
- Negative thoughts and feelings can cause strain and lead to diseases.
- A sedentary lifestyle and poor eating habits can have a negative effect on your brain.

A healthy mind in a healthy body!

Obesity

The terms obesity and overweight are defined as abnormal accumulation or excessive fat which can harm health.

Obesity promotes the development of many diseases, such as diabetes, hypertension and cancer.

Adolescents who are overweight and obese can develop high blood pressure (hypertension) and are at more risk to have heart disease(s) in older adults.

How can I know if I have a healthy weight?

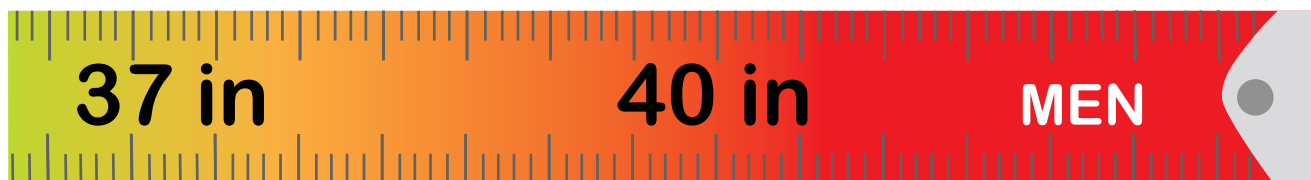
The measurement of your waist and body mass index (BMI) can help you know if you have a healthy weight.

Waist Circumference

The fat around your waist increases the risk to develop chronic diseases. The greater the measure of your abdomen, the greater the accumulated fat.

- 1 Place measuring tape around your abdomen, just above the hips. Make sure to measure the waist without clothes that could affect the measure.
- 2 Make sure the measuring tape is adjusted, but without pressing on the skin.
- 3 Make sure the tape is completely leveled around your abdomen.
- 4 Breath normally and measure weight.

You are at risk if your waist measures more than:



Without Risk
< 37 inches
(94 cm)

Elevated Risk
37.1–39.9 inches
(94.1–101.9 cm)

Very Elevated Risk
≥40 inches
(102 cm)



Without Risk
< 31.5 inches
(80 cm)

Elevated Risk
31.6 – 34.9 inches
(80.1– 87.9 cm)

Very Elevated Risk
≥35 inches
(88cm)

Source: International Diabetes Federation. The IDF consensus worldwide definition of the metabolic syndrome.

Body Mass Index

Body Mass Index (BMI) measures the body weight content in relation to height to determine if people are overweight or obese.



Height	Normal (BMI less than 25)	Overweight (BMI 25-29.9) Moderate risk	Obesity (BMI 30 or more) High risk
4'10"	118 lbs. or less	119–142 lbs.	143 lbs. or more
4'11"	123 lbs. or less	124–147 lbs.	148 lbs. or more
5'0"	127 lbs. or less	128–152 lbs.	153 lbs. or more
5'1"	131 lbs. or less	132–157 lbs.	158 lbs. or more
5'2"	135 lbs. or less	136–163 lbs.	164 lbs. or more
5'3"	140 lbs. or less	141–168 lbs.	169 lbs. or more
5'4"	144 lbs. or less	145–173 lbs.	174 lbs. or more
5'5"	149 lbs. or less	150–179 lbs.	180 lbs. or more
5'6"	154 lbs. or less	155–185 lbs.	186 lbs. or more
5'7"	158 lbs. or less	159–190 lbs.	191 lbs. or more
5'8"	163 lbs. or less	164–196 lbs.	197 lbs. or more
5'9"	168 lbs. or less	169–202 lbs.	203 lbs. or more
5'10"	173 lbs. or less	174–208 lbs.	209 lbs. or more
5'11"	178 lbs. or less	179–214 lbs.	215 lbs. or more
6'0"	183 lbs. or less	184–220 lbs.	221 lbs. or more
6'1"	188 lbs. or less	189–226 lbs.	227 lbs. or more
6'2"	193 lbs. or less	194–232 lbs.	233 lbs. or more
6'3"	199 lbs. or less	200–239 lbs.	240 lbs. or more
6'4"	204 lbs. or less	205–245 lbs.	246 lbs. or more

Source: American Heart Association
<https://www.heart.org/en/healthy-living/healthy-eating/losing-weight/bmi-in-adults>

Body Mass Index in Children and Adolescent

The Body Mass Index (BMI) is an indicator that relates the weight of the children to their height to identify possible problems with weight, such as overweight and obesity.

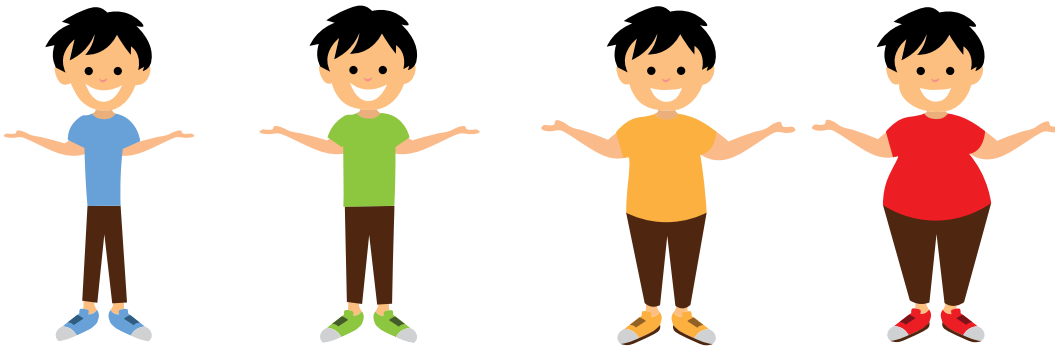
Example: Girl, 12 years old who weights **121 lb** and is **54 inches** tall :

$$\begin{array}{l} \mathbf{121} \\ \text{Weight in lbs} \end{array} \times \mathbf{703} = \mathbf{85,063}$$

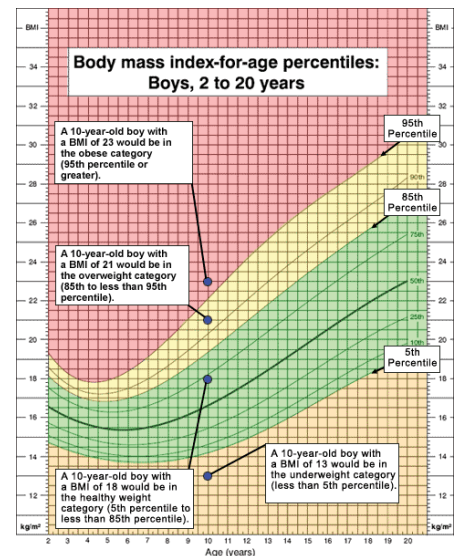
$$\begin{array}{l} \mathbf{85,063} \\ \text{Height in inches} \end{array} \div \mathbf{54} = \mathbf{1575}$$

$$\begin{array}{l} \mathbf{1575} \\ \text{Height in inches} \end{array} \div \mathbf{54} = \mathbf{29} \text{ BMI}$$

When comparing a BMI of 29 with the table, the girls is found over the 95th percentile indicating obesity.



Categories for low weight	Percentile range
Low Weight	Low Percentile
Health Weight	Percentile 5 to 85
Overweight	Percentile 85 to 95
Obese	Equal or greater than 95 percentiles



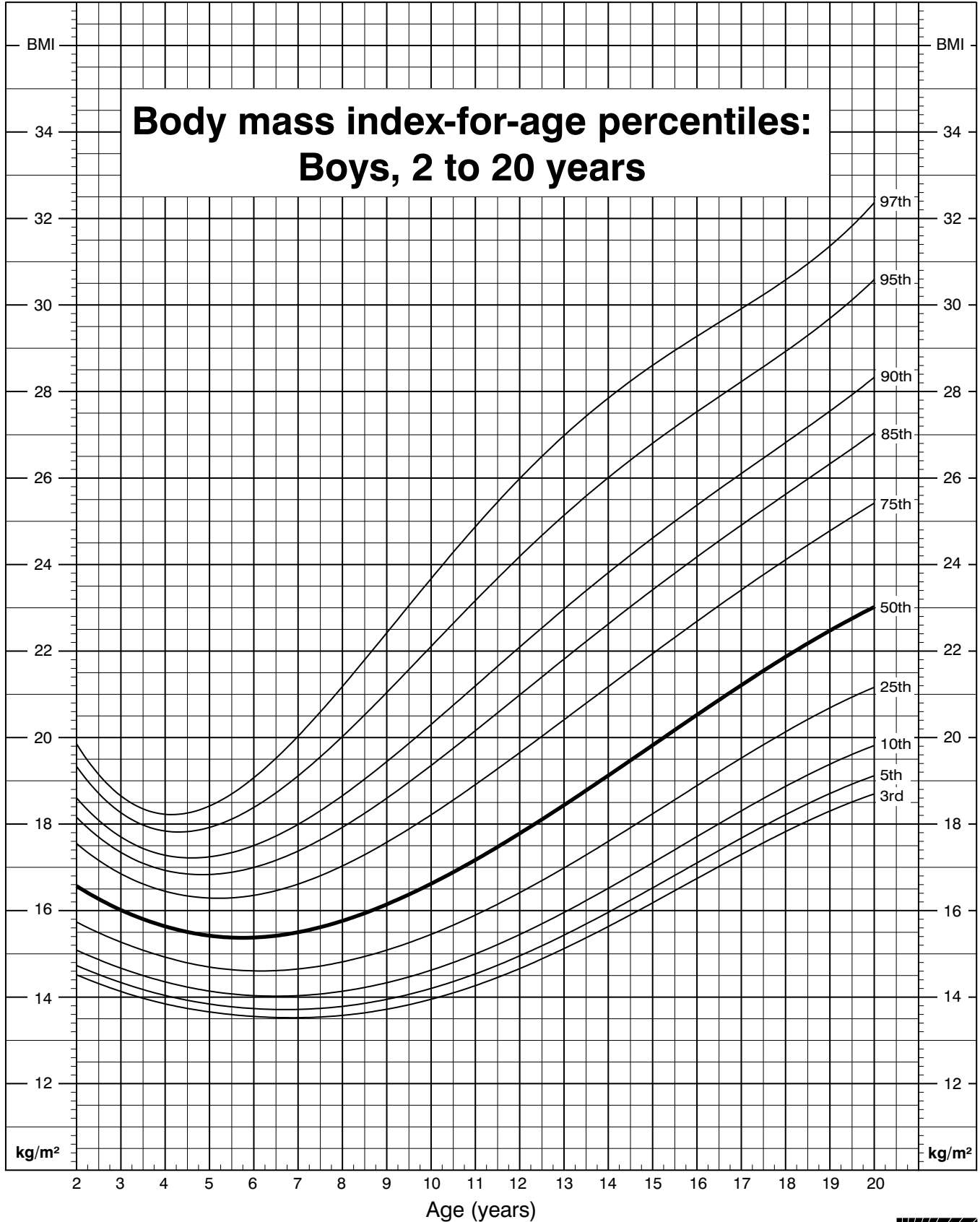
For More Information, visit:

<https://www.cdc.gov/healthyweight/spanish/bmi/calculator.html>

Source: CDC

https://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html

CDC Growth Charts: United States



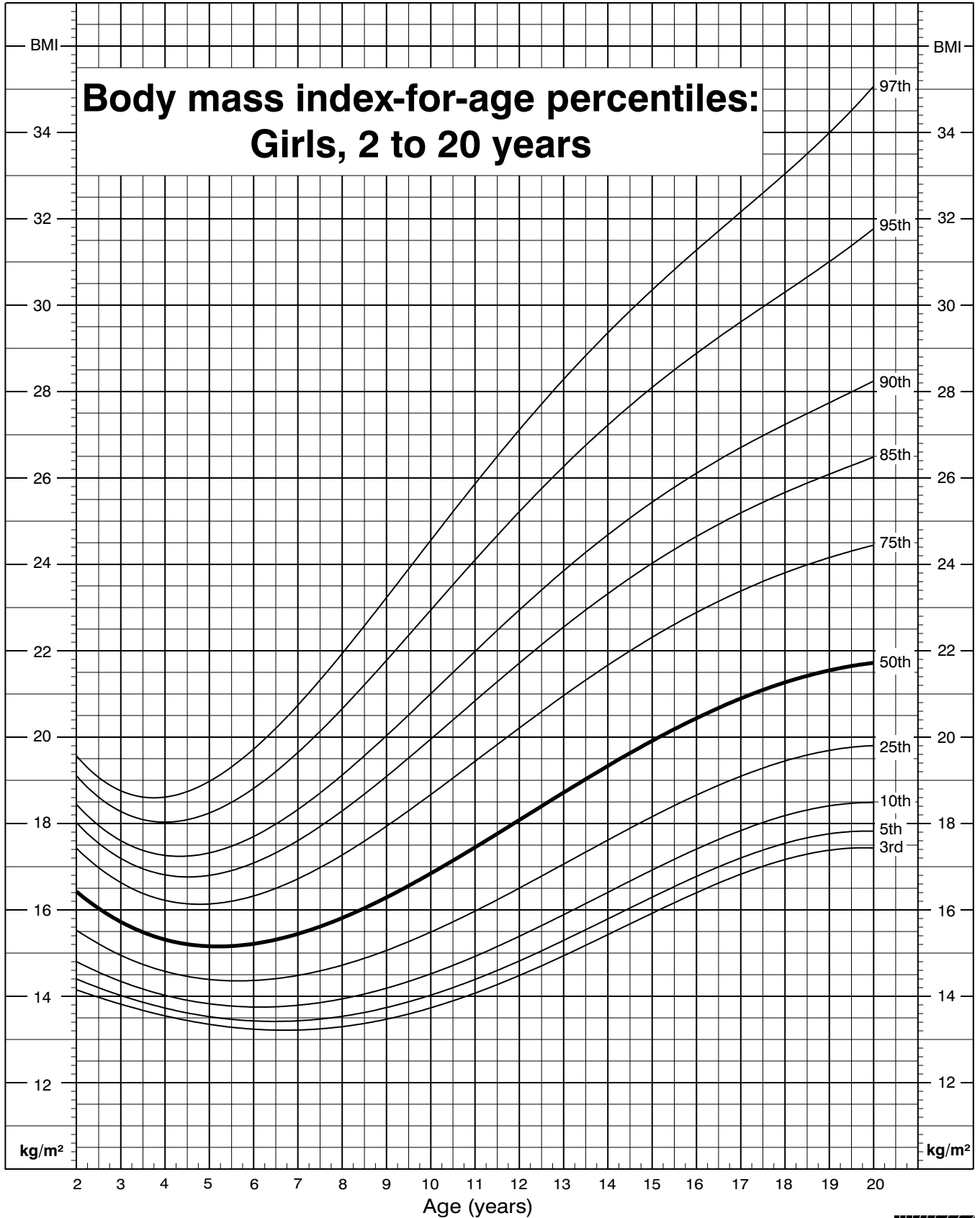
Published May 30, 2000.

SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).



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CDC Growth Charts: United States



Published May 30, 2000.

SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).



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Acknowledgements

BOUNCE

To Build Healthy Families

Content

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Guidelines

This guide should be used in tandem with an information session and is not intended to be distributed as a standalone item. A program on nutrition, exercise, and coaching education should be organized.

If you wish to translate the pack into further languages or make culturally specific adaptations, please notify to Dr. Norma Olvera before any changes are made: nolvera@central.uh.edu

BOUNCE, United Health Foundation, Touch Treating Obesity, and University of Houston College of Education logos must remain visible on this material.

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

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