

# Fit Families for Life

A 5-WEEK NUTRITION AND FITNESS PROGRAM  
FOR YOU AND YOUR FAMILY





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# Welcome!

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

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## 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. Physical activity is any body movement that uses energy.



## Why is the Fit Families for Life program needed?

In the United States, obesity is increasing in adults and children. The Centers for Disease Control and Prevention (CDC) finds that nearly 1 in 3 children and 2 in 3 adults are overweight or obese. Obese children are now getting type 2 diabetes and other chronic conditions.



## What is a healthy weight?

The best way to know if you are at a healthy weight is by going to your doctor. But, there are some options you can try at home. See the options below for adults and children.

### Adults

#### Body Mass Index (BMI)

BMI uses height and weight to estimate how much body fat a person has. The higher your BMI number, the higher your risk for health problems. Use a tape measure to get your height in inches. Use a scale to get your weight in pounds. Then use a calculator to get your BMI number.

$$\text{BMI} = (\text{weight}) \times 703 \div (\text{height}) \div (\text{height})$$

Let's get the BMI number of a person who is 5ft, 2 inches tall and weighs 145 pounds. First, convert height into inches. Then plug it into the formula.

$$\text{BMI} = 145 \times 703 \div 62 \div 62 = 26.5$$

$$\text{BMI} = 26.5$$

Use chart to below to find the weight status. A BMI of 26.5 means that person is overweight.

BMI	Weight status
Below 18.5	Underweight
18.5 – 24.9	Normal or Healthy Weight
25.0 – 29.9	Overweight
30.0 and Above	Obese

Using BMI for weight status is just an estimate. It may not be helpful for athletes and people with a lot of muscle. You can also use an online BMI calculator. Be sure to talk to your doctor about your BMI number. Get it checked at every visit.

#### To maintain a healthy weight, it is recommended that:

- People eat more fruits and vegetables every day.
- Children get at least **60 minutes** of exercise daily.
- Adults get at least **30 minutes** of exercise almost every day.

<sup>1</sup>Moderate 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.



## Waist size

Adults can also use waist size to estimate risk for health problems. For men, a waist size of 40 inches or more is high risk. For non-pregnant women, a waist size of 35 inches or more is high risk. This is different from your belt size. To measure your waist size, you should be standing up. Place one end of the tape measure just above your hip bone. Wrap the tape measure around the middle of your stomach area, over your belly button. Breathe out, and measure.

Just like BMI, waist size is an estimate. Talk to your doctor to learn more about your risk.

## Children and adolescents

Because kids and teens are still growing, their weight status needs to be measured in a different way. Like adults, you start by getting a BMI number. You then use a growth chart to find the BMI percentile. This percentile tells you how a child's or teen's BMI compares to other kids of the same age and gender. A BMI at the 85th percentile is considered overweight.

You can use a BMI percentile calculator online to determine the weight status of a child or teen. The calculator needs your child's height (without shoes), weight, date of birth, and gender. The best way is to visit your doctor. Have it checked every year.

**Don't forget to visit your doctor regularly! Talk about your nutrition and fitness goals. Ask to have your weight checked too. Adults and children should have their weight checked during each visit.**

<b>Weight status category</b>	<b>Percentile range</b>
<b>Underweight</b>	<b>Less than the 5th percentile</b>
<b>Normal or Healthy Weight</b>	<b>5th percentile to less than the 85th percentile</b>
<b>Overweight</b>	<b>85th to less than the 95th percentile</b>
<b>Obese</b>	<b>Equal to or greater than the 95th percentile</b>



## 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.

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**Small changes make the biggest difference!**

Making healthy choices and being more active will help to:

- Reduce your risk of 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.
- Develop healthy bones.
- 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.
- 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 too.

Please ask your doctor if the Fit Families for Life program is right for you and your family. Go for a health exam, and ask about your weight status. 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

1

## 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.



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

## Nutrition – Read The Label

**Why is reading the nutrition facts label on foods and drinks 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.





**1** [

<b>Nutrition Facts</b>	
2 servings per container	
<b>Serving size</b>	1 cup (228g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 5g	
Vitamin D 1mcg	5%
Calcium 260 mg	20%
Iron 1mg	6%
Potassium 700mg	15%

**2** [

**3** [

**4** ]

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Reading labels will help you make better food choices.

## Nutrition facts labels

Use the tips below to learn more about food labels.

### 1 Serving size and number of servings

The information on a food label shows how much of something you are eating in only 1 serving. If the label says 250 calories, it means 250 calories for 1 serving only. But a food product can have more than 1 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!

### 2 Limit these nutrients

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

### 3 Get enough of these nutrients

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

### 4 % 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% or more.

### Sugar

Dietary guidelines recommend that you limit added sugar to less than 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. Choose foods with a low % Daily Value for added sugars.

### Note:

1 teaspoon = 4 grams of sugar



## 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.
- 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 Mins

## 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

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

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 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.

## Week 1

Names	S	M	T	W	T	F	S	Total weekly minutes

## Week 2

Names	S	M	T	W	T	F	S	Total weekly minutes

## Week 3

Names	S	M	T	W	T	F	S	Total weekly minutes

## Week 4

Names	S	M	T	W	T	F	S	Total weekly minutes

## Week 5

Names	S	M	T	W	T	F	S	Total weekly minutes

## To help you meet this week's physical activity goal

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

- Remind the family to track their exercise.
- Update the activity log sheet every day. Make it a habit!
- Walk or move faster to get your body warm and your heart pumping.
- Have a smart phone? See if it has a built-in pedometer to count the number of steps you take each day.
- Think of ways to be more active, like taking the stairs instead of the elevator.
- \_\_\_\_\_  
(Add your own idea)
- \_\_\_\_\_  
(Add your own idea)



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.)

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

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

# Week 2

## Nutrition Goal

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

## Physical Activity Goal

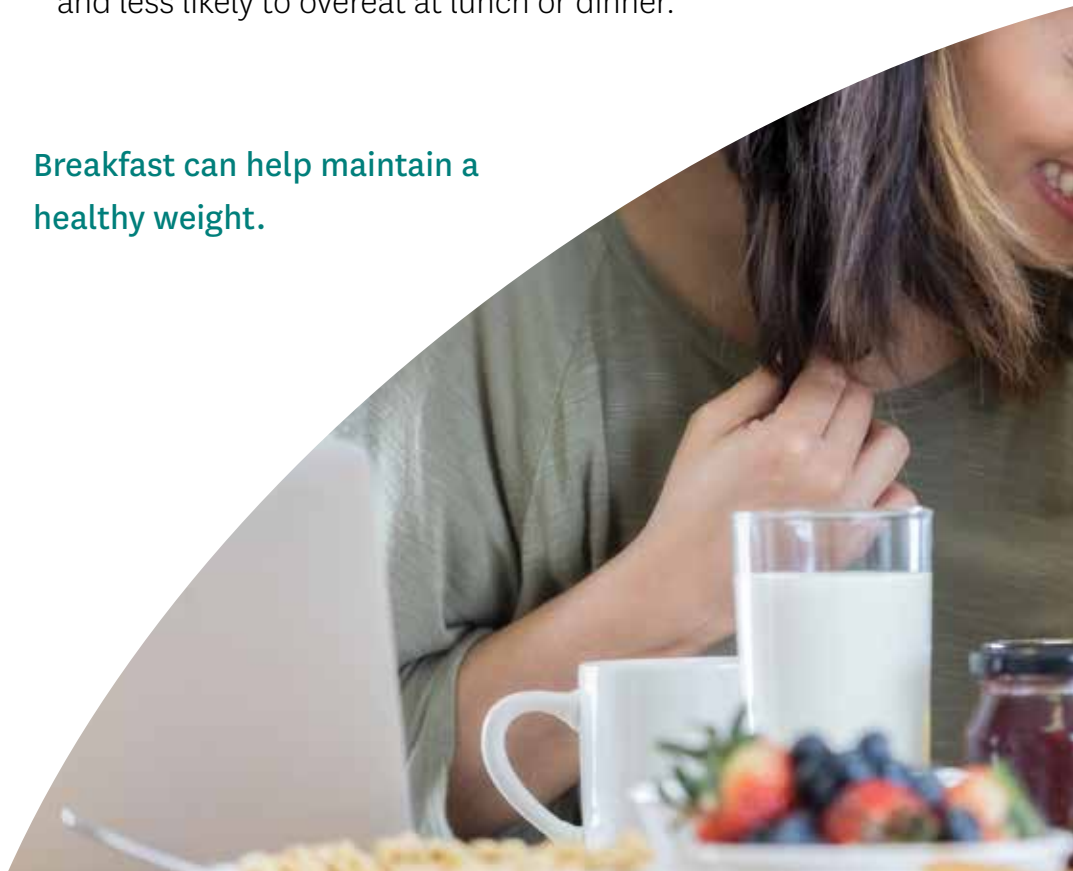
All family members should add 10 more minutes to their physical activity each day. Be sure to practice safety at all times!

# Nutrition – Breakfast First

## Why eat a healthy breakfast?

- Your last meal was several hours ago before your sleep. A healthy breakfast can give you energy to start a new day.
- Children and adolescents do better in school and during exercise.
- Breakfast can help maintain a healthy weight. 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.

**Breakfast can help maintain a healthy weight.**







## 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. Use 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.
- 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



Take a bottle of water to  
drink everywhere you go!

## Why think about safety?

- Check with your 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 30 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 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 right away. In an emergency, call 911.



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 extra 10 minutes of activity include:

- Taking a brisk walk after dinner.
- 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)

# 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!**

Kids can have fun and be active by trying the following things...

- 1 With friends, they can dance to music, play games like tag and hopscotch, and join a sports team at school or the park.
- 2 As a family, you can go on a walk together or play at the park. Turn off the TV for a day.
- 3 By themselves, they can fly a kite, do cartwheels, do jumping jacks, or practice their sports skills.
- 4 Have more fun by thinking up your own activities!





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.)

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

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Congratulations!  
You have completed  
week two of the  
Fit Families for Life  
program.



# Week 3

## 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.



### 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"/> _____<br>(Add your own idea)  |
|   | <input type="checkbox"/> _____<br>(Add your own idea)  |

# Physical Activity – Get Moving, Be Active!

## **Why is aerobic or cardiovascular activity important?**

During this type of exercise, your heart rate and breathing increase.

This helps to:

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





## 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!
- \_\_\_\_\_  
(Add your own idea)
- \_\_\_\_\_  
(Add your own idea)



### 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.)

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

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

Week

4

## 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.





## 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 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 your posture.
- 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.



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 each 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).





## To help you meet this week's physical activity goal

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

- Go up and down stairs for 10 minutes.
- Buy a resistance band. 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.
- Join a local gym and use the equipment.
- Do 8-10 push ups. Rest and repeat. Do this 3 times.
- \_\_\_\_\_  
(Add your own idea)
- \_\_\_\_\_  
(Add your own idea)



### 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.)

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

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You are almost  
at the end of the  
Fit Families for Life  
program!  
**Keep the good  
work going...**

Week

5

## 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.





## To help you meet this week's nutrition goal

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

- Stop hunger pains. 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.
- 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.



## 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)



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.)

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

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# Compare with Week One

## What is in your pantry this week?

Look at your groceries at the end of the fifth week. Make a list as you did the first week.

1. Go to your list and circle those foods and drinks that are high in fat, sugar or salt.
2. Compare this week's list with the one you made in the first week.



## 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.

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.

Ask yourself these questions:

- 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?

**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!**



# More Information

## CalViva Health members

To learn more, call the Health Education Information Line toll-free at **800-804-6074 (TTY: 711)**, Monday–Friday 9 am to 5 pm, excludes weekends and holidays.

For questions about your CalViva Health benefits, call the Member Services toll-free at **888-893-1569 (TTY: 711)**, 24 hours a day, 7 days a week.

## 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. **888-WIC-WORKS (888-942-9675)**.
- **The CalFresh Program**, formerly food stamps, offers help in buying healthy foods. Go to **[www.calfresh.ca.gov](http://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.myplate.gov](http://www.myplate.gov)**.
- **CalFresh Healthy Living** offers healthy cooking recipes and nutrition tips. Go to **<https://cachampionsforchange.cdph.ca.gov>**.
- To find a farmer’s market close to you, visit the California Department of Food and Agriculture website at **<https://www.cdffa.ca.gov/is/docs/CurrentMrktsCounty.pdf>**

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.