

TEAM THRIVE STUDENT WORKBOOK



TEAM THRIVE



Name Class



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TEAM  THRIVE

GOAL TRACKER

Shade or check the corresponding box under each goal if you met it for the day. You must have three goals (including at least one physical activity- and one nutrition-related goal).

GOAL 1

GOAL 2

GOAL 3

GOAL 1

GOAL 2

GOAL 3



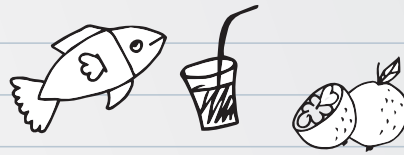
“MY MISSION IN LIFE
IS NOT MERELY TO SURVIVE,
BUT TO **THRIVE**
AND TO DO SO WITH
SOME PASSION
SOME COMPASSION
SOME HUMOR
AND SOME STYLE.”

- Maya Angelou, American poet, singer, memoirist, and civil rights activist.

HOMEWORK



DAY 1 Team Thrive & Diabetes



Your homework for day one

- Starting tomorrow, take pictures of everything you eat and drink and share them with your friends. Your teacher will provide you with instructions.
- If you have a device that tracks your physical activity, food and sleep charge and sync it daily.

WELCOME TO TEAM THRIVE

We're a program at the University of Utah dedicated to helping prevent diabetes and we're excited that you're going to be a part of our successful mission.



Driving Out Diabetes leadership team with Gail Miller and family.

How we got started

In 2009, prominent Utah business owner Larry H. Miller died from diabetes complications. In 2017, the Larry H. and Gail Miller Family Foundation donated millions of dollars to the University of Utah for the prevention and treatment of diabetes. And so here we are!

WHAT IS DIABETES?

Diabetes is a serious condition that results in too much glucose (sugar) accumulating in the blood. If left untreated, this can lead to nerve damage, amputations, heart attacks, and vision loss.

There are two types of diabetes

Type 1: This type is an autoimmune disease in which your pancreas doesn't make enough insulin to help blood sugar enter cells in your body that give you energy. And when blood sugar can't get into your cells it builds up in your bloodstream. While the causes are not totally understood and it is not preventable, there are things you can do to manage it.

Type 2: With this type of diabetes, your body's cells don't respond properly to insulin. To compensate, your pancreas makes more insulin to get your cells to respond which isn't good for your pancreas. This type of diabetes can often be prevented through healthy lifestyle habits.

Youth diabetes numbers at a glance

- It is estimated that 1 in 5 teens have prediabetes and approximately 210,000 Americans under the age of 20 have been diagnosed with diabetes.
- In 2014-2015, an estimated 18,200 youth were diagnosed with type 1 diabetes and 5,800 youth were diagnosed with type 2 diabetes.

Why should the prevention of diabetes matter to you?








Not only is it a matter of staying healthy, having either type of diabetes can impact your daily life in some of the following ways:

- Limiting driving if your blood sugar level is either too low or too high
- Avoiding certain food and drinks, particularly carbohydrates like pasta and pastries
- Interrupting activities with friends to take or give yourself daily insulin shots and to take other medications
- Wearing a diabetes medical alert bracelet or neck chain
- Following a strict plan to maintain healthy blood sugar levels

The good news is that you can reduce your risk of diabetes. Some of the things you can do include:

- Increase physical activity to at least 60 minutes per day
- Increase your fruit and vegetable intake
- Decrease the amount of sugar you eat

To get started, circle one of the following three physical activity and healthy eating goal pairings that you can commit to for the next few weeks.

1.  Increase physical activity to at least 60 minutes a day you eat +  decrease the amount of sugar you eat
2.  Increase physical activity to at least 60 minutes a day intake +  increase your fruit & vegetable intake
3.  Increase physical activity to at least 60 minutes a day you consume +  decrease the amount of sugar +  increase your fruit & vegetable intake

For whichever pairing you choose, you can customize it to include things that you like. For example, you can decide how to get physical activity, maybe it will include one of your favorite sports. And if you choose to increase your fruits and vegetables you can explore lots of options.

HOMEWORK



DAY 2 Goal Setting

Your homework for day two

- Start one of the “behavior changes” that your teacher went over in class
- Continue taking pictures of everything you eat and drink and share them with your friends
- If you have a device that tracks your physical activity, food and sleep charge and sync it
- Keep track of your specific goals using the Goal Tracker in the front of the booklet

Using SMART goals can increase your chances of success by focusing your attention and clarifying your ideas. Remember (as your teacher mentioned), SMART stands for:

Specific

(Who, What, When, Where and Why?)

Measurable

(How will I know I reached my goal?)

Attainable

(How realistic is my goal?)

Relevant

(What is my overall objective with this goal?)

Time

(What is my deadline for completing this goal?)

Goal setting example



Eat no candy bars for one week



Eat dessert only one day per week



Drink one less 20oz soda with lunch



Put only one teaspoon of sugar in my coffee every morning



Eat 1/2 cup ice cream with dinner on Wednesday and Friday only

DAY 2

24-Hour Diet & Activity Recall

As your teacher mentioned, there are nutritional recommendations per day for an average person and they include:

Fruits: 2 servings (about 2 cups of fruit per day)



Vegetables: 2 ½ servings (about 2 ½ cups of vegetables per day)



Grains: 6 servings (total of 6 oz of grains per day with half being whole grains)



Protein: 5 ½ servings (total of 5 ½ oz of protein per day)



Dairy: 3 servings (about 3 cups per day)



Sugary foods: Less than one serving



Here are some examples of how to meet the nutritional recommendations:

Fruits: 1 large banana, 1 small apple, 1 large orange, 1 cup mixed fruit, ½ cup dried fruit

Vegetables: 1 large bell pepper, 1 cup baby carrots, 1 cup steamed broccoli, 2 cups salad

Grains: 1 slice bread, ½ cup uncooked oatmeal, 1 tortilla, ½ cup cooked brown rice, ½ cup spaghetti

Protein: 1 egg, ¼ cup cooked beans, 1 Tbsp peanut butter, 1 oz of fish or chicken

Dairy: 1 cup milk, 1 cup yogurt, 1 slice cheese

As a reminder, here is how you can determine portion sizes:



One cup is about the size of your fist



and 1/2 a cup is half a fist



Physical activity recommendations per day for an average person:

60 minutes

DAY 2

24-Hour Diet & Activity Recall

Fill out the table below to track what you ate and how you got your physical activity yesterday.

YESTERDAY'S FOOD		
Time	Food	Amount
Time	Food	Amount
Time	Food	Amount
Time	Food	Amount
Time	Food	Amount
Time	Food	Amount

YESTERDAY'S EXERCISE		
Time	Minutes	Type
Time	Minutes	Type
Time	Minutes	Type

How many servings did you eat?

Fruits _____

Vegetables _____

Grains _____

Protein _____

Dairy _____

Sugary Foods _____

How many minutes of physical activity did you get? _____



HOMEWORK



DAY 3 Nutrition Labels & Life Hacks



Your homework for day three

- Try your two new life hacks before your next class
- Continue your behavior change daily
- Continue taking pictures of everything you eat and drink and share them with your friends
- If you have a device that tracks your physical activity, food and sleep charge and sync it
- Keep track of your specific goals using the Goal Tracker in the front of the booklet

Sources of fuel

Fill out the following based on the in-classroom activity. Circle the healthiest foods in each category.

Carbohydrate

Protein

Fat

Using the label here, answer the following questions about the amount of sugar per servings:

What is the amount of sugar in one serving of this label?

Keeping in mind that four grams of sugar equals one teaspoon of sugar, based on the label, how many teaspoons of sugar are in one serving?

Calculate the teaspoons of sugar in one serving of your assigned food label.

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

DAY 3

Life hacks for more physical activity

List three ways you can include more physical activity into your daily life. What does your family do to get physical activity? What do you see in the media about physical activity?

1

2

3

In your group, share your life hacks with each member. Choose one that you will try in the next few days.

Physical activity life hack your team will try before next class:

Life hacks for more fruit and vegetables or less sugar

List three ways you can eat more fruits and vegetables or consume less sugar in your daily life (for example, putting a lot of ice in your soft drink). How do your parents help you get more fruits and vegetables and less sugar in your diet? What do you see in the media about eating more fruits and vegetables and consuming less sugar?

1

2

3

In your group, share your life hacks with each member. Choose one that you will try in the next few days.

Food life hack your team will try before next class:



HOMEWORK



DAY 4 Sugar Babies



Your homework for day four

- Continue your behavior change
- Continue taking pictures of everything you eat and drink and share them with your friends
- Continue to charge and sync your physical tracking device
- Continue to keep track of your specific goals using the Goal Tracker in the front of the booklet

After your teacher shows you the Sugar Babies documentary, answer the following questions.

1. In the film, Morgan describes food “temptations.” What is a temptation? What kinds of things in your everyday life at school, at home, at the grocery store, or with friends tempt you to not follow your behavior change?
2. What are the three warning signs of diabetes?
3. In the film, Prince tells us that he’s experiencing “diabetes burn-out.” What is diabetes burn-out and why do Prince and Lizzie feel this way? What daily routines in your life make you feel “burnt out?”
4. What are some of the changes that Morgan and her family make at home and at school to help their family lead a healthier life? What are some of the changes you’d like to see happen in your own family and for yourself?

DAY 4

Sugar Babies

5. How did the discovery of insulin change the treatment of type 1 diabetes? What was life like for people with Type 1 diabetes like before its discovery? Was insulin a cure?

6. Why is it important to start thinking about your health now (whether you have diabetes or not)? What are some of the things you can do to better manage your own health?

7. How does type 1 diabetes differ from type 2 diabetes?



HOMEWORK



DAY 5 Biometrics & Body Image



Your homework for day four

- Today and tomorrow are the last days to take pictures of everything you eat and drink! Make sure to share them with your friends
- If you have a device that tracks your physical activity, food and sleep charge and sync it
- Tomorrow is the last day to follow your behavior change

There are many pieces of the puzzle in determining health, but there are biometric measurements that can help you understand yours. As your teacher told you, calculating your Body Mass Index (BMI) is one measurement that can help guide your physical activity and healthy eating goals — and help determine your health risks.

Calculating your BMI

There is a specific formula for calculating your BMI

First: Divide your weight (in pounds) by your height (in inches)

Second: Divide that number by your height (in inches) once more

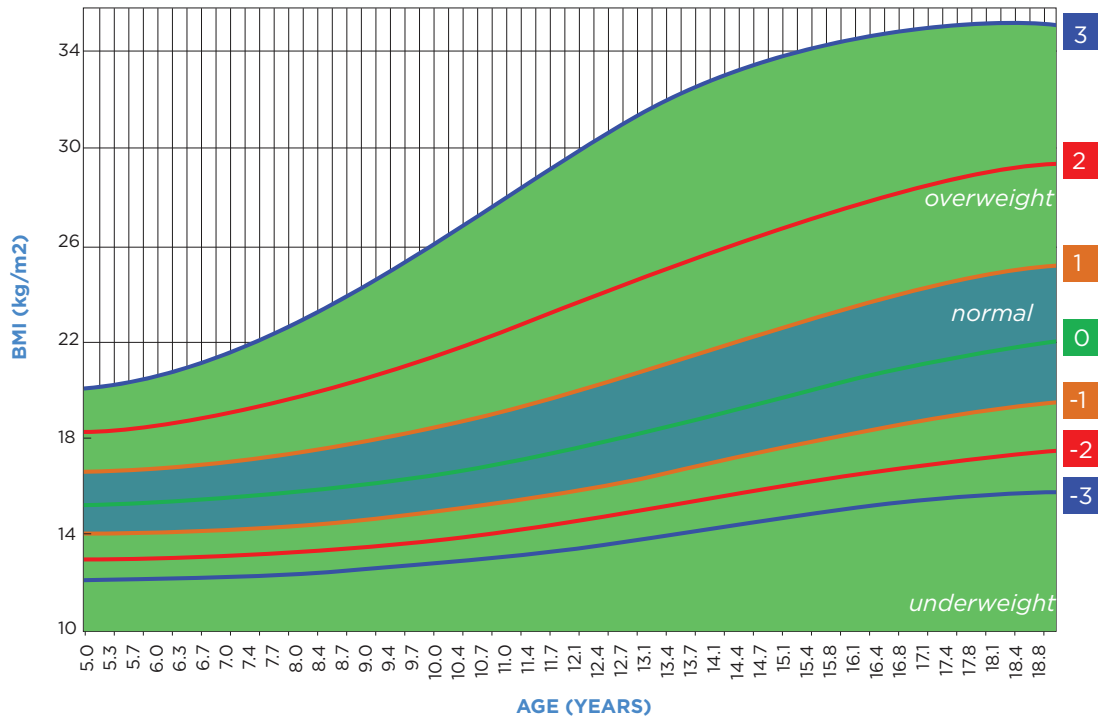
Third: Multiply that number by 703

Example: 150 (weight in pounds) divided by 67 (height in inches) divided by 67 (height in inches) multiplied by 703 = 23.5

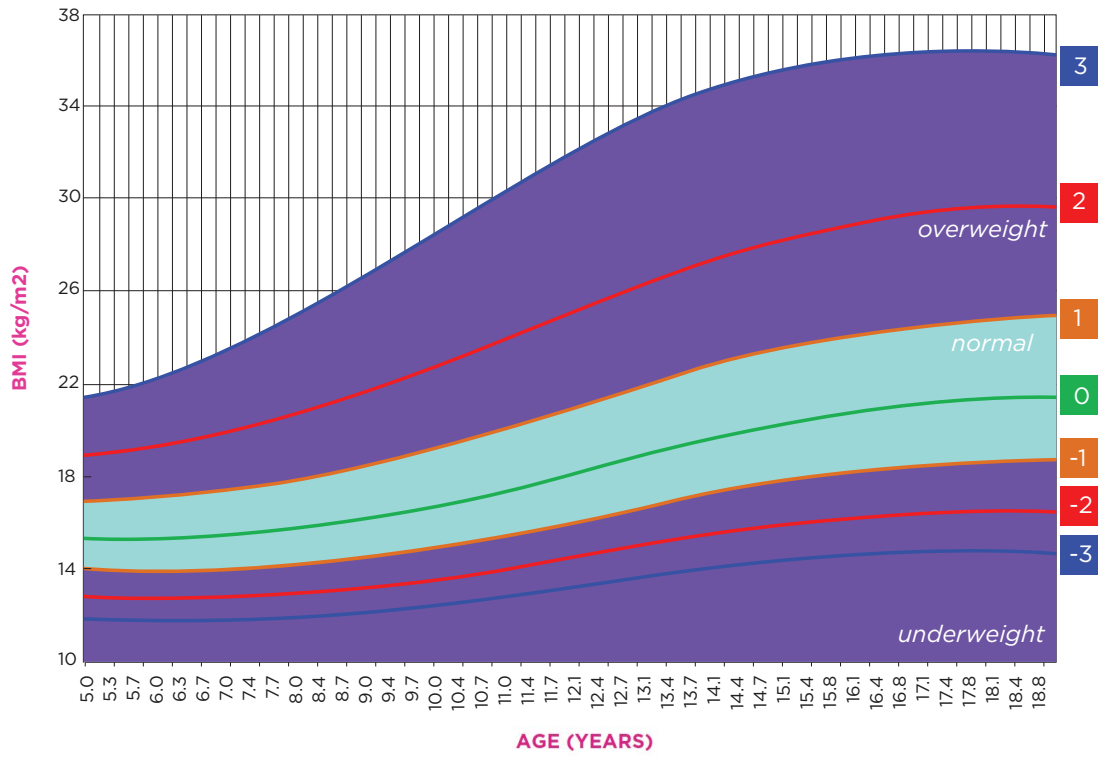
You can then use your number to determine if your BMI is in the healthy zone, if it's too high, or too low. Use the charts that follow this page to determine which range yours is in.



BMI Boys



BMI Girls



DAY 5

Biometrics and Body Image

Blood Pressure

It's also important to check your blood pressure to make sure it's in the healthy range. Blood pressure is divided into two numbers, systolic and diastolic.


Systolic blood pressure (top number) tells you how much pressure the blood is exerting against the artery walls when your heart beats.

Diastolic blood pressure (bottom number) tells you how much pressure the blood is exerting against the artery walls while your heart is resting between beats.

The higher your blood pressure, the higher the risk you have for heart disease.



Blood Pressure Guide

	Systolic	Diastolic
Healthy	≤ 120	≤ 80
Borderline	130 - 139	80 - 89
High	≥ 140	≥ 90

Other things to consider while determining your risks for diabetes are your body fat percentage and your waist size. Keep in mind that determining them is your starting point and you have the power to change your numbers in whichever direction you'd like.

Body fat percentage

While your BMI and weight might be in the normal range, your body fat percentage can still be high.

Compare the following two individuals

A seventeen-year-old female: 120 pounds, 39% body fat

A seventeen-year-old female: 160 pounds, 21% body fat

Who do you think is at a lower risk for developing type 2 diabetes and heart disease?

Recommended body fat percentage

- 20-30% for females
- 12-20% for males

Waist size

If you tend to store fat in your waist line rather than your hips, you have a greater risk for type 2 diabetes and heart disease. The greater the number the higher the risk.

Recommended waist size

Females

Healthy < 35 inches
High ≥ 35 inches

Males

Healthy < 40 inches
High ≥ 40 inches

In what range do you currently fall? In which category would you like to fall? What can you do to get there or would you rather continue to be in your range?

HOMEWORK

DAY 6 Celebrate Success



Your homework for day six

- Continue working on your SMART goals and making small changes!



24-hour diet & activity recall

Fill out the table below thinking about what a typical day is like for you, what you ate and what you did for physical activity yesterday.

YESTERDAY'S FOOD		
Time	Food	Amount
Time	Food	Amount
Time	Food	Amount
Time	Food	Amount
Time	Food	Amount
Time	Food	Amount

DAY 6

Celebrate Success

YESTERDAY'S EXERCISE		
Time	Minutes	Type
Time	Minutes	Type
Time	Minutes	Type

How many servings did you eat?

Fruits _____

Vegetables _____

Grains _____

Protein _____

Dairy _____

Sugary Foods _____

How many minutes of physical activity did you get? _____



Goal setting Reflection

Compare your food group servings from day two's dietary recall to yesterday's dietary recall.

1. What improvements/small changes have you made?
2. What are some obstacles that you encountered while trying to follow your SMART goals?
3. What can you do in the future to overcome these barriers?

DAY 6

Celebrate Success

4. Name two goals that you would like to work on for the next month.

5. Name two goals you would like to work on for the next year.

6. What support do you need to accomplish these?



APPENDIX

Recipes

Fresh Fruit Spring Rolls

Ingredients

- ¼ cantaloupe
- 1 medium peach
- 1 medium mango
- 1 medium apple (any variety)
- 6-8 strawberries
- 1 tablespoon lemon juice
- 1 bunch of mint
- 8 rice paper wraps
- ¼ cup honey
- 1 lime, zest and juice
- 3 tablespoons water
- *Optional* ¼ cup peanut butter



Instructions

1. Peel the cantaloupe, peach, and mango. Remove the seeds from all of the fruit. Cut all the fruit into slices, and then into thin matchstick-shaped pieces. Matchsticks should be 1-2 inches in length.
2. Sprinkle the lemon juice over the fruit to prevent it from browning.
3. Shred the mint. Stack the mint leaves, roll them up and cut into long ribbons.
4. Add warm water to a large bowl. Soak a rice paper wrap in the water for about 20 seconds. When it begins to soften, remove it from water immediately. If it soaks in the water for too long, it will become sticky and difficult to roll.
5. Place the wrap on a cutting board. Add a small amount of each fruit and mint in the center of the wrap. Roll the wrap tightly by folding the rice paper over the fruit and folding in the sides.
6. For the dipping sauce, mix together the honey and zest and lime juice. Add the peanut butter and mix together. Add water as needed until the desired consistency is reached.

APPENDIX

Recipes

Kale Chips & Dip

Ingredients

- 2 bunches kale
- 3 tablespoons extra-virgin olive oil
- Salt and pepper to taste
- 1 lemon, zest and juice
- 1 garlic clove, minced



Instructions

1. Preheat the oven to 375°F.
2. Wash and dry the kale. Remove the center stems from the kale leaves and tear into bite sized pieces. In a large mixing bowl, mix the kale with 2 tablespoons of olive oil to completely coat each piece.
3. Place the kale leaves on the baking sheet covered with parchment papers and non-stick cooking spray. Season with salt and pepper to taste.
4. Bake until the kale edges are brown but not burnt (about 10-15 minutes).
5. While the kale is baking, prepare the dipping sauce. Mince the garlic clove and grate the lemon zest. Combine yogurt, 1 teaspoon lemon zest, 2 tablespoons lemon juice, 1 tablespoon olive oil, and garlic in a small bowl.

APPENDIX

Recipes

Strawberry Banana Peanut Butter Smoothie

Ingredients

- 1 cup milk
- ½ cup fresh or frozen strawberries (may substitute your favorite fruit)
- 2 tablespoons peanut butter
- ¼ cup ice
- *Optional* ¼ cup oatmeal or granola

Instructions

1. Add milk, fruit, peanut butter, and ice to a blender. Blend until smooth.
2. Add the oatmeal to the blender, and blend until desired consistency is reached.



Sweet and Spicy Mango

Ingredients

- 2 large mangos (may substitute any variety of fruit, such as watermelon, pineapple, coconut, jicama, oranges, and cantaloupe)
- 1 lime, zest and juice
- Pinch of salt
- Chili powder to taste

Instructions

1. Wash and peel the mangos. Cut each mango into slices, removing the pit.
2. Zest the lime and set aside. In a large mixing bowl, add the lime juice, 1 teaspoon of zest, and mangos. Mix to coat the mangos thoroughly.
3. Sprinkle salt and chili powder over the mangos (add more or less to taste).



APPENDIX

Recipes

Strawberry Chia Jam Toast

Ingredients

- 2 cups strawberries
- 2 tablespoons chia seeds
- 1 tablespoons date syrup (may substitute honey)
- 1 tablespoon almond butter
- 1 banana
- 2 slices 100% whole-grain bread

Instructions

1. Remove the stems from the strawberries.
2. Place strawberries, chia seeds, and date syrup in a food processor or blender, and pulse until there's a smooth consistency.
3. Transfer to a jar and cover with plastic wrap. Place in the refrigerator for at least 30 minutes or until thickened.
4. When the jam is thickened, slice the bananas and toast the bread. Layer the toast with almond butter, jam, and top with bananas.



APPENDIX

Recipes

Fruit Salsa

Ingredients

- 8 strawberries
- 1 medium orange
- 3 medium kiwi
- 1 small pineapple
- 1 medium apple (any variety)
- 3 tablespoons lime juice
- 4 100% whole wheat tortillas
- Cinnamon to taste

Instructions

1. Preheat the oven to 350°F.
2. Peel the oranges, kiwi, pineapple, and apple. Remove the core from the pineapple and apple. Chop all the fruit into a fine dice.
3. In a large bowl, combine the fruit and lime juice. Cover with plastic wrap and refrigerate.
4. For the chips, cut each tortilla into eight wedges. Spray both sides of each wedge with non-stick cooking spray and sprinkle with cinnamon to taste.
5. Place wedges on an ungreased baking sheet. Bake for 5-10 minutes or until crisp. Serve with fruit salsa.



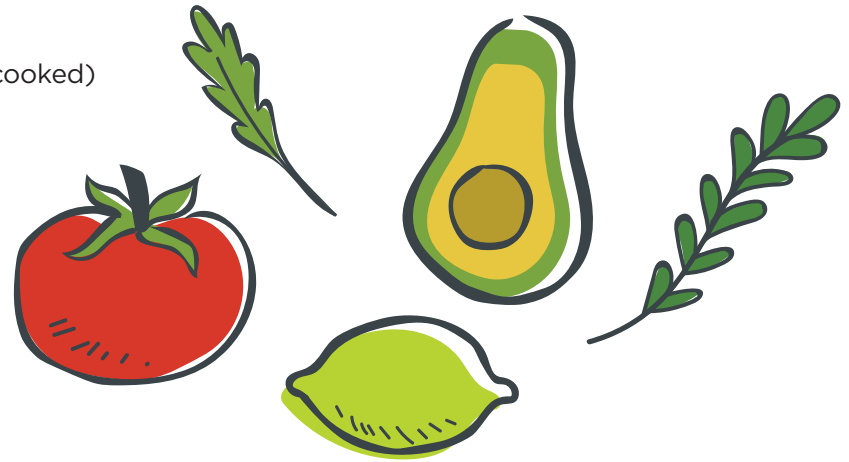
APPENDIX

Recipes

Black Bean Veggie Salsa

Ingredients

- 1 can black beans
- 1 can corn (may substitute 1 ear sweet corn cooked)
- 4 roma tomatoes
- 1 medium mango
- 1 small red bell pepper
- 1 small jalapeño
- 1 large avocado
- ¼ cup cilantro
- 3 limes, juiced
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon cumin



Instructions

1. Drain and rinse black beans and the corn. Peel the mango and remove the pit. Remove the pit from the avocado and scoop out. Remove the seeds from the bell pepper and jalapeño.
2. Chop the tomatoes, mango, bell pepper, jalapeño, avocado, and cilantro into a fine dice.
3. In a large bowl, mix all the ingredient together. Serve with baked tortilla chips or use as a topping for salads.

APPENDIX

Additional Resources

Ways to Increase Physical Activity ↑

1. Join a club or get involved in a sport at school. It's fun to be part of the team and do something you love with friends. Some activities may include basketball, rugby, soccer, karate, cheer, or dance.
2. Use the buddy system. If formal teams are not for you, grab a friend and play catch, go to the park, or take a hike. Involving your friends will help them stay healthy and keep you both accountable.
3. Get your teachers and classmates involved. Ask your teacher if they would include a "brain break" during their class. For example, halfway through a lesson, the teacher or student leads the rest of the class in a series of stretches or small exercises (e.g. running in place, air squats, jumping jacks). It breaks up the lecture, gets you to move more, and helps you refocus on the lesson.
4. Suggest standing meetings. If you have a meeting for student council or prom committee, suggest everyone stand up while discussing topics instead of sitting.
5. Make sure to stand up and move your body every hour. Time can go faster than you realize when you are studying, using an electronic device or watching a movie at home. Set a timer to remind you to do a lap around the house or stretch for at least 5 minutes every hour.
6. Add physical activity to other activities. Try incorporating small amounts of physical activity throughout the day. Those minutes will add up. For example, if you play video games, do 10 pushups every time you lose a life. If you watch TV, do 10 sit-ups during commercial breaks.
7. Take advantage of technology. There are so many ways get physical activity these days so get creative! You can download apps that will lead you in workouts. YouTube is a great resource for yoga or Zumba videos. Even Pokémon Go can get you moving.
8. Add physical activity to your daily routine. This can be as simple as walking to school instead of driving. Choose the stairs instead of the elevator. Take your dog for a walk. Ask your parents to park in the farthest spot away from a store's entrance to increase activity for your whole family.
9. Choose a variety of exercises. Physical activity is the best when you're having fun! Choosing different activities will keep you interested and help target different muscle groups. For example, you may choose rollerblading one day and softball the next.
10. Find what you enjoy. physical activity doesn't just mean going to the gym or running on a track. physical activity can be what you make it. If you love to dance, dance. If you love to skateboard, skateboard. Challenge yourself and see what your body can do.

APPENDIX

Additional Resources

Ways to Increase Fruits & Vegetables ↑

1. Use the plate method whether at home or at school. Aim to make half of your plate fruits and vegetables, and bring variety to your plate. They can be fresh, frozen, or canned. It could be a salad or roasted vegetables. If you have a burrito bowl, opt for less rice and more vegetables so that half of the bowl is vegetables in proportion to the rest of the dish.
2. Make your plate colorful. Generally, the more colorful and varied your plate is, the more vitamins and minerals you're getting. If you're at the cafeteria, choose a variety of colors.
3. Add both fruit and vegetables to a smoothie. Fruit tastes great and when you add vegetables like spinach or carrots, you get the added nutrients without losing the appealing taste of fruit. Smoothies can be a great option for breakfast.
4. Precut fruits and vegetables for a quick and easy snack. Put them in small to-go containers and store in the refrigerator. It's an easy grab-and-go option when you're running out the door to school or practice. Some suggestions include bell peppers, celery, carrots, cauliflower, snap peas, apples, oranges, and berries.
5. Keep a bowl of fresh fruit on the kitchen table or counter so it's the first thing you see when you walk in for a snack. Make healthy choices the easy choice. Some suggestions include apples, bananas, oranges, pears, and clementines.
6. Add fresh or frozen vegetables to already prepared foods to make a "semi-homemade" dish. For example, pile vegetables like broccoli, bell peppers, and mushrooms onto a pizza before you bake it. Mix in grated bell peppers, carrots, and bean sprouts to a bowl of ramen.
7. Suggest to your family that they add finely diced or grated vegetables to dishes that may not typically have vegetables such as pasta sauce, lasagna, breads, soups, and omelets. You all will benefit from the added nutrients and fiber.
8. Use spices and herbs to enhance flavor. The more you enjoy the flavor, the more you'll want to eat healthy foods. Butter and salt are not the only things to put on vegetables. Try sweet and spicy mangos or roasted carrots with Italian seasoning. See the recipes section for more ideas.
9. Grilling kabobs can be a fun side dish for any backyard party. Skewer colorful vegetables like red bell peppers, onions, mushrooms, and squash and throw them on the grill. Some fruits like apples, peaches, and pineapple hold up well to being grilled on kabobs and make a great dessert.
10. Find what works for you. We all have individual preferences so try new fruits and vegetables to determine which are your favorite. That may mean trying different cooking methods like steaming, broiling, roasted, or grilling. Try making a new dish and sharing it with your family.

APPENDIX

Additional Resources

Ways to Decrease Sugar ↓

1. Choose water first. Carry a water bottle at school to make drinking water easy. If you need more flavor, add fruit and herbs to your water like lemon slices and mint or strawberries and basil.
2. Swap out sugar-sweetened beverages. Drinks have a lot of added sugar that can sneak into our diets very quickly. It's not just soda, but also things like juice, sweet tea, lemonade, and sports drinks. Water is best but if you choose something else, go for low calorie or zero options. Some suggestions are unsweetened tea, sparkling ICE, La Croix, and Vitamin Water Zero.
3. Satisfy your sweet tooth with fruit. Whole fruits can help satisfy your sweet tooth plus give you the benefits of nutrients and fiber. Grilling fruit can bring out their natural sweetness and works well for a dessert.
4. Try fruit or peanut butter on pancakes and waffles instead of maple syrup. Fruit can add more flavor and peanut butter adds extra protein.
5. Look for unsweetened versions of favorite foods at the grocery store. If you help your family with the grocery shopping, pick the choice with no added sugars. For example, choose canned fruit packed in water (instead of syrup) or unsweetened applesauce.
6. If you go to a coffee shop, order black coffee. Sugar is packed in drinks like frappuccinos and lattes. If you want a flavored drink, order your latte "half sweet" or with sugar free flavoring and skim milk. Your taste buds will adapt so that you enjoy flavors with less sugar.
7. Substitute sugar with spices. Flavors can be enhanced by using spices like cinnamon, ginger, and nutmeg. For example, try flavoring your oatmeal with cinnamon, milk, and some banana slices in the morning instead of brown sugar.
8. Treat desserts and candy as "treats". In other words, it's okay to have desserts and candy but use them to celebrate a special occasion like your birthday. They shouldn't be an everyday thing.
9. Watch out for hidden sources of added sugar. Condiments, salad dressings, and processed foods often have added sugar even if they taste savory. If you're at school, try using just one packet of ketchup instead of grabbing a handful of packets. You'll likely use less if you take less to begin with.
10. Bring a healthy snack with you to school or practice. Often if we feel "hangry" we don't make the best food choices. Sometimes that results in choosing foods with sugar at the vending machine or at a convenience store. Having a snack on hand can help satisfy your hunger and help you make better choices.

APPENDIX

Additional Resources

Physical Activity **Cardio, Stretches, and Strengthening**

- 30-Minute Workouts for Any Schedule
<https://www.eatright.org/fitness/physical-activity/workout-ideas/30-minute-workouts-for-any-schedule>
- Workout Routines and New Ideas for Fitness - WebMD
<https://www.webmd.com/fitness-physical-activity/features/workout-routines-ideas#1>
- Coaching Videos | NYRR
<https://www.nyrr.org/youth-and-schools/running-start/coaching-videos/high-school/>
- Top 25 At-Home physical activities - ACE Fitness
<https://www.acefitness.org/education-and-resources/lifestyle/blog/6593/top-25-at-home-physical-activities>
- Best Workout Apps to Get Healthy and Stay Fit in 2018 - Tom's Guide
<https://www.tomsguide.com/us/pictures-story/702-best-workout-apps.html>

Physical Activity **Various Types**

- Running Form Training Videos for High School Teachers and Coaches
<https://www.nyrr.org/youth-and-schools/running-start/coaching-videos/high-school/form>
- 7 tips for a safe and successful strength-training program - Harvard Health
<https://www.health.harvard.edu/physical-activity-and-fitness/7-tips-for-a-safe-and-successful-strength-training-program>
- Weight training: Do's and don'ts of proper technique - Mayo Clinic
<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/weight-training/art-20045842>
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