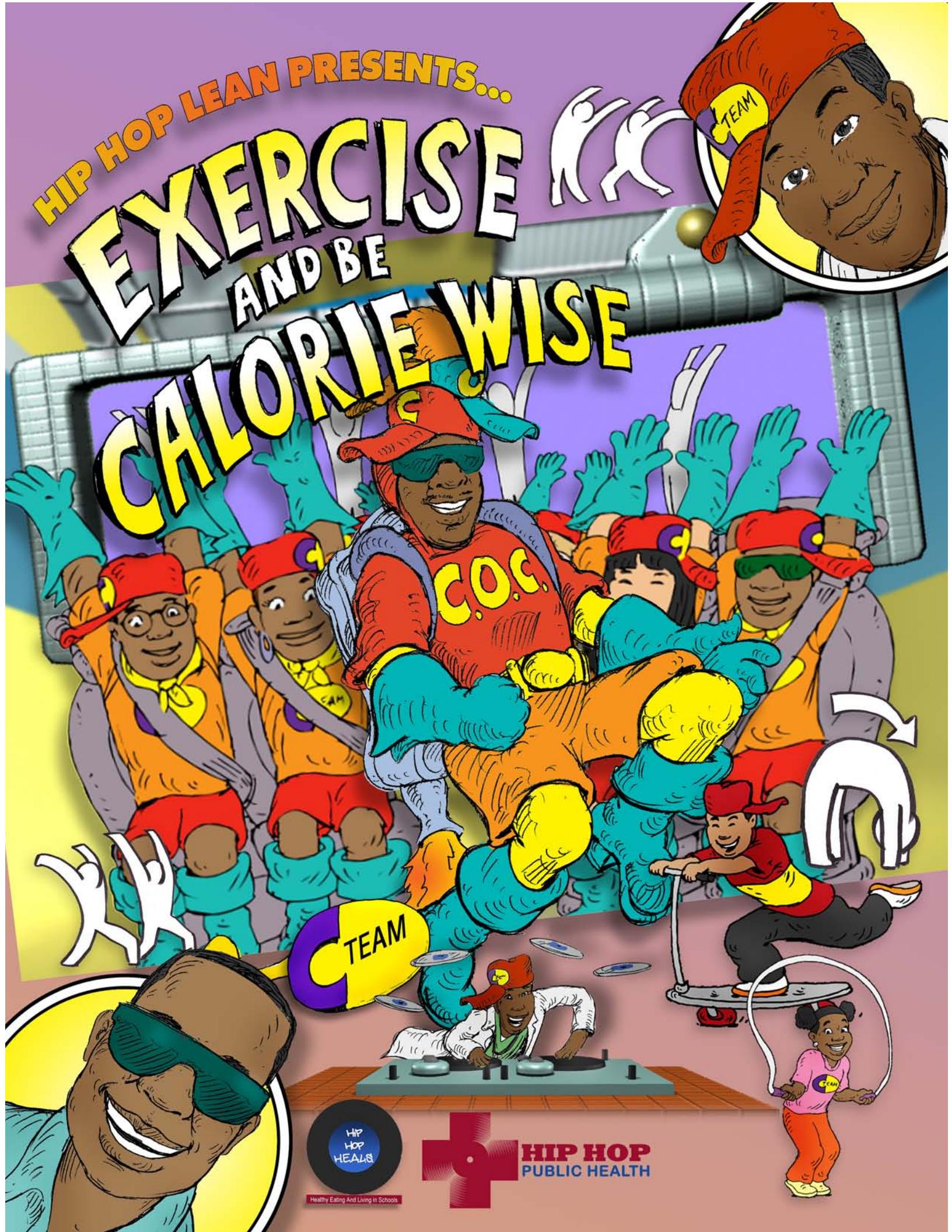


HIP HOP LEAN PRESENTS...

# EXERCISE AND BE CALORIE WISE



HIP  
HOP  
HEALS

HIP HOP  
PUBLIC HEALTH

Healthy Eating And Living In Schools

# EXERCISE AND BE CALORIE WISE

Written by Ian Ellis James

Illustrated and Designed by Bill Davis

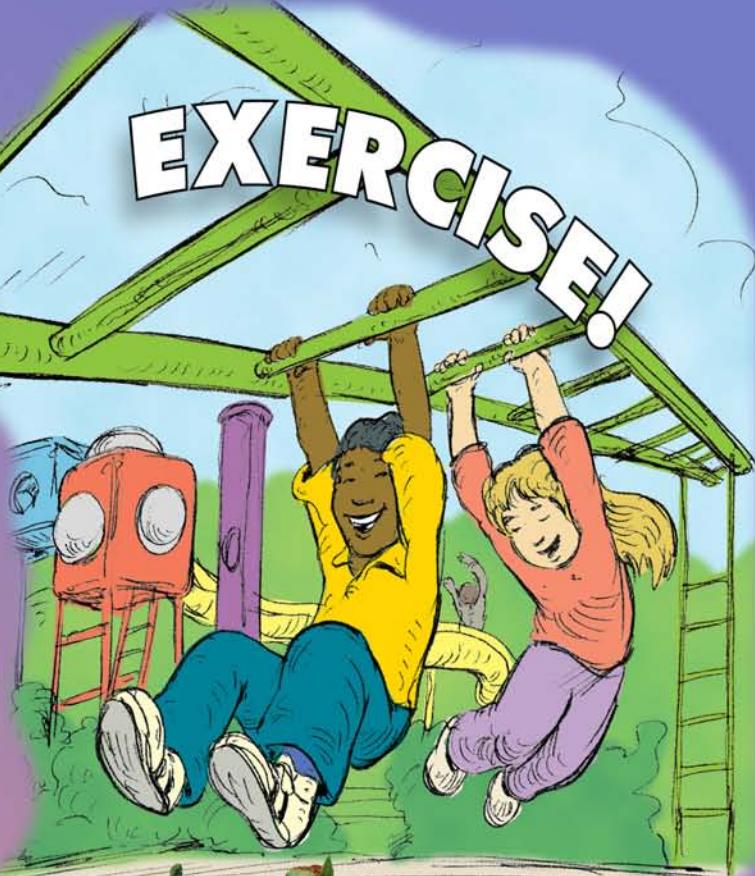
Academic Supervisor Dr. Olajide Williams

Sponsors:

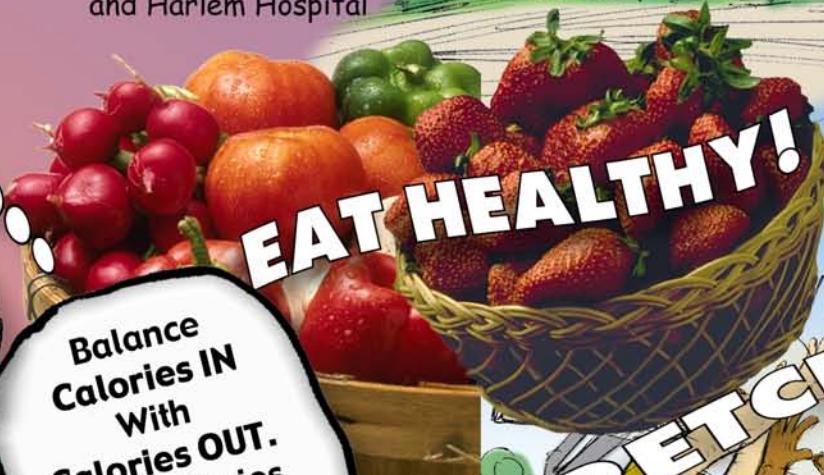
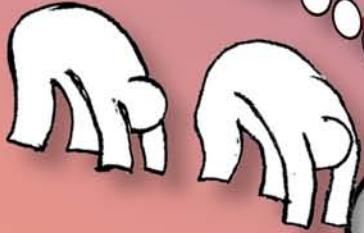
New York City Council,  
Offices of Speaker Christine Quinn  
and Inez E. Dickens

New York City Department of Health  
and Mental Hygiene

Columbia University Medical Center  
and Harlem Hospital



## BEND...



## EAT HEALTHY!

Balance  
Calories IN  
With  
Calories OUT.  
Extra Calories  
Means  
Extra Weight.

## STRETCH!





Hey kids, this is the Hip Hop MD.  
Let's learn about what exercise  
can do for YOU!



Hi, Kids!  
I'm glad you're here with me  
to check out the  
Exercise and Be Calorie Wise  
comic book.  
The C.O.C. is in the House, too.

I'm talkin' about bend,  
talkin' about stretch!

Hey, Hip Hop MD!  
Hey, C.O.C.

Hey, Doug E. Fresh!

What were you talking about, C.O.C.?

Exercise!!! And just like the song says...

Exercise is on the rise,  
say bye to the  
burgers and the fries.

Right, Doug!

Kids when you exercise,  
you burn calories.  
Some foods give you  
more calories than others.

# EMPTY CALORIES

And WHOA foods like cheeseburgers, fries, and soda have lots of empty calories from fat, sugar and salt!



BUTTER LABEL  
ON SIDE OF BOX

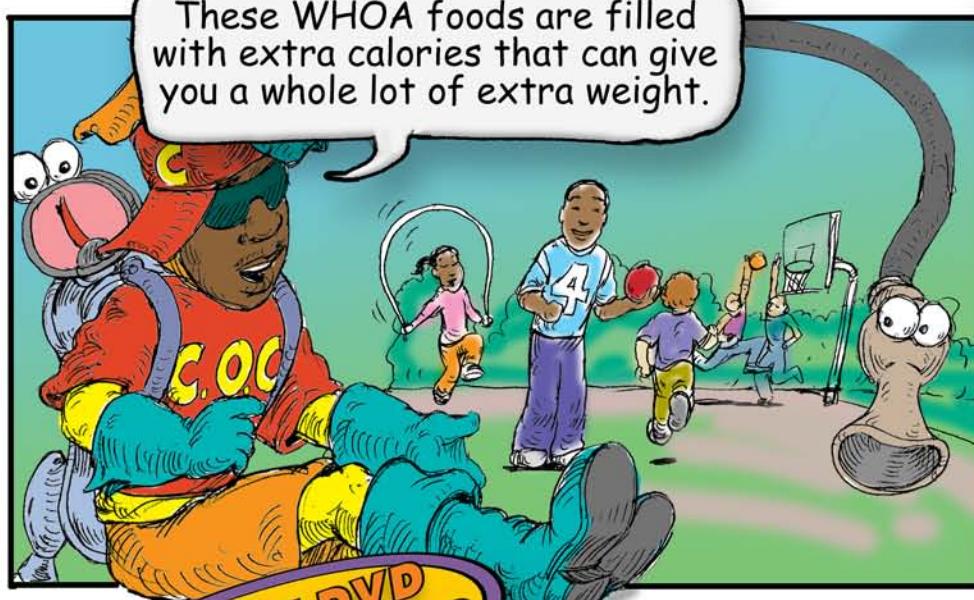
These WHOA foods are filled with extra calories that can give you a whole lot of extra weight.

WHOA!



SALT  
SUGARS  
WHOA!  
POTATO CHIPS LABEL  
ON BACK OF BAG

You have to exercise even longer to burn off the extra calories from these kinds of foods.



PLAY THE DVD  
AND RAP ALONG

RAP ALONG

# GET UP AND MOVE YOUR BODY!

HHMD

Hey, Kids!  
Exercise doesn't just  
burn calories.  
Here are a few things  
daily exercise can  
do for you:

# BEND!

1. IT'LL CLEAN YOUR ARTERIES!
2. IT'LL MAKE YOUR BRAIN MUCH SMARTER!
3. IT'LL MAKE YOUR HEART STRONGER!

Get up and move your body!

# STRETCH!

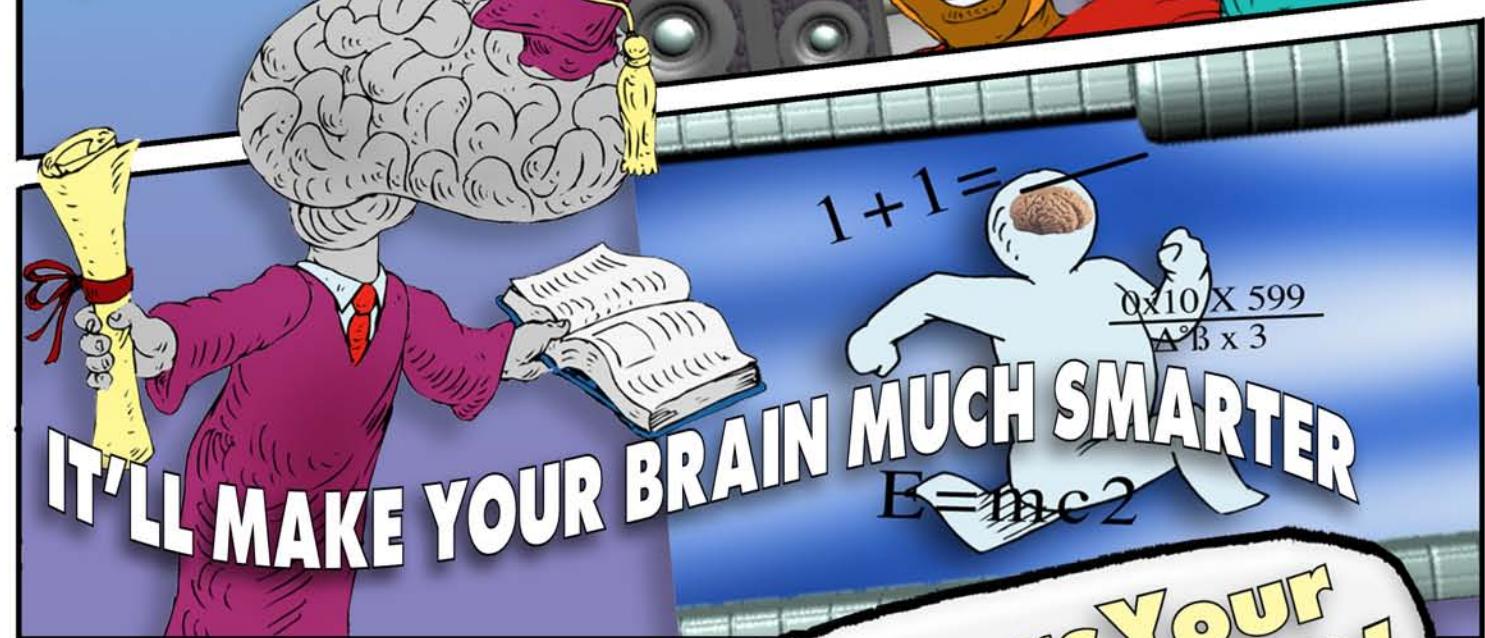
## RAP ALONG

EXERCISE, BE CALORIE-WISE,  
COME ON, LET'S GO!



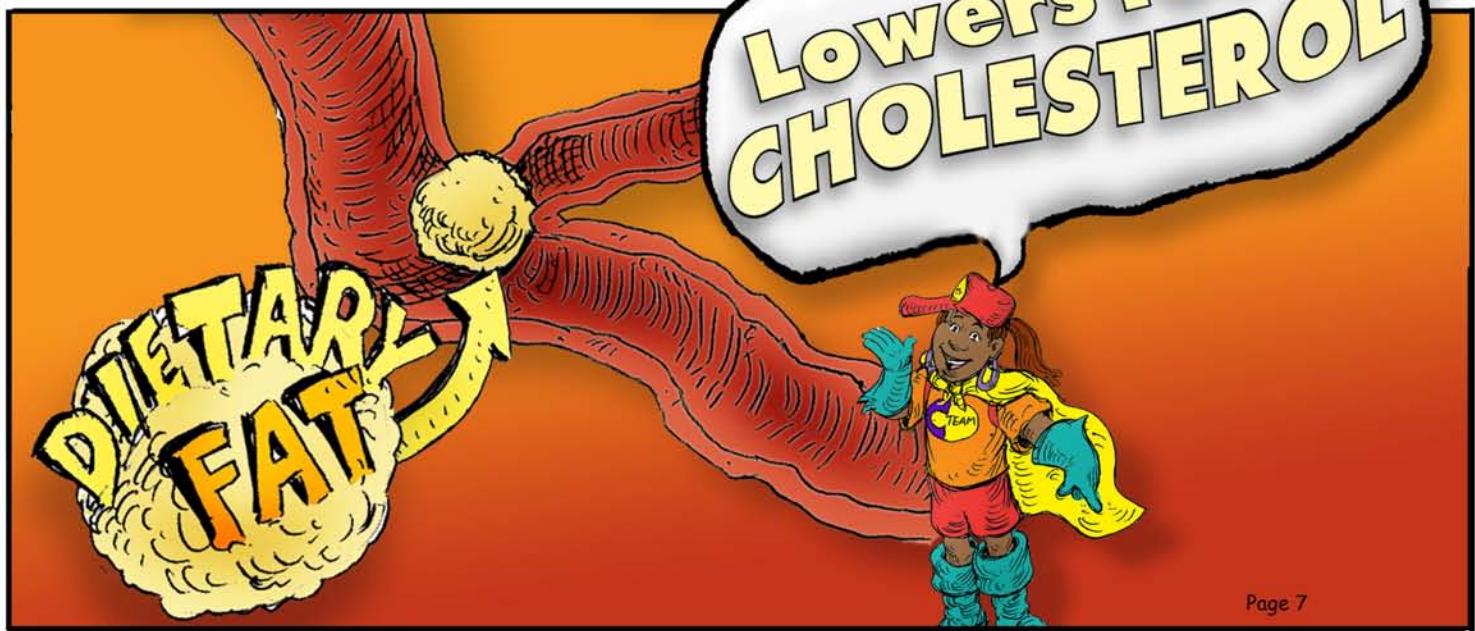
**It'll clean  
Your Arteries**

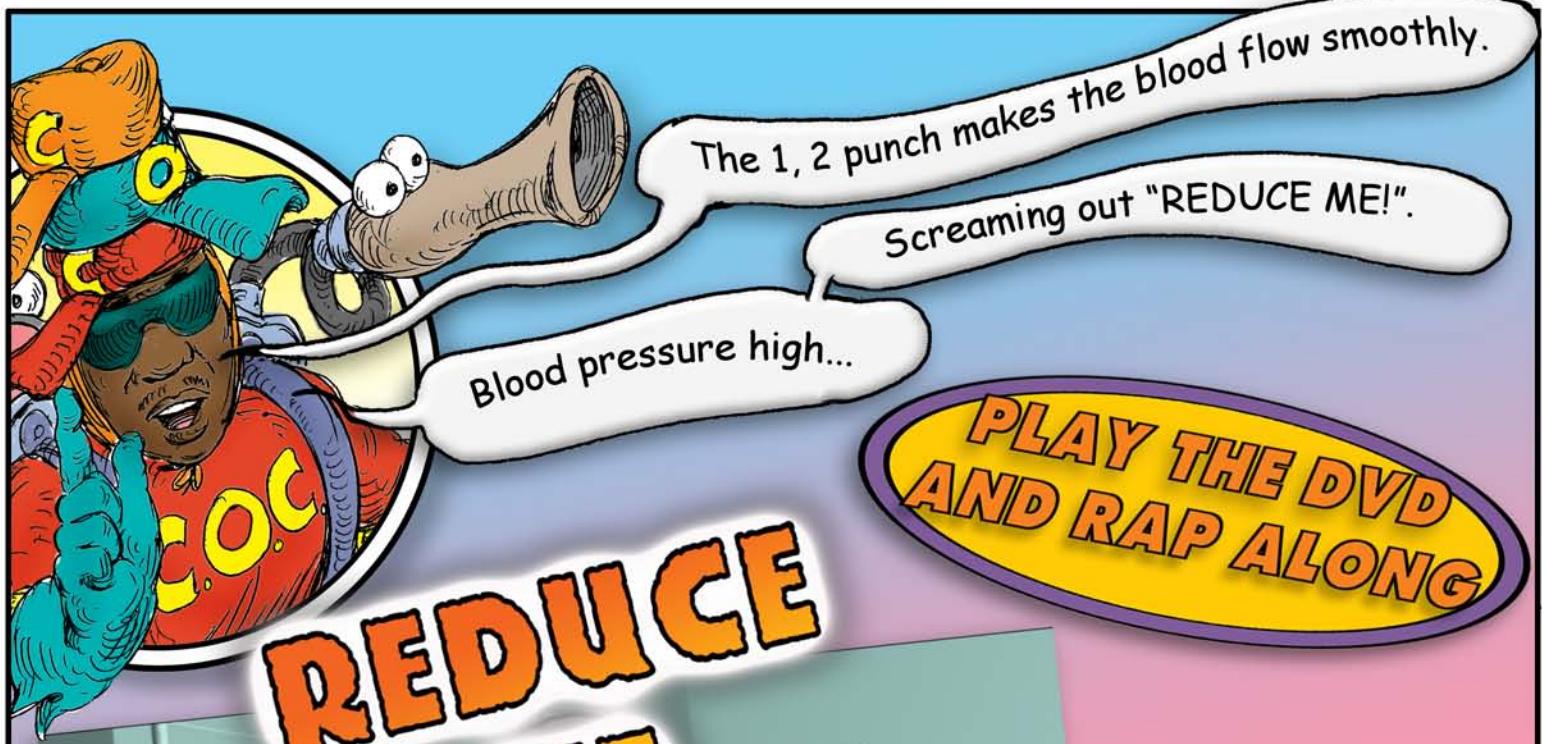
**DIETARY  
FAT**



**Lowers Your  
CHOLESTEROL**

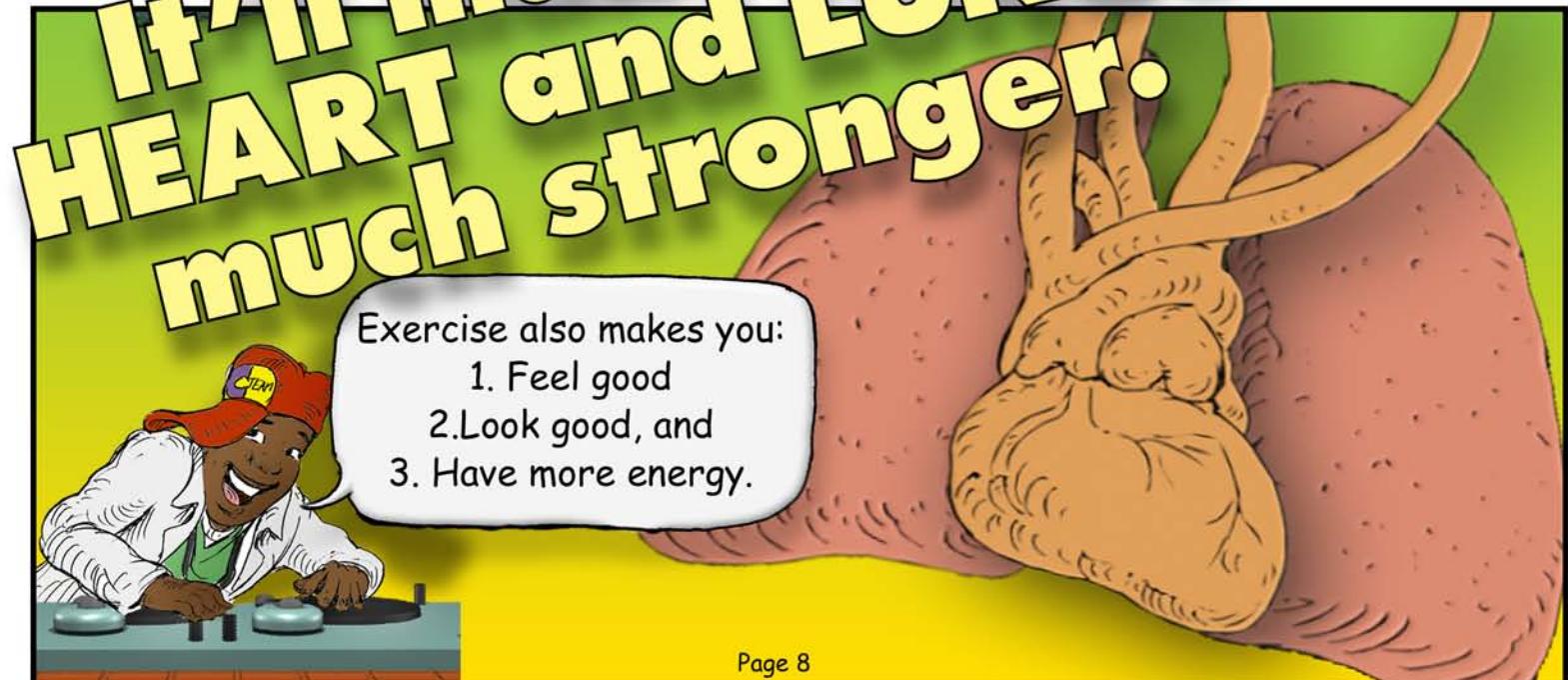
**DIETARY  
FAT**





# REDUCE ME

PLAY THE DVD  
AND RAP ALONG



Exercise really can do a lot for you! So, remember to balance those calories IN with calories OUT by doing something active every day.

Look at the chart below.

If you were 11 years old, you'd have to dance for 1 hour to burn over 100 calories.

So if you eat a double cheeseburger that is 540 calories...

You'd have to dance four and a half hours to burn those calories if you were 11 years old.

ANALYSIS COMPLETE	
Additional Information Displayed Below	
CALORIES	540
CALORIES from FAT	260
TOTAL FAT	29
SATURATED FAT	10
CHOLESTEROL	75
SALT	1040
SUGARS	9



### Calories Burned during Common Activities By Age and Time Spent

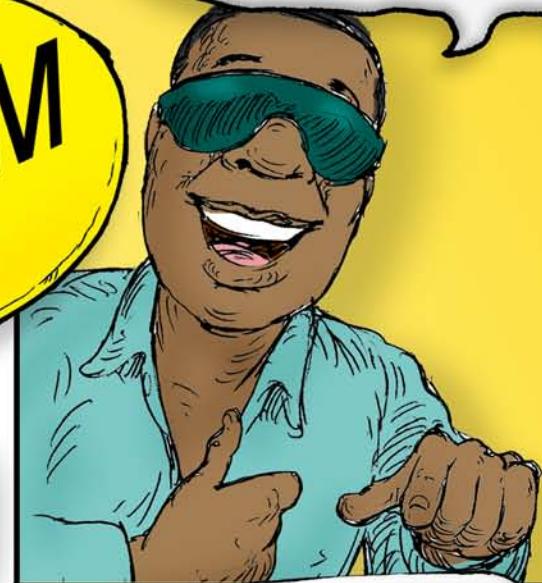
		BOYS				GIRLS			
		8 yr old	9 yr old	10 yr old	11 yr old	8 yr old	9 yr old	10 yr old	11 yr old
Walking	15 minutes	5	8	9	12	9	11	13	15
	1/2 hour	9	16	19	24	18	23	27	31
	1 hour	19	32	38	48	36	45	53	61
Dancing	15 minutes	17	22	25	29	21	25	29	33
	1/2 hour	33	45	49	58	43	50	57	65
	1 hour	66	89	98	116	85	100	114	130
Riding a Bike	15 minutes	21	28	30	36	26	30	34	37
	1/2 hour	42	56	61	71	52	61	69	79
	1 hour	85	111	122	142	104	121	138	157
Running or Basketball	15 minutes	36	46	50	57	42	48	54	61
	1/2 hour	72	92	99	115	84	96	108	122
	1 hour	145	184	199	229	167	191	216	245

Now you know how important it is  
to Exercise and Be Calorie-Wise!

Yeah - like the song says...  
Get up and move your body!



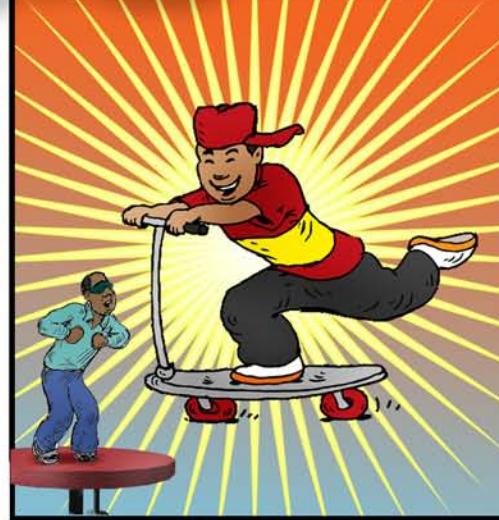
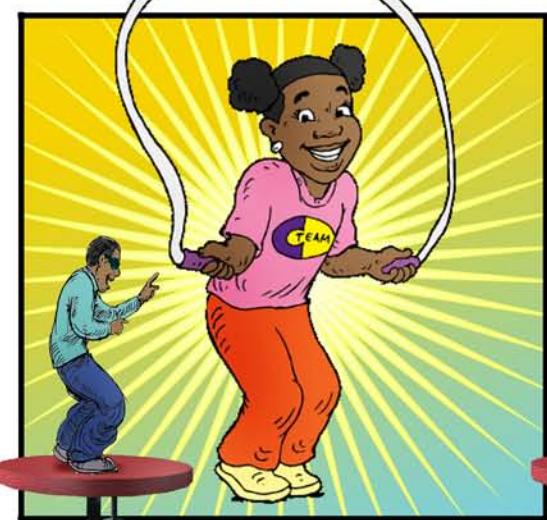
Exercise makes your heart and lungs stronger.  
It'll clean your arteries.  
It can also lower your blood pressure  
and bad cholesterol!



Exercise also makes you feel great and  
look great while burning off calories!



Let's go to Part II  
and share what we know!!



HIP  
HOP  
HEALS

HIP  
HOP  
HEALS

PART TWO

# "SHARING"

# Get Up and Move Your Body

It'll clean your arteries!

CHOLESTEROL  
SALT FAT SUGARS

EMPTY  
CALORIES

HEALTHY  
CALORIES

Now that you know what exercise can do for you, it's time to share it with family and friends!



**HIP HOP**  
PUBLIC HEALTH

Healthy Eating And Living in Schools

Healthy Eating And Living in Schools

Hey, kids! It's the Hip Hop MD asking you to get the word out about how important it is to exercise. Tell a parent or family member that it's time to Exercise and Be Calorie Wise.

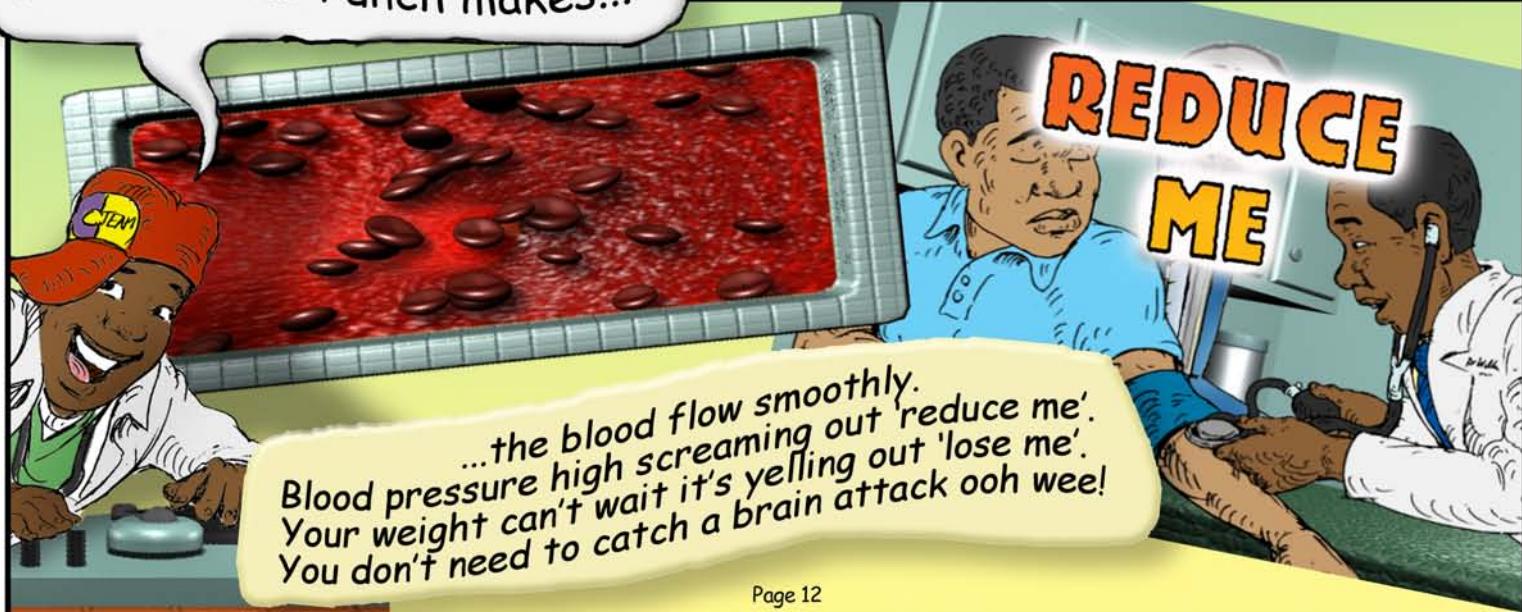


Eating foods with lots of fat, sugar and salt can lead to serious issues, clogged up arteries, fat around the tissue.

Mr. Burger I'm not trying to dis you but I probably wouldn't miss you if the salad was the issue.



The One-Two Punch makes...



Come on, Grandma!  
Move your body.

ME??

Yeah,  
Grandma!

Walk  
it out!

You can  
do it!

Get your grandparents and other family members to walk, ride a bike, jog, dance, use the stairs, or jump rope. Just get them moving! It's more fun when you exercise together!

Look at me!  
I'm walking it out!  
If I can do it, so can you.  
Get up off the couch and burn off those calories!

Grandma's right.

You don't burn too many calories just sitting around watching TV or doing other activities that don't get you moving.

Play the Beat Box Balance Game with family, and see if you can guess how many calories the different foods and activities are worth.



## \*LUNCH

### Foods

Calories: 0



CLICK → 206 Cal

### Activities

Calories: 0



Playing video Game burns 1 Calorie



Walking burns 52 Calories



Playing Basketball burns 235 Calories



CLICK →



To burn off the calories you get from adding a granola bar to your lunch, the Beat Box Balance Game suggests you play basketball. Walking or playing video games don't burn enough calories.

\*Based on an 80 pound, active young boy.

Balancing your calories isn't just about burning extra calories. It's also important to get enough healthy calories to give your body the energy it needs each day. Yogurt gives you just enough energy to ride a bike.



You can play the Beat Box Balance Game on our website at [www.hiphoppublichealth.org](http://www.hiphoppublichealth.org)



### \*Breakfast

#### Foods

Calories: 0

270 cal



CLICK →

105 cal



CLICK →

160 cal



CLICK →

\*Based on an 80 pound, active young girl

#### Activities

Calories: 0



Riding bike burns 157 calories



CLICK →

Exercise rarely?  
You need to go daily.

If you don't  
**exercise**  
and watch your  
**calories**  
you might gain  
**extra weight.**

# BALANCE

Calories IN

Calories OUT

If you want to stay fit,  
exercise smarter,  
not harder.

Foods

Calories: 0



Activities

Calories: 0



And remember to make smarter choices  
when it comes to watching your calories.  
Look for healthy foods at your movie  
theater, school cafeteria, and fast  
food restaurants.  
Right, C Team?

...if you eat that burger then you  
got to give that cheese back!

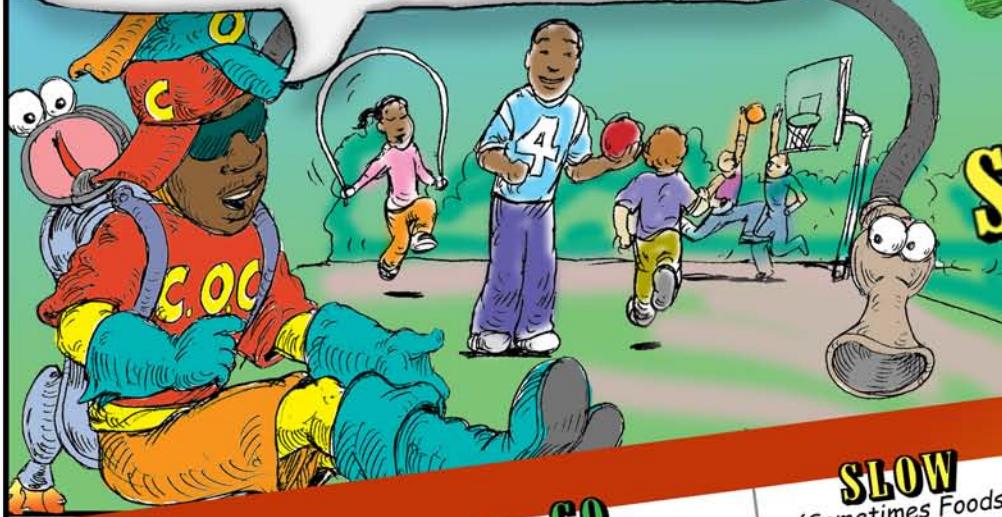


NO CHEESE!



Do you remember our Go, Slow, Whoa foods?

Well, in Part III of this comic book we have a cool Go-Slow-Whoa dance activity and song to help you find the best way to exercise smarter.



# GO!

GO Foods-

- Eat Almost Anytime
- LOW in Calories
- HIGH in Vitamins and Minerals

Examples:

- fresh fruit
- fresh vegetables
- salads

# SLOW!

SLOW Foods-

- Eat Sometimes
- MORE Calories
- HIGH in Vitamins and Minerals

Examples:

- Sub Sandwich
- Low-Fat Frozen Yogurt
- Hamburgers
- 100% juice



# WHOA!

(Once in a While Foods)

## Calorie Dense

Food Group

**GO**  
(Almost Anytime Foods)

**SLOW**  
(Sometimes Foods)

## Nutrient Dense

Vegetables

Almost all fresh, frozen and canned vegetables without added fats and sauces.

All vegetables with added fat like cheese, cream and sauces; Oven baked vegetables like oven fries and baked plantains

Fried potatoes, like French fries or hash browns; other deep-fried vegetables

Fruits

All fresh, frozen, or canned fruit without syrup or added sugar

100% fruit juice; canned fruit in light syrup; dried fruits

Fruits canned in heavy syrup; candied fruits

Breads and Cereals

Whole grain breads, pita and tortillas; brown rice; hot or cold unsweetened whole grain breakfast cereal

White breads; rice, pasta; tortillas; taco shells; biscuits; unsweetened corn and rice cereal; granola; waffles and pancakes

Croissants; muffins; doughnuts; sweet rolls; butter crackers; sweetened breakfast cereals

Milk and Foods Made with Milk

Fat-free or 1% low-fat milk, yogurt, cheese and cottage cheese

2% low-fat milk, yogurt, cheese, and cottage cheese

Regular or Whole milk, yogurt, cheese, cottage cheese, and cream cheese

Meats, Poultry, Fish, Eggs, Beans and Nuts (proteins)

Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed or grilled fish and shellfish; beans, peas, tofu; egg whites and egg substitutes

Lean ground beef and hamburgers; Canadian bacon, ham, low-fat hot dogs; tuna canned in oil; chicken or turkey with skin; nuts and nut butters; whole eggs cooked without fat

Untrimmed beef and pork; regular ground beef; bacon; ribs; fried chicken, nuggets; fried fish and shellfish; lunch meat, pepperoni, sausage and hot dogs; whole eggs cooked in fat

Sweets and Snacks

Frozen fruit juice bars; low-fat or fat-free frozen yogurt or ice cream; fig bars, ginger snaps, baked chips; low-fat popcorn

Cookies, cakes and pies; cheese cake; ice cream; candy and chocolates; chips and buttered popcorn

Fats or Condiments- Butter, Ketchup and Other Stuff that Goes on Food

Vegetable oil, olive oil, oil-based salad dressing; soft margarine; low-fat sour cream, mayonnaise, and creamy salad dressing; ketchup

Butter, stick margarine; lard; pork; gravy; regular sour cream; mayonnaise; creamy dressings; cream sauce; cheese sauce; cream cheese dips

Drinks

Water, fat-free or 1% low-fat milk

2% low-fat milk; 100% fruit juice; sports drinks

Whole milk; soda; sweetened iced teas and lemonade; fruit drinks with less than 100% fruit juice

# WHOA!

WHOA Foods-

- Eat Once in a While
- HIGH in Calories, Fat and Sugar
- LOW in Vitamins and Minerals

Examples:

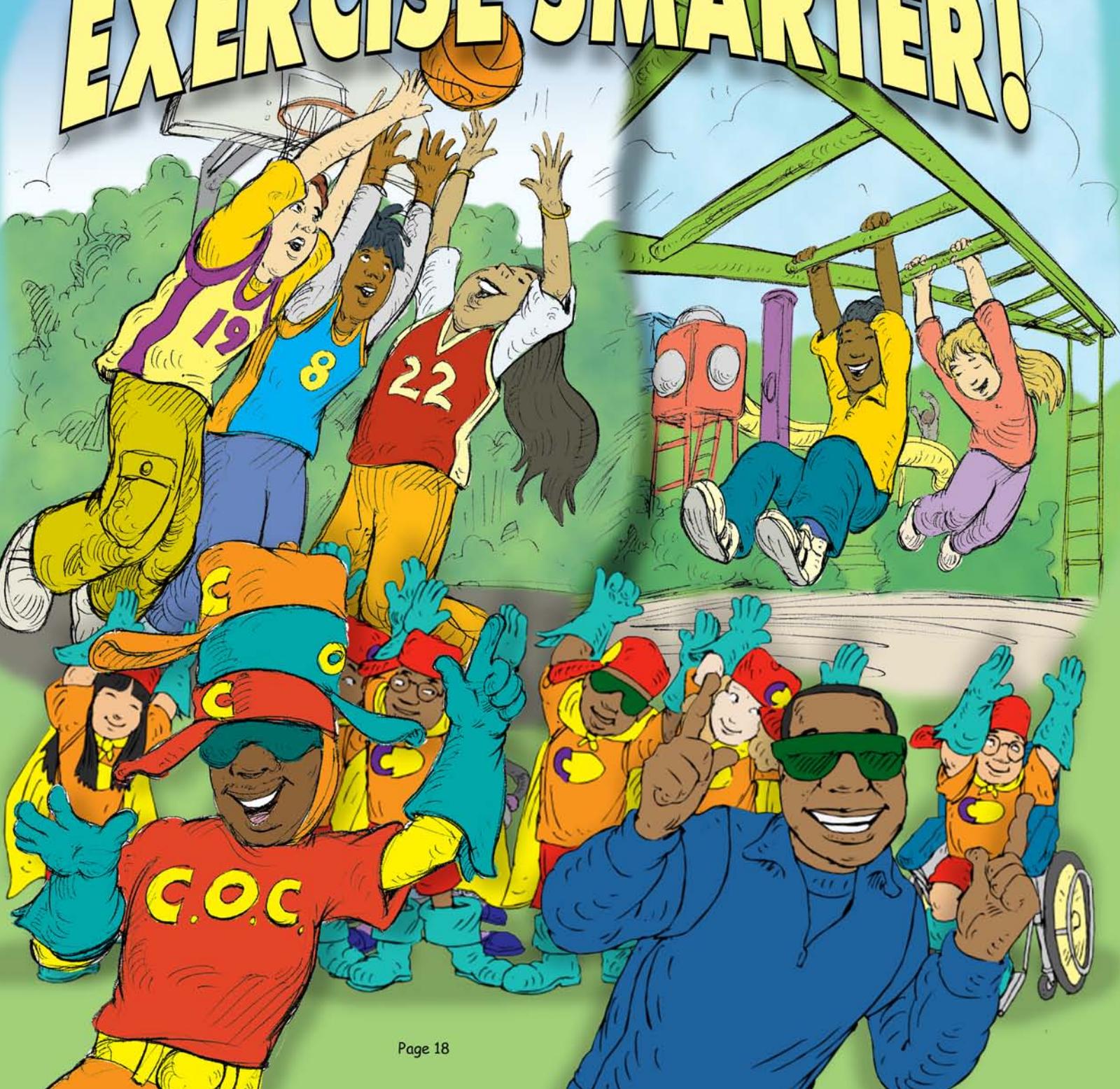
- Double Cheeseburger
- Fried Chicken
- Soda
- Candy and Pastries



PART THREE

"DOING"

# EXERCISE SMARTER!



# Are You Exercising Smarter?

The goal of this activity is to push yourself just enough to be in "the zone" where you get the most health benefits.

Just like we need the right calories to feel good, look good, and do well in sports, we need the right type of exercise - at the right intensity to be healthy and fit.

## GO - SLOW - WHOA DANCE SONG

To the left, to the left.  
To the right, to the right.  
To the front, to the back then stop.  
Hands up, criss cross, let's rock.

Come on, do what you wanna do,  
Do what you wanna do,  
Do what you wanna do,

Do what you wanna do,  
Do what you wanna do,  
Do what you wanna do,  
Do what you wanna do,

SLOW is "less active" and is too slow or not intense enough. Your heart is not pumping very fast.

Listen to the GO, SLOW, WHOA dance song. Sing along and do the steps. GO is "just right". You're burning lots of calories, and lots of fat.

### ALTERNATIVE LYRICS (counting method):

1, 2, 3, GO.  
5, 6, 7, SLOW.

If you breathe before GO, that's a WHOA.  
If you breathe before GO, that's a WHOA.

1, 2, 3, GO.  
5, 6, 7, SLOW.

If you breathe before GO, that's a WHOA.  
If you breathe before GO, that's a WHOA.

You're not pushing your body quite enough to get in shape.

WOAH is "very active". Your heart is working extra hard. You're burning lots of calories, mostly from sugar, not fat.

**PLAY THE CD  
AND  
DO THE STEPS  
ON THE  
FOLLOWING PAGE.**

# Let's Dance!

Hey Kids, learn the steps, and teach your family and friends.

PLAY  
THE  
CD

To the left, to the left.  
To the right, to the right.

To the front, to the back, then stop.  
Hands up, criss cross, let's rock.



1

To the Left

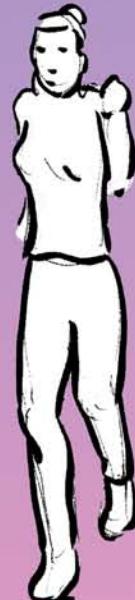
To the Left



3

To the Back

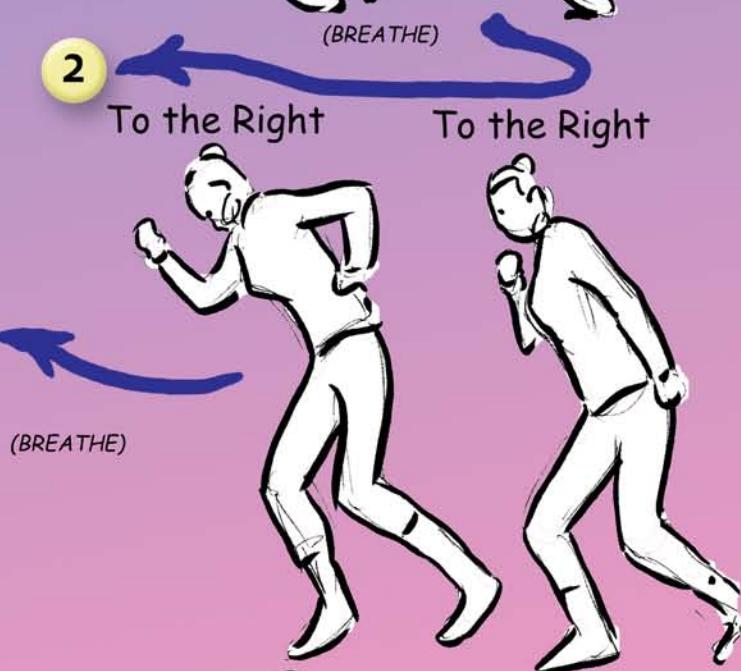
To the Front



2

To the Right

To the Right

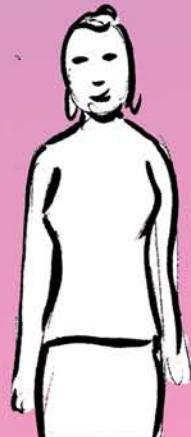


Then STOP

4

Hands UP

Criss Cross



LET'S ROCK!!



# SING ALONG DO THE STEPS

Do what you wanna do,  
Do what you wanna do,

Come on, do what you wanna do,  
Do what you wanna do,  
Do what you wanna do,  
Do what you wanna do,



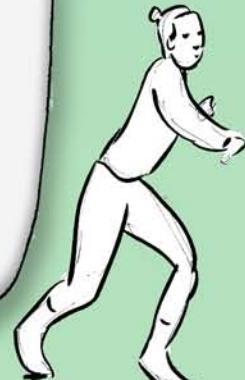
1, 2, 3, GO.  
5, 6, 7, SLOW.  
If you breathe before GO, that's a WHOA.  
If you breathe before GO, that's a WHOA.



1, 2, 3, GO.  
5, 6, 7, SLOW.  
If you breathe before GO, that's a WHOA.  
If you breathe before GO, that's a WHOA.



Remember, when it comes to exercise GO is "just right".  
Your heart is pumping "just enough".  
You're burning lots of calories.  
SLOW is "less active".  
You're burning fewer calories than with GO activities.  
WHOA is "very active".  
Your heart is working even harder.  
You're burning lots of calories, but that energy you're using is mostly from sugar, not fat.



# BALANCE YOUR CALORIES!

Great dancing and great exercising, kids.  
You were really in the zone.  
But always remember to  
Exercise and Be Calorie Wise.

LOOK FOR HEALTHIER MEALS  
AT SCHOOL, AT THE MOVIE THEATERS,  
AND AT FAST FOOD RESTAURANTS!



## USDA SCHOOL LUNCH PROGRAM

### Typical Meal

New York City Pizza Slice  
(Fridays)  
Green Salad  
Ranch Dressing  
Canned peaches  
Chocolate 1% milk

	Calories IN	Calories OUT
340	_____	_____
27	_____	_____
130	_____	_____
68	_____	_____
170	_____	_____
<b>735</b>		

### Alternative

Peanut Butter & Jelly sandwich  
(available every day)  
Green Salad  
Italian Dressing  
Fresh orange  
White 1% milk

	Calories IN	Calories OUT
275	_____	_____
27	_____	_____
40	_____	_____
62	_____	_____
140	_____	_____
<b>544</b>		

### Build a Meal.

Choose your favorite foods, and add up the calories under "Calories IN".

Use page 9 or our Beat Box Balance Game, and add up the calories  
for your favorite activities under "Calories OUT".

Match your Calories IN with your Calories OUT to balance your calories!

## MOVIE THEATERS

### Typical Snack

small popcorn  
with buttery topping  
small soda  
milk chocolate candies

	Calories IN	Calories OUT
370	_____	_____
120	_____	_____
200	_____	_____
480	_____	_____
<b>1170</b>		

### Alternative

small popcorn  
*without* buttery topping  
water  
skip the candy

	Calories IN	Calories OUT
370	_____	_____
0	_____	_____
0	_____	_____
<b>370</b>		

## FAST FOODS

### Typical Meal

Double cheeseburger  
Medium Fries  
Medium soda

	Calories IN	Calories OUT
740	_____	_____
380	_____	_____
210	_____	_____
<b>1330</b>		

### Alternative

Premium Grilled Chicken Classic  
Apple Slices with  
LowFat Caramel Dip  
Water

	Calories IN	Calories OUT
420	_____	_____
100	_____	_____
0	_____	_____
<b>520</b>		

# COLORING PAGE



# Special Thanks to Our **SPECIAL STAFF**

## HIP HOP PUBLIC HEALTH

Olajide Williams, MD, MS - Founder and Director  
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Alexandra DeSorbo, MPH  
Monique Hedmann, MPH  
Easy AD Cold Crush Brother  
Tiffany Newton  
Artie Green  
Doug E. Fresh  
Fatima Friday

We hope that our Hip Hop H.E.A.L.S. healthy eating program got you excited about eating healthy and exercising daily. You have to stick with it to stay fit!



Don't forget to visit our website at:  
[hiphoppublichealth.org](http://hiphoppublichealth.org).

It's a great place for you and your parents and your friends to hear more music, watch our videos, play games, and for you and your parents to get your own daily calorie number.

