

Healthy habits

For preteens and teens ages 12-17

To be completed by the doctor

Name: _____		
Height: _____	Healthy levels A body mass index percentile between the 5 th and 85 th percentile	Your teen's weight is: <input type="checkbox"/> Below a healthy weight <input type="checkbox"/> At a healthy weight <input type="checkbox"/> Above a healthy weight
Weight: _____		
Weight assessment results		
Body mass index (BMI): _____		
Percentile: _____		

Parents should review this information with their teen.

Four keys to healthy habits

Drink water instead of sweet drinks.

- Soft drinks and sugared juice drinks are high in calories, have no nutritional value and are bad for your teeth.

Get up and move.

- Aim to get at least 60 minutes of physical activity a day.

Eat your fruits and vegetables.

- Aim to get at least five or more fruits or vegetables a day.

Turn off the television, computer and video games.

- Limit screen time to less than **two** hours a day.
- Screen time includes television, video games or computer games.

Why eat healthier and move more every day?

Eating healthy and being active will make you feel better and make you stronger. Think about your goals. Maybe you want to get in shape to try out for a school team or to have more energy. Read the "Tips for eating right" section and make an action plan for goals you want to accomplish.

Tips for eating right

Here are some quick and easy tips to help you with your healthy eating goals. Try to get your whole family to participate with you.

- Drink, at most, 12 ounces of soft drinks or undiluted juice a day.
- Drink water. Water is calorie-free and costs less than soft drinks, sports drinks and juices.
- Eat your fruits and vegetables. It's important to get five or more servings of vegetables every day. An apple, a banana, or a ½ cup of vegetables all count as one serving.
- Skip the fast food and fried food.
- Try new foods. Help cook a meal with your parents or even cook a meal for your family.



Healthy habits

Get up and move

Aim to get at least 60 minutes of physical activity a day. Don't think you have time? Break it up into smaller chunks of time throughout the day. Here are some easy, fun ways to get your 60 minutes.

- Take a hike.
- Bike ride in your neighborhood.
- Swim at your local pool.
- Dance to music in your living room. Grab your favorite music and practice your moves.
- Mow the lawn with a push mower. You can get physical activity and complete a chore.
- Start a neighborhood basketball or soccer team. Check out local pick-up games in your neighborhood park.
- Join a school sports team or club.

My action plan

Trying to lose weight, eat healthy or become more active? Start by setting specific goals for yourself. How ready are you to make lifestyle changes? Ask yourself that question and then check one or two of the following goals. Give yourself a nonfood reward when you accomplish your goals, like a new book or CD. Small changes make a big difference toward reaching your goals.

- Keep a log of what you eat, how physically active you are, and how much screen time (television, video games, and computer time) you get for a week or more. Look at your log or talk to your parents about what you discovered.
- Decrease your screen time (television, video games, and computer time) by at least 30 minutes a day until you are getting less than two hours a day.
- Eat a fruit or vegetable every day for a week.
- Add 10 minutes of physical activity until you reach at least 60 minutes a day.
- Challenge a friend to see who can get the most physical activity over a period of time (a few weeks, a month, two months, etc.).
- Make a list of all your reasons for being healthier. Read it often.
- Make your own goal(s): _____

Sources: Institute of Medicine. Preventing Childhood Obesity. 2004. <http://www.iom.edu/?id=25048>
The Iowa Medical Society's guidelines for childhood obesity
http://www.iowamedical.org/public_h/Obesity_White_Paper.pdf
Dietary Guidelines for Americans, 2005. <http://www.health.gov/dietaryguidelines/dga2005/document/>
Expert Committee Recommendations on the Assessment, Prevention and Treatment of Child and Adolescent Overweight and Obesity, 2007.
http://www.ama-assn.org/ama1/pub/upload/mm/433/ped_obesity_recs.pdf