

Fit Families for Life—

Be in Charge!SM

A 5-week nutrition and fitness program for you and your family

Yay team!



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Start on a path
to better health!

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Welcome!



Welcome to CalViva Health's Fit Families for Life—*Be in Charge!*SM program. By taking part in this program, you are a step closer to better health for you and your family.

What is the Fit Families for Life program?

CalViva Health developed the 5-week program to give you ideas about how to help you and your family live a healthier lifestyle. Eating nutritious foods and doing more physical activities are important ways to stay healthy.

Use the DVD to help meet your goals. It has great tips for the entire family. Topics include:

- How to read food labels.
- Food groups from MyPlate.
- How to limit sugar.
- Nutrition for babies.
- Exercise videos and much more!

Why is the Fit Families for Life program needed?

The Centers for Disease Control and Prevention (CDC) finds that 1 in 3 children are overweight. In the United States, obesity is increasing in adults and children.

Obese children are now getting type 2 diabetes and other chronic conditions.

To maintain a healthy weight, it is recommended that:

- People eat more fruits and vegetables every day.
- Children get at least 60 minutes and adults get at least 30 minutes of moderate¹ physical activity almost every day.

What are the benefits of completing the Fit Families for Life program?

To help your family meet the recommendations, the Fit Families for Life program provides weekly goals on nutrition and physical activity that are easy to follow. Use the list of ideas to help you reach your goals. Make simple and realistic goals.

Don't forget to fill out the questionnaire!

Return it to us and get a free thank you gift. We will also enter you into a raffle for \$50!



Small changes make the **biggest** difference!

¹Moderate physical activity means your body is moving at a level where you are working hard. You can feel that your breathing rate has increased and your body feels warmer. You sweat a little. If you cannot hold a conversation, you may be working too hard.

Making healthy choices and being more active will help to:

- Prevent chronic diseases such as type 2 diabetes, heart disease, cancer, and high blood pressure.
- Reduce your stress level.
- Burn excess calories.
- Increase your energy.
- Promote better sleep.
- Increase your intake of good nutrients such as vitamins, minerals, fiber, and antioxidants (chemicals that protect you from heart disease and cancer).
- Increase your body's strength and flexibility.
- Develop healthy bones.
- Reduce injuries from falls.

Let's Get Started!

Here are some simple steps to follow:

- 1 Read the entire contents of the first week.
- 2 Check off from the list of ideas at least 3 activities you will do for the nutrition goal and 3 activities for the physical activity goal. Do this at the beginning of the week.
- 3 When you have completed a full week, check how you did.
- 4 Move on to the next week.
- 5 Continue steps 1 through 4 until the end of week 5.

Remember, you are a role model for your family. If you make healthier food choices and get physically active, the family will follow.

Please ask your doctor if the Fit Families for Life program is right for you and your family. Go for a health exam. Get your whole family checked too.

This program is designed by a team of health care professionals and follows the recommended nutrition and physical activity guidelines from the U.S. Department of Agriculture and the Centers for Disease Control and Prevention.



Every little bit of activity counts!

Week One

Nutrition goal

Learn how to read nutrition facts labels to make better choices when shopping for food and beverages.

Physical activity goal

Keep track of how many minutes you are physically active. This will help you see how much you are improving. Use the physical activity log, and ask each family member to do the same.

Nutrition – Read the label

Why is reading the nutrition facts label on foods and beverages important?

The label tells you:

- Which product is a better choice.
- How many calories are in the product.
- How many servings are in the product.
- What vitamins and other nutrients are included in the product.
- How to compare prices based on quantity and nutrition content.

For example

My pantry		
Item name	Size	Quantity
cola	2-liter bottle	2 bottles

What is in your pantry?

- 1 The first step is to find out what choices you are making right now. On a sheet of paper, record all of the foods and drinks you have in your house. List everything in the cupboards and refrigerator. You will be using the list again in the last week of the program.
- 2 Now read the “Nutrition facts labels” section on page 5.
- 3 Ask yourself these questions:
 - How many fruits and vegetables am I buying?
 - What nutrients are in these foods and drinks?
 - Can I make healthier choices?
- 4 Go back to your list and circle those foods and beverages that are high in fat, sugar or salt.



We hope that the ideas you will learn over the next five weeks will help you make healthier food choices.

Nutrition facts labels

Use the tips below to learn more about food labels. For more help on food labels, don't forget to look at the Fit Families for Life DVD.

Serving size and number of servings

The information on the food label, like calories, refers to only one serving. A serving size may be listed in cups, pieces or ounces. In the example, one cup equals one serving. This means that there are 250 calories in every cup. If you were to eat the entire food product, you would be eating 2 servings (2 cups). This equals a total of 500 calories!

% Daily Value

The % Daily Value tells you how much of a nutrient you are having (per serving) compared to what you should have in a 2,000 calorie diet. Take a look at the example for fat content. In one serving, you would be having 18% of the fat you should have in a whole day. This is high. If you ate both servings, you would be eating 36% of your daily value.

Remember the 5/20 rule. A value of 5% is low, and 20% is high. For nutrients you want to limit, like fat and cholesterol, aim for values closer to 5%. For nutrients you want more of, like fiber and calcium, aim for values closer to 20%.

Limit these nutrients

Limit the total amount of fat, cholesterol and sodium (salt) you eat. Look for foods that have a low

Check the serving size and number of servings

Limit these nutrients

Get enough of these nutrients

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

% Daily Value Quick Guide
5% DV or less is LOW
20% DV or more is HIGH

% Daily Value for these nutrients. Remember that fat-free food often contains high amounts of added sugar or sodium to make up for lost flavor.

Get enough of these nutrients

Eat more nutrients like fiber, potassium, calcium, iron, and vitamin A. Look for a high % Daily Value.

Sugar

Dietary guidelines recommend that you limit added sugar to less than 10% of the calories you eat in a day. That is about 12.5 teaspoons (50 grams) per day. The American Heart Association suggests a lower amount. Some sodas have 65 grams of added sugar in 1 bottle! Check the label.

Note:

1 teaspoon = 4 grams of sugar

Reading labels will help you make better food choices.

Ideas – To help you meet this week’s nutrition goal

Check ✓ from this list what you will do this week.

- Read the nutrition facts labels when shopping.
- Serve smaller portions of food for each meal.
- Review the Fit Families for Life DVD to learn about the different food groups in MyPlate.
- Make a shopping list before you go to the store so you are not tempted to buy high sugar foods or high fat foods.
- Avoid drinks that contain a lot of sugar. Drink water instead of sodas or “fruity” drinks. Add ripe fruits instead of sugar to make agua fresca (fruit flavored water).
- Eat a variety of colorful fruits and vegetables. Each color has different nutrients that your body needs.
- Eat slowly. It takes time for your brain to realize you are full.
- _____
(Add your own idea)
- _____
(Add your own idea)

Physical activity – keeping track

Why is keeping track of your physical activity important?

- You will know how much time you are active.
- You can increase the time or the level of physical activity in the future.
- You can see where you have improved.
- You can find other ways to include physical activity in your daily life.

What is your current physical activity level?

This week, list all of the activities you and your family are doing. Use the activity log sheet included. Write down each family member’s name and the number of minutes spent doing each activity. Then, at the end of each day, each person lists

the total number of minutes he or she was physically active. Do this every week.

Here are some other examples of activities your family may already be doing:

- Walking to work or school
- Children taking part in PE class or recess
- Working in the garden
- Washing the car
- Cleaning or vacuuming

Each person will add the total number of minutes of physical activity he or she did for each day of the entire week. Each person should aim to increase activity minutes done weekly.

Here is an example

It took me 10 minutes to walk to work and
10 minutes to get back (10x2): 20 minutes

I took a walk around the mall at lunch for: 10 minutes

I mowed the lawn for: 20 minutes nonstop

Total = 50 minutes

Week 1								
Names	S	M	T	W	T	F	S	Total weekly minutes
Marie	50 min.	30 min.	40 min.	30 min.	50 min.	60 min.	40 min.	300 min.



Activity Log Sheet

This activity log sheet will allow you to record the number of minutes every day that each member of your family is physically active. Although it is important to be physically active most days of the

week, we know that things can sometimes get in the way. At the end of each week, add your total number of minutes. The goal is to increase the total number of minutes you are physically active.

Tip: Place a copy of this sheet on your refrigerator so you can keep track and reach your goal.

Week 1								
<i>Names</i>	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>	<i>Total weekly minutes</i>
Week 2								
<i>Names</i>	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>	<i>Total weekly minutes</i>
Week 3								
<i>Names</i>	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>	<i>Total weekly minutes</i>
Week 4								
<i>Names</i>	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>	<i>Total weekly minutes</i>
Week 5								
<i>Names</i>	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>	<i>Total weekly minutes</i>

Ideas – To help you meet this week’s physical activity goal

Check ✓ from this list what you will do this week.

- Make a list of ways to move more in your daily routines.
- Put more effort into your daily activities. For example, make wider arm moves when washing a window.
- Walk faster to get your body warm and your heart pumping.
- Walk around the couch while watching TV.
- Use a pedometer to count the number of steps you take. Increase the number of steps each day.
- Take the stairs instead of the elevator.
- _____
(Add your own idea)
- _____
(Add your own idea)

Weekly checkup

Did you do the things you had checked off from the nutrition and physical activity lists?

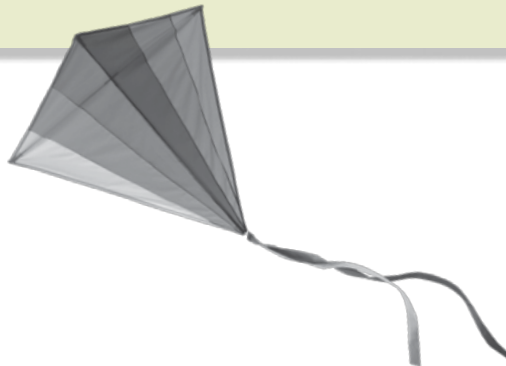
- Yes No

If not, what stopped you? (Write these down.)

What do you plan to do next week to be more successful?

Congratulations!

You have completed week one of the Fit Families for Life program.



Week TWO

Nutrition goal

Add more fruits and vegetables to your family's breakfast each day.

Physical activity goal

All family members should add 10 more minutes to their physical activity each day. Be sure to practice safety at all times!

Nutrition – *Breakfast first*

Why eat a healthy breakfast?



Breakfast helps maintain a healthy weight.

- Your last meal was several hours ago before your sleep. Your body needs energy to start a new day.
- Your brain works better after breakfast.
- You will do better in school, at work and during exercise.
- Breakfast helps maintain a healthy weight.
- With breakfast, you will be less hungry at mid-morning. You will be less likely to grab unhealthy snacks and less likely to overeat at lunch or dinner.

Ideas – *To help you meet this week's nutrition goal*

Check ✓ from this list what you will do this week.

Breakfast helps you in so many ways:

- Eat whole wheat toast with a small amount of peanut butter, sliced low fat cheese or cottage cheese. Add sliced fruit such as apple or banana.
- Buy low-sugar and high-fiber cold cereals with nonfat or low fat dairy, soy or rice milk. Check the label.
- Eat cooked cereal like oatmeal, grits or cream of wheat with sliced fruit, nuts or dried fruit.
- Warm up leftovers from the night before, such as rice with vegetables and beans or meat. Eat it with a small corn tortilla.
- Add vegetables to scrambled eggs or tofu cooked in a small amount of canola or olive oil.
- Eat fresh fruit. This way you get the fiber as well. Fiber helps protect you from cancer, heart disease and constipation.
- Limit 100% fruit juice to 4 to 8 ounces per day. Juice can still be high in calories because of the natural sugar content. Check that the label says 100% pure fruit juice with no added sugar. Too much sugar in your diet can lead to tooth decay, weight gain or other health problems.

- Blend some fruit with ice, nonfat milk or yogurt to drink.
- Buy seasonal fruits and vegetables at the store or a farmers' market, which can be cheaper.
- Buy frozen or canned fruits and vegetables if you cannot get fresh ones.

- Read the food label first. Avoid foods with added sugar or salt (sodium).
- Sign up your children for the school breakfast program.
- Snack on nonfat or low fat yogurt with fruit.

Physical activity – Safety first

Why think about safety?

- Check with the doctor first. Start your physical activity program slowly and gradually to avoid injury. Warm up and stretch slowly each time you exercise.
- Walk with someone.
- Don't overdo it! If you're too breathless to talk when you work out, slow down.
- Drink water! Always bring a water bottle when you exercise. Avoid outdoor activities in extreme hot or cold weather.
- When out in the sun, use sunscreen with SPF 15 or higher, sunglasses and a hat.
- Wear comfortable clothing and shoes. Wear layers you can take off so you don't overheat.
- Wear safety gear such as helmets and padding for cycling and in-line skating.
- Obey traffic rules and wear reflective clothing so that cars can see you at night. If you are out at night, choose well-lit areas where other people are around.
- Most importantly, call your doctor if you experience light-headedness, chest pain, excessive fatigue, nausea, or severe muscle or joint pain. Stop your physical activity immediately. In an emergency, call 911.



Take a bottle of water to drink everywhere you go!

Ideas – To help you meet this week's physical activity goal

Check ✓ from this list what you will do this week.

Some ways to add an additional 10 minutes of activity include:

- Taking a walk.
- Doing a project at home, like sweeping out the garage or cleaning the windows.
- Taking the dog for a longer walk.
- Getting off the bus one stop early and walking the rest of the way.
- _____
(Add your own idea)
- _____
(Add your own idea)

Weekly checkup

Did you do the things you had checked off from the nutrition and physical activity lists?

Yes No

If not, what stopped you? (Write these down.)

What do you plan to do next week to be more successful?

Congratulations!
You have now
completed
week two!



Activity Pyramid

Each week, try to increase your physical activity by trying these things...

Increase the activities at the base of the activity pyramid. These are things you can do every day. Try walking to the store, working in the garden, stretching while standing, and brisk walking.

Increase your heart rate with activities in the middle of the pyramid. Find activities you enjoy, plan them in your day and set realistic goals.

If you are already active most days of the week, choose activities from the **whole** pyramid, or explore something different. Cut down on TV time!

Above all, have fun!



Week Three

Nutrition goal

Get the family involved in the kitchen.

Physical activity goal

Focus on aerobic exercises this week. All members of your family should add 10 minutes to their physical activity each day this week.

Nutrition – *Families together*

Why sharing mealtimes can be good for families:

- Helps children develop social skills.
- Encourages the family to eat a variety of nutritious foods.
- Makes time to talk to each other.
- Lets you be a role model for the children.
- Promotes good eating habits.

Physical activity – *Get moving, be active!*

Why is aerobic or cardiovascular activity important?

It helps to:

- Lower your risk of heart disease, high blood pressure and cholesterol.
- Reduce stress and depression.
- Increase energy levels and self-esteem.
- Burn excess calories quickly.

Ideas – *To help you meet this week's nutrition goal*

Check ✓ from this list what you will do this week.

- | | |
|---|--|
| <input type="checkbox"/> Let children pick a fruit or vegetable for the whole family to enjoy. | <input type="checkbox"/> Ask your family what fruit or vegetables they would like to add to their pizza. |
| <input type="checkbox"/> Suggest that your child make colorful fruit or vegetable kebabs for a fun and nutritious lunch. | <input type="checkbox"/> Have your child fill the lunch box with food they have prepared. |
| <input type="checkbox"/> Involve the children in the planning and making of the family meal. | <input type="checkbox"/> Add sliced tomatoes and lettuce to sandwiches. |
| <input type="checkbox"/> Help the children blend fresh fruit smoothies. It is easy to make. Use non-fat milk blended with ice instead of ice cream. | <input type="checkbox"/> _____
(Add your own idea) |
| | <input type="checkbox"/> _____
(Add your own idea) |

Ideas – To help you meet this week’s physical activity goal

Check ✓ from this list what you will do this week.

- Plan a one-on-one activity with your children this week. If you have more than one child, ask your spouse or significant other to plan an activity with the other child. Try to do this with each child over the next few weeks.
- Take away the remote controls. Getting up to change the channel will keep your body moving. Sitting for too long can also increase the chance of snacking on unhealthy foods.
- Ride bikes together.
- Dance or make up your own aerobic routine with the children.
- Go to the park and have fun flying a kite or playing catch.
- Try in-line skating or bowling.
- Play sports like soccer, basketball, baseball, and volleyball.
- Learn to juggle, play hopscotch or jump rope together.
- Join your children in their favorite activity.
- Have the whole family exercise during commercial breaks.
- Walk to the restaurant!
- Follow along to the Fit Families for Life DVD!
- _____
(Add your own idea)
- _____
(Add your own idea)

Weekly checkup

Did you do the things you had checked off from the nutrition and physical activity lists?

- Yes No

If not, what stopped you? (Write these down.)

What do you plan to do next week to be more successful?



You are more than halfway through the program! Go to week four!

Congratulations!

Week Four

Nutrition goal

Buy foods or cook meals that are low in bad fat.

Physical activity goal

Strength training is very important for good health. Mix in some of these activities to help your family add 10 more minutes to their physical activity each day this week.



Eating good sources of fats such as avocado, nuts and fish are all important for heart health.

Nutrition – Cut the fat

The best way to eat less bad fat is to eat more fruits and vegetables. Fruits and vegetables are low in bad fat. Foods low in fat can lower the risk of heart disease and some cancers. Foods high in fat can lead to weight gain, high cholesterol, heart attacks, and strokes.

However, not all fats are bad. The body needs some fat to work properly and keep a healthy weight. Good fats are monounsaturated and polyunsaturated fats. Good fats may still have a lot of calories so don't overeat.

Fats in oils

The best choice is to use liquid oils such as canola or olive oils. “Liquid” oils means that the fat stays in liquid form at room temperature. Saturated and trans fats are more solid or semi-soft. Examples include lard, margarines or vegetable shortening. These types of bad fats are known to raise the “bad” cholesterol. Having high levels of “bad” cholesterol in your blood can lead to blocked arteries and heart disease. Have less of the bad fats. If you use tub margarine, read the label. It should be non-hydrogenated, low in saturated fat and contain no trans fat.

Examples of fats

Good fats		Bad fats	
Type of fat	Main source	Type of fat	Main source
Monounsaturated	Olive oil, canola oil, peanut oil; cashews, almonds, peanuts, and most other nuts; avocados; olives	Saturated	Lard; whole milk, butter, cheese and ice cream; red meat; chicken or turkey skin; chocolate; coconuts, coconut milk, coconut oil; palm and palm kernel oil
Polyunsaturated	Corn, soybean, safflower, and cottonseed oils; fish	Trans	Most margarines; vegetable shortening; partially hydrogenated vegetable oil; many fast foods; many commercial baked goods

Tips for eating out

- Order a burger without mayonnaise (1 tablespoon of mayonnaise equals 100 calories). Instead, ask for barbecue sauce, ketchup or mustard on your burger or sandwich.
- Order grilled instead of fried foods.
- Get a salad. Use less or low fat dressing. Avoid higher fat toppings like bacon bits, cheese, croutons, and eggs.
- Order a serving of small fries instead of the large.
- Just say, “No cheese please.” Each slice of cheese at fast-food restaurants adds about 100 calories.
- Choose a soft taco made with a corn tortilla instead of the crispy fried tacos and tostadas.
- Order a plain baked potato. A plain baked potato has no fat. Add salsa or low fat cottage cheese for added flavor.
- Choose water instead of other drinks. Many drinks, like soda and juice, can be high in sugar calories.

Share a meal or
save half of it for
tomorrow's lunch.



Ideas – To help you meet this week's nutrition goal

Check ✓ from this list what you will do this week.

- Instead of lard, use a little corn or canola oil.
- Avoid saturated and trans fats (see the table for examples).
- Add vegetables in your family meals by blending or cutting up vegetables so they don't get noticed. For example, blend carrots and tomatoes and put it in your stew. It will make the sauce sweeter and thicker. Also, serve a side dish of vegetables.
- Avoid fried foods. Bake them instead. For example, roast vegetables in the oven and lightly brush canola or olive oil on them.
- Use cooking spray. That way you use less oil.
- Instead of using salad dressings, which are high in fat and salt, try using natural seasonings such as lemon, lime, garlic, pepper, vinegars, and herbs.
- When shopping, read the labels. Look for foods that are low in saturated fats and have no trans fats. Look for a low % Daily Value.
- Use more of the egg whites when making chile rellenos.
- Trim the fat from meat. Buy meat with less fat.
- Use low fat or nonfat dairy products.
- Use fruit such as guava, papaya or mango for desserts. Eat less of the sweetened pastries like sopapillas or fried ice cream.
- Do the cooking on the weekend. Freeze in portion sizes for quick meals during the week.
- Go through your favorite recipes and replace ingredients with healthier options. For example, use canola oil instead of lard to refry beans.
- Plan healthy meals where all members of the family eat at the table together. For example, chicken with rice. Remove the skin from chicken breast, legs or thighs and grill them.
- Blend up some cooked cauliflower and mix it in with the sauce for macaroni and cheese. Nobody will know the difference.
- _____
(Add your own idea)
- _____
(Add your own idea)



Use half the meat and add beans or vegetables in your meal.

Physical activity – Muscle power

Why are strength-building exercises important?

They help to:

- Reduce injuries.
- Shape and tone muscles.
- Improve ability to exercise longer.
- Prevent bone problems such as osteoporosis (brittle bones).
- Help you carry or lift things better.

Remember, muscles burn calories even when the body is not exercising.

Examples of exercises that build muscle are lifting weights, pull-ups, push-ups, or sit-ups. Breathe out as you lift or push, and breathe in as you relax. Try to do this type of activity 2 to 3 times per week.

Ideas – To help you meet this week's physical activity goal

Check ✓ from this list what you will do this week.

- | | |
|--|--|
| <input type="checkbox"/> Practice the home gym exercises on page 20. | <input type="checkbox"/> Join a local gym and use the equipment. |
| <input type="checkbox"/> Go out for a walk or run with your neighbors. | <input type="checkbox"/> Rent a home workout video. |
| <input type="checkbox"/> Buy a resistance band, and follow along to the Fit Families For Life DVD. If you are a CalViva Health member, call the Health Education Department at 1-800-804-6074 to get a resistance band at no cost. | <input type="checkbox"/> Do 3 sets of push-ups. Each set has 8–10 repetitions. |
| | <input type="checkbox"/> _____
(Add your own idea) |
| | <input type="checkbox"/> _____
(Add your own idea) |

You are almost at the end of the Fit Families for Life program!

Keep the good work going...

Weekly checkup

Did you do the things you had checked off from the nutrition and physical activity lists? Yes No

If not, what stopped you? (Write these down.)

What do you plan to do next week to be more successful?



Don't forget to do the exercises that don't require anything but you!

Home gym

Using old water bottles or milk jugs filled with dirt or sand, or using canned goods:

- Do bicep curls (10 times, rest and repeat).
- Do front arm raises (10 times, rest and repeat).
- Do side arm raises (10 times, rest and repeat).

Using a jump rope or extension cord:

- Skip rope for 30 seconds (rest and repeat).
- Place the jump rope or extension cord on the floor and jump from side to side for 20 seconds (rest and repeat).

Using a towel:

Back pull: Grab either end of the towel and raise it from behind your head to over your head (10 times, rest and repeat).

Using a ball (soccer or kickball):

Ab twist: Sit on the floor with legs bent, feet shoulder-width apart, and toes pointing up so that you are resting on your heels. Hold the ball with both hands and extend your arms out in front of you. Twist your waist from side to side (10 times, rest and repeat).

Using a rolling pin:

Kneel on the floor and hold onto the handles of your rolling pin. Keep your knees on the ground and your stomach pulled in. Rolling forward and backwards will strengthen your shoulders, stomach and chest.

Using a chair:

Sit down on the chair and place your hands on the sides. Scoot your rear end forward so the weight is on your arms. Slowly lower your rear and back end down and push back up using tricep muscles in the back of your arms (10 times, rest and repeat).

Playground gym

- Use the jungle gym as a chin-up bar (do as many as you can).
- You can also hang and raise your legs, keeping them straight (10 times, rest and repeat).
- While hanging, bend your knees and slowly twist from side to side (10 times, rest and repeat).

congratulations!

Week Five

Nutrition goal

Add more fruits and vegetables to your family's snack each day.

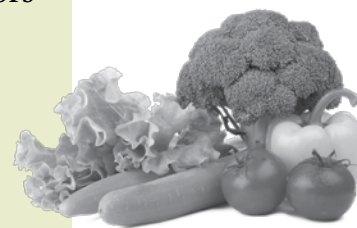
Physical activity goal

All members of your family should add another 10 minutes to their physical activity each day this week. This means each of you should already be doing 40 minutes or more by now. Try new activities and don't forget to stretch. Complete the activity log for this week. Compare it to the first week.

Nutrition – *Variety is the spice of life!*

Why is eating a variety of colorful fruits and vegetables important?

- Buying seasonal fruits and vegetables can be cheaper.
- You can get all the essential vitamins, minerals and antioxidants that are in the different colored fruits and vegetables.
- It adds different flavors and colors to the meals.
- Your children will learn good eating habits.



Ideas – *To help you meet this week's nutrition goal*

Check ✓ from this list what you will do this week.

- Eat 4 to 6 smaller meals instead of 3 large ones. Smaller meals allow your body to use the food for energy as it is needed. This lowers the chance of calories being stored as fat. You will also be less likely to overeat at the next meal.
- Stop hunger pangs. Keep some snacks available such as cut-up fruit, dried fruit, pretzels, plain popcorn, yogurt, or mini-boxes of raisins.
- Ask your children what they like best. Then let them create the “snack bag” each week.
- Spend less pocket money for lunch and replace it with a healthy lunch.
- Sign up for the school lunch program.
- Melt a little low fat cheese on vegetables for the family to snack on.
- Buy baked tortilla chips or bake some thinly sliced potato, bagel or tortilla pieces lightly brushed with canola or olive oil.
- Introduce small quantities of a new fruit or vegetable for the family.

- Serve snacks such as peanut butter on whole wheat crackers or pita bread stuffed with tomato, lettuce and low fat dressing.
- Eat fruit with a sprinkle of chili spice or fresh lime juice for a great refreshing snack.

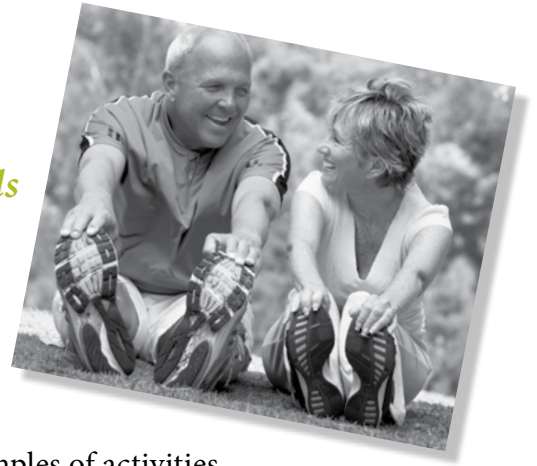
- _____
(Add your own idea)
- _____
(Add your own idea)

Physical activity – Reaching your goals

Why is stretching important?

It helps to:

- Keep your muscles toned and flexible.
- Prevent injuries.
- Reduce the pain and stiffness.
- Reduce strain when reaching for things.



Examples of activities that make you flexible are floor stretches, tai chi and yoga. Try to do this every day or at least before and after you are physically active.

Ideas – To help you meet this week's physical activity goal

Check ✓ from this list what you will do this week.

- Yoga
- Tai chi
- Martial arts
- Dance class
- Walkathon
- Hiking
- _____
(Add your own idea)
- _____
(Add your own idea)

Weekly checkup

Did you do the things you had checked off from the nutrition and physical activity lists?

Yes No

If not, what stopped you? (Write these down.)

What do you plan to do next week to be more successful?



Compare with week one

What is in your pantry this week?

- 1 Look at your groceries at the end of the fifth week. Make a list as you did the first week.
- 2 Go to your list and circle those foods and beverages that are high in fat, sugar or salt.
- 3 Compare this week's list with the one you made in the first week.

Congratulations!



Ask yourself these questions:

- Have the groceries changed from when you first made a list at the beginning of the Fit Families for Life program?
- Are you reading the nutrition facts labels more than before?
- Are you buying more fruits and vegetables and less sugar, fat and salt products?

A healthy lifestyle does not mean you can't enjoy the foods you like. Just reduce the number of times you eat them and watch your portion size.

What is your current physical activity level this week?

Compare the activity logs you and your family completed in the first week with this week.

- Has the total minutes spent on physical activities increased?
- Do you feel stronger and fitter?
- Has the time you spend with your family doing an activity increased?
- Do you feel you have more energy than before?

As you increase your physical activity, you may find little change in your weight. You are probably just getting rid of fat and replacing it with muscle. Don't use your scale as the only measure of success. Focus on your increased energy, better sleep, improved digestion, and happier mood. You may also find your clothes fitting better.



**You have completed the 5-week workbook.
Don't stop here...**

Remember, you are in charge of your health and the health of your family. The best way is to lead by example. Then your family will follow. You have come far and have taken the first step toward a lifelong commitment to good health!

Health Education

Free programs and services for CalViva Health members.

Health Education Programs and Services

- **Fit Families for Life–Be in Charge!SM and Healthy Habits for Healthy People Programs** – Learn how to eat healthy and be active. Join to receive a free workbook, DVD, stretch band, and cookbook.
- **Pregnancy Education** – Get tips on having a healthy pregnancy, newborn care and more. Call CalViva Health as soon as you know you are pregnant.
- **Breastfeeding and Nutrition Support** – Talk to a nurse about breastfeeding and nutrition over the phone.
- **California Smokers' Helpline** – Quit smoking with phone support, education and medications.
- **Healthy Hearts, Healthy Lives Program** – Get a toolkit which includes a workbook, tracking journal and DVD to help you have a healthy heart.
- **Health Education Classes** – Attend classes on various health topics to help you stay healthy.
- **T2X** – Teens and adults can join fun health activities at www.t2x.me.

Health Education Resources

- **Health Education Materials** – Health topics include diabetes, asthma, weight control, immunizations (shots), health screenings, and more. Materials are available in different languages and alternative formats.
- **CalViva Health News** – A quarterly newsletter with health information mailed to Medi-Cal members.

Cultural and Linguistic Services

- **Interpreter Services** – Call **1-888-893-1569** to get interpreter services at no cost.

Staying Healthy Assessment

- **Medi-Cal Members** – Ask your doctor for the Staying Healthy Assessment form so your doctor can better understand your needs



To learn more, call CalViva Health's Health Education Information Line at **1-800-804-6074** (TTY: 711) or log in to www.CalVivaHealth.org.

More Information

CalViva Health Medi-Cal members

- 1 For questions about your Medi-Cal benefits, call 1-888-893-1569.
- 2 Assistance for the hearing and speech impaired, call TTY: 711.

Cultural and linguistic services

- CalViva Health provides free interpreter support for members. Call 1-888-893-1569 if you would like help with interpreter services.
- The Public Policy Committee is CalViva Health's link to the community. CalViva Health wants to hear what you think so we can improve our programs and services. Call 1-866-863-2465 to join a Public Policy Committee in your area.

Public resources

- **Women, Infants and Children (WIC)** is a supplemental food and nutrition program for low-income pregnant, breastfeeding, and postpartum women and children under age five. 1-888-WIC-WORKS (1-888-942-9675).
- **The CalFresh Program**, formerly food stamps, offers help in buying healthy foods. Go to www.calfresh.ca.gov or call (877) 847-3663.
- To learn about calorie needs for you and each member of your family, go to www.choosemyplate.gov.
- **Network for a Healthy California** offers healthy cooking recipes and nutrition tips. Go to www.cachampionsforchange.net.
- To find a farmers' market close to you, visit the **California Federation of Certified Farmers' Markets** website: www.cafarmersmarkets.com.

Questionnaire

*Congratulations on completing the
Fit Families for Life–Be In Charge!SM program!*

Please mail to:
CalViva Health
Health Education Department
101 N. Brand Blvd., Ste. 1500
Glendale, CA 91203

Help us improve this program! Please complete all the questions of this short questionnaire and return it to us using the prepaid envelope. **We will send you a free thank you gift, and will enter you into a free raffle drawing for a \$50 gift card!** One entry per household only. Winner will be notified by phone. Only CalViva Health members are eligible for the gift and drawing.

Name: _____ Telephone: _____

CalViva Health member ID # (number on the front of your CalViva Health ID card): _____

Mailing address: _____ Apt #: _____ City: _____ State: _____ ZIP code: _____

Number of children in family: _____ Number of adults in your family: _____ (please include yourself)

What was the main reason your family joined the Fit Families for Life program?

- Health reasons
- Doctor recommended
- For family fun
- To win the raffle
- Other (please specify?): _____

After completing the Fit Families for Life program, how has your family increased the number of servings of fruit and vegetables in your meals? (May check ✓ more than one box.)

- Have not increased or use the same amount
- Children help with preparing the meal
- Blend fruits or vegetables into meals
- Have fruits and vegetables cut up and easily available
- Other (please specify?): _____

Before the Fit Families for Life program, when you went to buy groceries, how often did you read food labels?

- Never
- Sometimes
- Often
- Always

What was the average (in minutes) of your daily physical activity in week one of the program? (Add up the minutes you did for the week and divide by 7.)

- Less than 30 minutes
- 30–44 minutes
- 45–59 minutes
- 60+ minutes

After the Fit Families for Life program, when you now buy groceries, how often do you read the food labels?

- Never
- Sometimes
- Often
- Always

(continued)

What was the average (in minutes) of your daily physical activity in week five of the program? (Add up the minutes you did for the week and divide by 7.)

- Less than 30 minutes
- 30–44 minutes
- 45–59 minutes
- 60+ minutes

Did you and your family spend more time together at mealtimes while participating in this program?

- Yes
- No

Why? _____

What was most helpful to you about the Fit Families for Life program? Why?

What was least helpful? Why?

Will you continue using the information from the Fit Families for Life program?

- Yes
- No

Please mail to:
CalViva Health
Health Education Department
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Glendale, CA 91203