

STRONG⁴LIFESM

Family Resource Guide



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Welcome

Welcome to Strong4Life! We are so happy you joined the Strong4Life family. During your experience, you will receive many valuable tips and tools, as well as coaching and counseling about nutritious eating and maintaining a healthy, active lifestyle. This resource booklet is designed as a reference guide for your family, and it contains many of the ideas we will share with you during our sessions. It also contains recipes, grocery shopping tips and so much more. We hope you will refer to it often.

Strong4Life: A statewide movement

In 2011, Children's Healthcare of Atlanta launched Strong4Life, a wellness movement designed to ignite societal change and reverse the epidemic of childhood obesity and its associated diseases in Georgia.

Based on our clinical behavior change model for treating overweight and obese children, Strong4Life aims to help families achieve sustainable lifestyle change by breaking down the complex issue of childhood obesity into simple steps. Centered on the Strong4Life Healthy Habits, Strong4Life encourages families to try taking small steps that will lead to big changes.

In addition to Camp Strong4Life, we reach families through public awareness, policy change efforts, school programs, healthcare provider programs, community partnerships and more. Strong4Life makes improving family nutrition and physical activity habits fun and provides parents and caregivers the support they need to accomplish their goals.

In less than two years, the Strong4Life movement reached more than 250,000 Georgia children and families with our exciting Strong4Life programs. And we're just getting started.

Our team of physicians, dieticians, exercise physiologists and health educators are all dedicated to designing and delivering new, exciting programs to encourage Georgia families to take simple steps toward healthier, happier lives.

Just for you: Strong4Life.com

To help support parents in Georgia, Children's developed Strong4Life.com, a robust website full of tips, including simple ways to set goals and get their families moving more and eating right. The site was developed based on research, and aims to help diminish the barriers parents face (such as time, money and feeling as though they don't know where to start) as they consider making healthy lifestyle changes.

The site features information for parents about how to have "The Talk" about healthy living with their families, videos of Georgia families in their Strong4Life journeys, a healthy home assessment and a weekly advice blog, "Healthy Dose," from Dr. Walsh (mother of three boys and Medical Director of Child Wellness at Children's). We also distribute monthly e-newsletters with real-life tips and support to help you at home. *Sign up for our e-newsletter by visiting strong4life.com and clicking "Join the Movement."*

Strong4Life Healthy Habits

We encourage all families to try to make small steps towards the Strong4Life Healthy Habits:

- Make half your plate veggies and fruits
- Limit screen time to one hour
- Be active for 60 minutes
- Drink more water and limit sugary drinks

Veggies and fruits come in a variety of colors. These colors tell us they are rich in vitamins and minerals. To ensure we get the vitamins and minerals we need, we should fill half of our plate with veggies and fruits of different colors. It is important for us to choose a variety of colorful veggies and fruits, understanding that they each have a specific purpose for our bodies. There are thousands of different kinds of veggies and fruits. Introducing new fruits and veggies into your family's meals will allow you to taste and experiment as a family until you find some new ones that you like. The next time your family eats a meal, encourage your family to split their plate in half with an imaginary line and fill it with veggies and fruits.



FUN FACT:

Studies show when kids eat more veggies and fruits, they perform better in school.



Be active for 60 minutes

Getting regular physical activity provides great benefits. Physical activity helps us increase muscle strength, build strong bones and make our hearts healthier. Some people think being active is a chore, but it is important to enjoy physical activity so we have fun. If you or your children enjoy sports, get involved with a team; however, being active does not only mean participating in sports. There are plenty of physical activities such as dancing, going on a walk with a friend or as a family or riding a bike to the park. Have a family meeting and figure out what you like to do that is active and encourage each other to get started doing that activity.

FUN FACT:

Adding physical activity can help kids do better in school, reduce stress, sleep better and have more energy.



Drink more water and limit sugary drinks

Did you know that one 20 ounce bottle of soda can have the same amount of sugar as 18 chocolate chip cookies? Sodas are not the only sugary drinks; teas, sports drinks and juices are also loaded with sugar. Our bodies are about 60 percent water—that's more than half! It is important we get the water our bodies need, so everyone in the family should drink water with meals and snacks, as well as throughout the day. When we are active or when it is hot outside, our bodies lose water in the form of sweat.

This is a natural process that cools us down. We need to replace the water our bodies lose every day by drinking water.

FUN FACT:

Staying properly hydrated helps kids focus better during the school day.

Technology is everywhere and we benefit from it in many ways. However, it is important to remember using technology requires a lot of sitting, and when we spend too much time in front of a screen it can keep us from being active. Screen time includes sitting in front of a computer, playing video games, using cell phones and watching TV and movies. In order to be Strong4Life as a family, you should limit your screen time to 60 minutes each day while at home. It is important to remember that you should balance screen time with activity. What does that mean? It means that if you spend 30 minutes playing on the computer or watching a TV show you should spend 30 minutes being active as a family. Try it and you will feel great!



Limit screen time to one hour

FUN FACT:

The average American child spends more than four and a half hours in front of a screen each day.



Make *half* your plate veggies & fruits



Be active for 60 minutes



Drink more water & limit sugary drinks

Limit screen time to *one hour*

Putting it all together

It is important to learn the Strong4Life Healthy Habits so we can make healthy choices. Strong4Life is about making small, simple changes. We encourage families to set an easy physical activity or nutrition goal, and once it becomes a regular habit, set another. You can be a leader for Strong4Life by encouraging others to do the same.



Goal Setting

Your family's lifestyle habits develop over a period of time. These habits are the result of experiences involving other family members, school, work, the media and other sources. Some of these lifestyle habits might need to change for your family to lead a healthier life.

Are you ready for change? *Don't say yes too quickly.* Know that with any change there may be some discomfort until your family gets used to the new way of thinking or doing something.

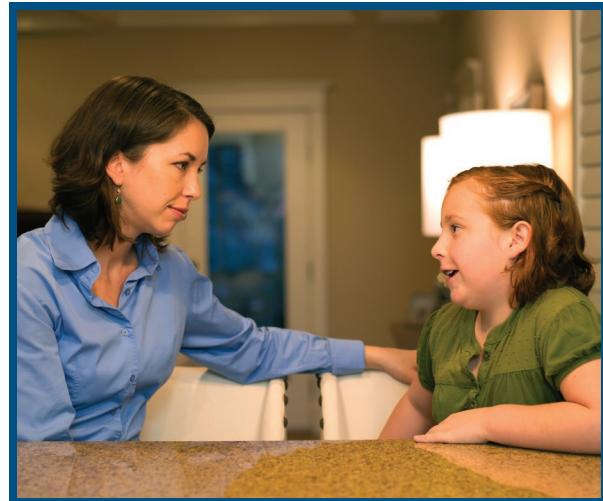
The best plan for change is to take it one step at a time, building on your family's current successes and adding new goals. Move at your own pace and keep in mind that it takes time to create a new habit and make it stick!

It is time to think about what healthy lifestyle changes your family can make together.

Begin by looking at some healthy lifestyle habits:

- Does your family take part in any type of physical activity together?
- Does your family watch more than two hours of TV a day?
- Do you offer your family fruits and vegetables daily?

These are areas in your life where your family can begin to make simple changes. For example, if your family does not take part in any physical activity together, then set a goal to walk the dog as a family or take a family stroll after dinner to the park. Physical activity together can be relaxing and fun. It is important to know what your habits are before you can begin to make changes. Choose just one habit each week to begin making changes. During your Initial Strong4Life Session, you will set a goal as a family with the help of one of our Strong4Life health professionals. In the appendix we have included goal setting worksheets and materials to aid you in setting your family goals. See Appendix 1 for goal setting worksheets.



Meal Planning and Nutrition

Mealtimes are family time

For many families, eating meals together is a lost art. As your child grows older and becomes more independent during adolescence, he or she will likely spend less time with the family and eat more meals away from home. There are a number of growing studies that show the importance of regular family mealtimes in early childhood to establish good habits into the teen years.

Research from the Child Trends Data Bank indicates children in families who eat together:

- Eat healthier foods, including more fruits, vegetables and dairy products
- Do better in school
- Get along better with other children
- Are less likely to engage in fighting
- Are less likely to engage in high-risk behaviors such as drinking, smoking, drug use and sexual activity

(Refer to Appendices 3 and 4)

Parent's jobs and child's jobs (P's & C's)

Each member of the family has a job when it comes to meals. These jobs will help prevent meals from becoming power struggles.

- Your job as the parent is to plan, prepare and provide meals and snacks.
- Your child's job is to choose if, what and how much he/she is going to have.

Parent's jobs (the three P's)

Plan: You are in charge of serving a variety of foods and making sure nutritious choices are available. Planning also involves decisions about where and when meals and snacks will be offered and what to buy.

Prepare: You and your child can work together to prepare meals and even clean up afterwards. This can ease the stress of families who have busy or conflicting schedules.

Provide: You need to provide a pleasant and loving atmosphere for your family during meal. This includes removing distractions such as TV, computers, books and phones.

Child's jobs (the three C's)

Choose to eat: Your child should be allowed to decide whether to eat based on his/her hunger and fullness cues. If he/she is not hungry enough to eat, there will not be another opportunity to eat again until the next mealtime.

Choose what to eat: Your child should be allowed to serve himself/herself from the foods provided during the meal, or the pre-selected menu items if eating at a restaurant.

Choose how much to eat: As your family sits down for a family style meal, part of your child's job should be to choose how much he/she wants to eat. Your child should be reminded to only serve the amount he/she can eat comfortably.

How to plan a week's menu

Planning for the week and using leftovers will make it easier to eat a healthy homemade meal most days of the week.

1. Write your menu for the week. Include at least one vegetable at every meal.
2. Look in your pantry and refrigerator to see what ingredients you already have.
3. Make a list of what you need to buy.
4. Go to the grocery store with your list and stick to it.

Sample weekly dinner schedule

Sunday: Rotisserie chicken with roasted broccoli and roasted potatoes.

Monday: Grilled lean hamburgers with lettuce, tomato, avocado on whole grain bun with steamed green beans.

Tuesday: Whole grain pasta with sautéed vegetables, white beans, crushed tomatoes and a garden salad.

Wednesday: Chicken tacos (*leftover rotisserie chicken*), sautéed onions, peppers, low-fat cheese, whole grain soft tortillas, salsa and avocado, with a cucumber salad.

Thursday: Vegetable soup, whole grain crackers and garden salad.

Friday: Make your own pizza with whole wheat crusts, low-fat cheese and lots of veggie toppings.

Saturday: Grilled or baked salmon with fresh vegetables and couscous.

Snacks for the week: Almonds, yogurt, cantaloupe, celery sticks and peanut butter, apples, cheese sticks with whole grain crackers.

To reduce work even further, you can:

- Take turns cooking.
- Assign your kids to simple duties. They can set the table, clean dishes or follow directions to prepare a simple meal.

Grocery Shopping Tips

1. Plan a week's menu, write a grocery shopping list and stick to it.
2. Have a healthy snack before going to the store; never shop on an empty stomach.
3. Start shopping in the outer edge of the store. Here you will find lots of healthy produce, dairy and meats, as well as fewer packaged goods.



PRODUCE

In this section you'll want to choose a variety of colorful fresh fruits and vegetables. Look for produce that is in season for maximum flavor and value. Try new fruits and vegetables and vary your colors.

CANNED GOODS

The greatest concerns in this area are high levels of salt and preservatives. Choose "no added salt" versions and rinse canned veggies with water before cooking. Avoid creamy soups and vegetables. Read the ingredient label to avoid added sugar, fat or salt. The more "wholesome" a label reads, the better.

DELI AND MEATS

In this section the best options are fish, seafood and lean meats (sirloin, loin and round cuts of meat). If you choose a meat with visible fat, trim it before cooking it. Chicken/turkey breasts or drumsticks with no skin have less fat. Limit how often you eat high-fat meats such as salami, pepperoni, bologna, wings, ribs, sausages.

Choose lean cuts such as turkey, chicken (no skin), ham, pork loin, chops (fat trimmed), lean cuts of beef, veal, lamb.

BAKERY

Choose 100% whole grain bread products the majority of the time. Pass on the sweets unless it's a special occasion.

SNACKS AND CRACKERS

The main concern with packaged snacks and crackers is added fat and/or sugar. Look for "0" trans-fats. Choose those options with the highest amount of fiber (greater than 5 grams is "high fiber"), and remember, chocolate coated granola bars are another name for "candy bar."

PASTA AND RICE

In this aisle you can find many high-fiber products. Look for brown rice, whole wheat pasta and experiment with other whole grains such as couscous and barley. Also look for dried beans, lentils and peas, which are a good source of healthy and inexpensive proteins.

CEREALS

Whole grain cereals have lots of nutrients and can contribute to a healthy diet. Remember that added sugar is often hidden in cereal. Read the food label and aim for less than 6 grams of sugar per serving and 3g or more of fiber. The lower the sugar the better.

BEVERAGES

Water is the best beverage to keep you hydrated, to carry all the nutrients around your body and to get rid of toxins. If you need some variety you can also try unsweetened herbal teas or seltzer water flavored with fresh fruit.

CONDIMENTS

In this aisle, be mindful of the salt and sugar content that is often hidden in these foods. Ketchup and barbecue sauces often have added sugars. Choose the "light" and "low salt/sodium" options, and stick to the serving size listed on the nutrition label. Choose low-fat dressings, or try to make your own salad dressing to save some money. For about four cups of lettuce, mix one tablespoon vinegar or fresh lemon juice and two tablespoons olive oil. Add a pinch of salt and pepper. Toss well and then serve the salad on individual plates. If you toss your salad before serving it you will need less dressing.

CHIPS AND SNACKS

If you need an occasional snack a good choice is baked or trans-fat free chips, plain popcorn (no butter) or baked pretzels.

DAIRY

Incorporate low-fat dairy into your diet to protect your bones and teeth. Choose 1% or skim milk, lower fat cheeses, cottage cheese and yogurt. Dairy also has protein and can be a great complement to fruits or vegetables for a healthy snack.

FROZEN ITEMS

Frozen veggies and fruits are a great way to get all the nutrients you need. Choose those with no creams or sauces, and add your own herbs and spices. If you need a quick meal and would like to choose a frozen dinner, "Kashi," "Healthy Choice," or "Lean Cuisine" are good options.

(See Appendix 5 for additional grocery shopping tips)



Hands-on, budget-friendly cooking

Now that you understand the components of a healthy, well-balanced meal, let's start thinking about how to make small daily changes in meal preparations. Cooking healthier meals will improve kids' eating habits and teach them to enjoy a variety of nutritious foods. In this section, we will discuss how to overcome expense and time barriers by creating budget-friendly, easy, healthy meals.

Buying ingredients

It helps to think about recipes differently to make them more budget-friendly. Look for items such as fruits, vegetables or beans that are on sale and add them to an inexpensive base. The base should consist of a whole grain or lean protein.

BASE (A WHOLE GRAIN OR A PROTEIN) + BUDGET-FRIENDLY COMPONENT

Examples:

Brown rice + black beans and diced tomatoes

Chicken breast + whole grain pasta and frozen peas

Whole wheat tortillas + eggs and low-fat cheese

Tuna + celery, onion, green beans and red potatoes with light vinaigrette dressing

Simple ingredient modifications

Use the charts below for quick and inexpensive recipe and ingredient substitutions that will instantly improve the nutrition of a meal.

FRUITS

INSTEAD OF	TRY
Fruit canned in syrup	Fruit canned in water or its own juice
Fruit juice	Whole fruits
Syrup	Pureed fruit

VEGETABLES

INSTEAD OF	TRY
Regular canned vegetables	No salt added canned vegetables
Vegetables cooked with meat	Vegetables cooked with other vegetables
Iceberg lettuce	Darker greens such as romaine, spinach or kale



GRAINS

INSTEAD OF	TRY
Refined grains such as: white rice, white bread, tortillas, white pasta	Whole grains such as: brown rice, quinoa, whole grain tortillas, whole wheat couscous, whole grain pasta
White flour	Whole grain flour (<i>or half all-purpose/half whole grain flour</i>)
Sugary cereals	Whole grain cereals or cereals with less than 6g of sugar per serving

PROTEIN

INSTEAD OF	TRY
Regular meat	Lean beef, chicken or fish
Always serving meat	Meat alternatives such as legumes (<i>dried peas and beans</i>)
Frying	Boil, broil, grill or roast meats

DAIRY

INSTEAD OF	TRY
Whole milk or 2% milk for children over the age of 2	Skim milk or 1% milk for children over age 2
Regular yogurt or cottage cheese for children over age 2	Low-fat yogurt or cottage cheese for children over age 2
Flavored yogurt	Plain yogurt with fruit

GENERAL COOKING

INSTEAD OF	TRY
Salt	Lemon juice, herbs or other spices
Frying	Boil, broil, grill or roast
Adding meat to soups and stews	Adding beans to soups and stews

(See Appendix 6 for more recipes)



Healthy snacks for kids

Snacks should be timed appropriately between meals to curb hunger and reduce meal size throughout the day. Blood sugar shifts every two to three hours and our brain will signal to our body that we are hungry (*i.e., stomach growling, lack of energy, mood changes*). If we ignore these signals, overeating at the next meal is more likely because we have waited too long to eat and we are starving. Our bodies are not able to process large quantities at one time; therefore, small, frequent meals are the key to sustaining your energy and regulating your mood and metabolism.

Here are some healthy snack ideas (*for kids and adults*):

- Low-fat cheese sticks with whole grain crackers
- Celery sticks with peanut butter or cream cheese
- Hardboiled egg
- Whole grain roll-up with turkey, cheese, tomato, lettuce, cucumber, mustard or light mayo
- Fresh fruit or fruit canned in water or 100% juice – no syrup
- Fruit sliced in yogurt (*with or without nuts*)
- Frozen yogurt with sliced fruit/berries
- Mini pizza (*drizzle a whole wheat English muffin with tomato sauce, sprinkle with low-fat cheese and toast*)
- ¼ cup nuts and a fruit (*walnuts, almonds, pecans, cashews, brazil nuts, peanuts*)
- Peanut butter and apple slices
- Peanuts in the shell
- Popcorn (*no butter*)
- Fresh veggies with low-fat ranch dressing, cottage cheese or hummus (*carrots, cucumbers, celery, broccoli, cherry tomatoes, bell peppers, cauliflower*)
- Sandwich with whole grain bread, turkey, low-fat cheese, lettuce, tomato, mustard
- Whole grain breakfast cereals with low-fat yogurt or low-fat milk
- Bruschetta (*toast whole grain bread, top with fresh chopped tomatoes and basil, season with 1 tsp olive oil and a pinch of salt*)
- Whole grain waffle topped with low-fat yogurt and sliced peaches
- Low-fat Greek yogurt
- Whole grain crackers
- Whole grain pita with hummus



10 items you should always have in your fridge, pantry or freezer

Having a well-stocked pantry and fridge will help you on those days when you are too rushed to grocery shop or cook a big meal. You can always prepare a quick homemade meal with these ingredients.

1. Whole Grains

- Brown rice or wild rice
- Whole wheat couscous
- Whole grain pasta
- Whole grain bread or rolls

2. Beans or lentils

3. Dried herbs and spices, and fresh garlic and onions

4. Frozen veggies

5. Frozen lean meats or fish

6. Eggs

7. Olive oil (*or canola oil*)

8. Fresh fruit

9. "Emergency dinners" (*i.e., pre-planned homemade meals like soups, sauces or homemade burgers*)

- Keep a few of these in your freezer

10. Canned tuna, chicken or salmon in water



Your well-stocked pantry will allow you to create these fast and easy meals, even if you have no time to plan. Try adding fruit to each meal as dessert.

- Veggie soup with rice or pasta
- Steamed vegetables with rice and beans
- Vegetable-cheese omelet with steamed veggies and a whole grain roll

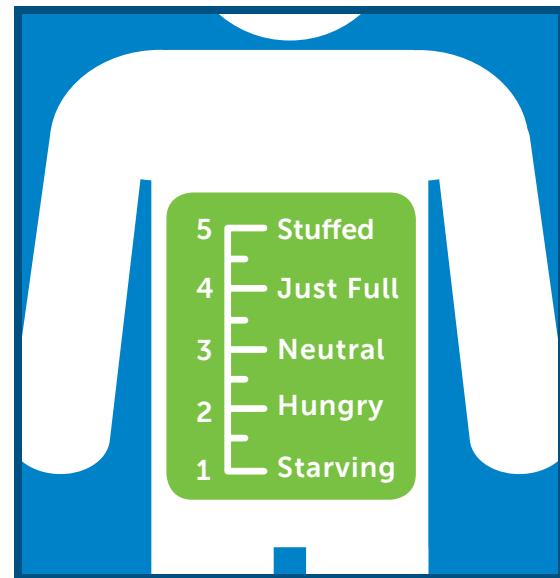


Mindfulness

Hunger-Fullness Scale

Your body will let you know when it is hungry and when it is full. You can and should listen to your body. It is okay to be hungry or full, just not to extremes. It can take time to learn to hear and listen to these body cues, but once you truly listen to your body, you will change how you eat.

A tool you can use to gauge your hunger is the Hunger-Fullness Scale (Appendix 7). Using the scale can help everyone in your family enjoy their food and avoid eating too much or too little.



Non-food rewards

Eating is often associated with celebrations such as birthdays, holidays and graduations. Eating in moderation at these events and respecting hunger and fullness cues can help your family enjoy the celebration without stress and without overeating. Food is also used as a reward for achievements—not just at home, but also at school or sporting events. There are times when you are not in charge of these decisions, and the fear may be that your child will overeat or eat less healthy foods. You can advocate for non-food rewards at school and can limit the times at home when food is given for positive behaviors. Your imagination is the limit for non-food reward items. Here is a list of items to get you started:

- A new book
- Art and school supplies: coloring books, crayons, glitter, bookmarks, stencils, stamps, pens, pencils, erasers
- Hangout with a friend
- Sleepover
- Extended curfew
- Making a craft together
- Points, stars or another symbol to be redeemed later for a prize
- A trip to the zoo, mall, park, aquarium or museum
- Gift certificates to your child's favorite store
- A new play item that promotes physical activity, such as a ball, Frisbee®, hula hoop, jump rope or paddleball
- Creating a treasure box with grab bag items

These rewards can be modified for the age and interests of your child. Get as creative as you can and ask for your child's input.



Physical Activity

Everyone talks about "getting enough exercise," but why? There are many good reasons to be active and exercise regularly, including overall health and physical fitness. Check out some of the great benefits of regular exercise and physical activity listed below. It is important to choose activities you and your family enjoy. Fun activities and exercises will be easier to incorporate and practice every day.

Health benefits of exercise

- Increases energy and mood
- Increases your confidence
- Helps you feel happier
- Helps you have a healthy weight
- Helps you worry less and decrease stress
- Decreases the risk of adult type diseases
- Improves academic performance (*better grades!*)
- Helps you sleep better

Physical fitness benefits

- Makes day-to-day activities easier, like climbing stairs
- Helps you learn new skills, like sports and dancing
- Helps you become stronger
- Helps you become faster
- Gives you better balance, coordination and flexibility
- Makes it easier to breathe
- Allows you to run for a longer time (*endurance*)
- Makes exercise feel easier the more you do it

Indoor activity ideas

Do you need help planning fun physical activities on rainy days, cold winter days or hot summer afternoons? When the weather interrupts outside play, it is important to plan physical activities for you and your family to do inside. Activities can be performed in 15 minute sessions to prevent boredom and should add up to at least 60 minutes each day. Below is a list of ideas that will jumpstart your planning. Most importantly have fun!

- Set up an obstacle course at home using household items (*example: pillows are great "hot lava rocks" to jump over*).
- Have a scavenger hunt around the house.
- See who can do the most push-ups, jumping jacks or exercise of your choice.

Suggestion: have a 'counter' and an 'exerciser' and switch each minute; make it a friendly competition.

- Walk the dog. Even if it is cold or hot outside, dogs need exercise too. Dress appropriately for the weather, make it quick and take a family member to keep you company.
- Go to the mall. Walking through the mall is climate controlled and fun. It is okay to stop at your favorite store and look around as well. On average, walking through the total distance of the mall is approximately one mile.
- Play active video games with a friend (*games that make you sweat*).
- Blow up balloons and play volleyball or basketball inside.
- Walk the stairs at home or in the mall.
- It is ok to play outside in the extreme cold or heat, just be smart and dress appropriately for the weather and stay hydrated.

(See Appendix 8 for Talk Test and Appendix 9 for Physical Activity Log)



Interactive games:

SOCK WARS

Goal: To have the least number of socks on your team's half of the room at the end of the round

Materials:

- Socks
- Beach balls (or other soft balls that can be used indoors)
- Tape to designate the play area



Instructions:

- Divide the family into two even teams and divide a room in half.
- The game is played in three short rounds. The first is 45 seconds, the second is a minute and the last is a minute and a half.
- During each round, the teams attempt to throw as many socks onto the opposite side of the room as possible, along with the beach balls.
- At the end of the round, count the number of socks and balls on each side of the room. Socks count as one point and beach balls are two points each.
- The winning team is the team with the lowest score at the end of the game.

SWITCH IT

Goal: To avoid becoming the "caller"

Materials:

- Different color hula hoops (*Use one less hula hoop color than amount of people in group. For example, if the group is five people, put out four blue hula hoops, four red and four green.*)

Instructions:

- Place designated amount of hula hoops in a circle with color pattern varying.
- Begin with one of the players as the "caller." Have the caller start in the middle of the circle, all other players stand in a hula hoop (*one to a hoop*).
- At the start of the game, the caller calls out the color of one of the hula hoops.
- When a color is called out, everyone (*including the "caller"*) runs to a hula hoop of the called out color to stand in (*one person per hula hoop*).
- The person is left without a hula hoop to stand in becomes the "caller", and the process is repeated.
- As the game continues, try taking hula hoops away and give a number to how many people can stand in a hula hoop at one time (*this will depend on how many people are in the group*). For example, if there are five players, use only two of each hula hoop color and say that two people can stand in one hoop. Still, the person without a hoop becomes the next "caller."
- Additionally, instead of having the "caller" call out a color, you can have them call out an object that is the same color as a hoop. For example, if the caller yells out "cucumber," everyone should run to stand in a green hula hoop.



ALLIGATOR SWAMP (a.k.a. shark-infested waters or hot lava)

Goal: To keep players' feet out of the "swamp" and on "safety zones" while moving through the designated play area. This is not a contest of who can get across the fastest; however, each time the group has to cross the swamp it will become increasingly more difficult.

Materials needed:

- Designated areas that are islands
- Sharp corners or other dangerous items removed from area
- Various objects to place in the "swamp" as "safety zones" (i.e. paper plates — some big, some small to step on, and a jump rope to walk on).

Instructions:

- Designate the play area, which will include two "islands" and a large "swamp," along with "sticks, stones and lily pads" (*various objects of different shapes and sizes for the player to navigate across*).
- **Version 1:** Have each player navigate from one island to the other without putting their feet in the alligator-infested swamp. If the player's feet touch the swamp rather than the safety zone, (s)he must start over until (s)he can make it through the course safely. Once everyone has navigated through the swamp, remove some of the "safety zones" making navigating through the swamp a little more difficult and have the players cross again. You can continue the game this way making it progressively more difficult each time.
- **Version 2:** Try starting two players at the same time from opposite islands. See if they can pass each other without their feet touching the swamp.
- **Version 3:** Each player can pick where in the swamp they would like to start the game. Each player is trying to become the only person left in the swamp. Players must move from one safety zone to another at a designated frequency (*example: once every ten seconds*). Becoming the last person in the swamp may involve safely pushing (*light touches between the shoulders and hips*), trapping a person on a small safety zone without any option to move in the designated time or other strategies. The last person to keep their feet on the safety zones and out of the swamp is the winner.





HEARTS ON FIRE/CARD RELAY

This is a relay game using a standard deck of cards. Separate the participants into two to three equally numbered groups. Place the same number of cards in separate piles across the room from the participants. A sign should be up indicating which symbols are representative of certain exercises. For example, diamonds are squats, spades are crunches, hearts are push-ups, and clovers are lunges. Have the first member of each group run to the pile of cards, pick one up and do the exercise for that specific card symbol. Once they are done completing the exercises they run the card back and tag the next member of the team. The first group to bring all of their cards back (and complete all of their exercises correctly) wins the game.

BIGGEST SUM (numbers challenge)

Have participants pair up into groups of two. One person will be the counter and the other will be the exerciser, then they will switch. The instructor will give each team a card with five or six exercises on it, and the exerciser must do as many reps as they can of each exercise within 30 seconds. The partner of the exerciser will count their reps and write the number on the card. The pair will keep switching roles until all of the exercises are complete. Once all the exercises are complete, add up the total sum of reps. Whoever has the largest sum wins the game.

DODGE BOWL

This is a game where dodge ball and bowling are combined. Separate the players into two teams. Each team will have three to four soft bowling pins lined up behind them and five to six soft balls will be lined up in the middle of the room. The instructor will say go and the players will run and grab a ball. The object of the game is to knock over all of the other teams bowling pins. No player is allowed to stand in front of the pins and no one is allowed to throw overhand. The first team to knock over all of the pins wins the game.

EXERCISE MUSICAL CHAIRS

The game starts with any number of players and a number of chairs one fewer than the number of players. The chairs are arranged in a circle facing outward, with the people standing in a circle just outside of them. A non-playing individual plays recorded music or a musical instrument. While the music is playing, the players in the circle walk in unison around the chairs. When the music controller suddenly shuts off the music, everyone must race to sit down in one of the chairs. The player who is left without a chair is eliminated from the game and now must do a specific exercise once the game is resumed. For example, once the music starts again, the eliminated player will do squats until the music stops.

BALL RELAY

Divide the players into three or four equally numbered groups. Each team will have two buckets. One bucket will be full of balls and the other empty. Place the bucket full of balls on the opposite side of the room and have the players align with the empty bucket. The first player on each team will run down to the full bucket, grab one ball, and run back to place the ball into the empty bucket and tag the next team member. During the game, the instructor will call out different exercises that the 'runner' must do to get to the ball. For example, the instructor could call out high knee runs and the player will have to do high knee runs all the way to and from the buckets. When the instructor calls time, the team with the most balls in their bucket wins the game.

BALL TOSS

This game can be played with a medicine ball or a regular ball. Have the players stand in a circle and toss the ball back and forth. After a minute or so have the players stand on one leg and pass the ball. The first person to lose their balance is out. This game can also be played on a BOSU ball.



CORNER RACES

Have the players separate into two to four groups of even number. Set up cones into an even square with about ten meters in between. The first player on the team will do certain exercises around the square and tag the next member of the team, until all of the team members have gone. For example, the player will sprint to the first cone, bear walk to the next, sprint to the next and bear walk home. The instructor will time each team separately and the team with the fastest time wins the game. You can repeat this game multiple times and the team with the most wins could be champion. Some good exercises for this game are crab walk, duck walk, side shuffle, high knees, gluteal kicks, cherry pickers, 1-2-3 touch, turning squats, carioca and bunny hop.

PANCAKE

Separate the players into three to four groups of even numbers. The instructor will call out an exercise and a number, like "jumping jacks" and "3." One member of the group will do the exercise the number of times the instructor calls out, tag another team member and they will do the exercises and so on. Once every team member has completed the exercises, the whole team will lie on the ground and yell pancake. The first team to be on the ground and yell pancake wins.

UNO™ FITNESS

This game is played with a deck of Uno cards. Have a poster indicating which card symbols stand for which exercises. Go through the deck together as one team, or separate into two teams, and the first team to finish their deck wins.



Notes



Notes



Notes

Strong4Life Goal Tracker

Instructions

It's simple: Pick ONE Strong4Life Healthy Habit and set one to two goals that work for your family. Track your family's progress using the chart below. Sample goals: Try a new vegetable every week, take a family walk three times a week, turn the TV off during meals.

HEALTHY HABIT	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
GOAL: Make <i>half</i> your plate veggies & fruits 						
GOAL: Be active for 60 minutes 						
GOAL: Drink more water & limit sugary drinks 						
GOAL: Limit screen time to one hour 						

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Strong4Life Family Goal Sheet

Make *half* your plate
veggies & fruits



*Be active for
60 minutes*



Drink more water
& limit sugary drinks



Limit screen time
to one hour



At Strong4Life, we want to empower you to make simple nutrition and physical activity changes. You can accomplish this by taking small, simple steps towards healthy living. Answer the questions below to pick ONE Strong4Life Healthy Habit and set a goal that works for your family. Try to make your goal as specific as possible.

Write a goal for your family.

What challenges will you have?

What can you do to overcome these challenges?

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Goal Setting

Name: _____

Nutrition Goals

Parent/Family: _____

Activity Goals

Parent/Family: _____

Other Goals

Participant signature: _____

For more information visit strong4life.com/getstarted.



HEALTHY HABITS ASSESSMENT

Circle the answer that best describes your child's average eating and activity habits.

My child eats veggies and fruits:



My child eats out:



My child is active:



My child has sweet drinks (cola, sweet tea, juice, sport drinks, other juice drinks):



My child watches television or spends time on the computer or playing video games:



Have you thought about trying a new healthy habit for your family or child?



If you could work on one Strong4Life Healthy Habit, which would it be?

- Fill half your plate with veggies and fruits
- Be active for 60 minutes
- Limit screen time to 1 hour
- Drink more water and limit sugar drinks

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The P's and C's

Parents have important jobs when developing their family's nutrition and physical activity habits.

THE P's	NUTRITION	ACTIVITY
PLAN	<p>Plan the family meals and snacks. Think ahead and plan what will be served as meals and snacks. When planning a grocery trip, make a list of when you will have meals and snacks, where you will eat and set limits.</p>	<p>Plan time for family activity. Think about when activity will fit into your family's daily and weekly schedules.</p>
PREPARE	<p>Prepare meals and snacks. Allow your child to help prepare food and set the table. Sit together during meals. If your child is not hungry, have them sit and talk with the rest of the family.</p>	<p>Prepare by making a plan. Prepare your family for physical activity by letting them know what is planned. Give them specifics such as what, when and where.</p>
PROVIDE	<p>Provide with patience. Present new foods and eat them yourself, but make sure there is something that your child usually likes to eat. Remove distractions such as TVs, computers, books and phones, so the family can focus on eating and being together.</p>	<p>Provide an example. Let your child see you being active. Provide your family with an example to follow. Tell them how much you enjoy your active time and invite them to join you.</p>

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The P's and C's

Children have important jobs related to their own nutrition and physical activity habits.

THE C's	NUTRITION	PHYSICAL ACTIVITY
CHOOSE	Choose if they will eat. Let your child determine their hunger and fullness. If they are not hungry, they should wait until the next mealtime planned by the parent to eat.	Choose whether to move. Let your child determine their desire for activity. Encourage activity, but do not force them to participate.
CHOOSE	Choose what to eat from the food provided. Let children serve themselves from the foods provided during the meal. All of their food choices should be on the table. Ask, "What are you hungry for?" and, "What nutrition do you need?"	Choose how much to move. Children are naturally active. Let them choose the activity level that suits them best.
CHOOSE	Choose how much to eat from the food provided. The amount of food provided needs to be reasonable for the number of people eating. Your child should decide if there is room for a second helping by using the hunger-fullness scale. It's OK to have extra helpings or to leave food on the plate.	Choose the way to move. Everyone moves differently. Let your child choose the way they want to be active, whether it's soccer, playing tag or walking the dog.

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Strong4Life Parental Role Model Assessment

Place an X by the answer that best describes your eating and activity habits.

	Almost/most of the time	About half the time	Very little/not at all
I eat vegetables, fruits and whole grains.			
I drink water or low-fat milk, rather than soft drinks or other sugar-sweetened beverages (for example, sports drinks and fruit juices).			
I schedule family meals.			
My children are involved in the grocery shopping.			
I plan our family meals ahead of time (for example, one week at a time).			
I make sure our family meal time is enjoyable, by talking and asking questions of each other.			
I engage in at least 30 minutes of moderate physical activity each day.			
I am active in front of my child or speak about my activity in front of my child.			
I express a positive attitude about being physically active.			
I encourage my children to be active, rather than watching TV or being on a computer.			
I plan family physical activity time each week.			
Total:			

Notes: _____

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The Grocery Store

Grocery shopping is your chance to pick healthy foods to feed your family. We know it can also be stressful as parents are strapped for time and money. Studies show that families who eat out often spend the most money on food. It's simply cheaper and healthier to cook and eat at home. Here are some tips to save you money, make shopping fun and help you choose better foods that are nutritious for your family.

Helpful Tips

- Plan your meals, make a list and stick to it to save money and time.
- Shop the outer edges of the store first to stock up on less processed foods.
- Involve kids in the planning, shopping and preparing of meals to avoid arguments at meal times.
- Have your kids pick out a vegetable or fruit that they are interested in to encourage your family to try a new vegetable or fruit every week.
- Stock up on fresh vegetables and fruits for snacks.
- Focus on purchasing vegetables, fruits, whole grains and lean meat.

Strong4Life is about making simple changes with your family. Here is a tool to help you think about your family's weekly meals. This week try planning out some of your meals and see the difference it makes.

Breakfast	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunch							
Dinner							
Notes							

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Sample Grocery List

Before you go to the grocery store, be sure to create a list of nutritious foods for your family. Purchase food that can be used to create easy meals for quick, healthy snacks. To get you started, we have put together a list of healthy foods that you can keep stocked in your pantry, refrigerator or freezer. Use this as a reference tool to save time and to give you some ideas of food choices.

Vegetable and Fruit Aisle:

- | | |
|---|------------------------------------|
| <input type="radio"/> Apples | <input type="radio"/> Oranges |
| <input type="radio"/> Bananas | <input type="radio"/> Spinach |
| <input type="radio"/> Broccoli | <input type="radio"/> Strawberries |
| <input type="radio"/> Carrots | <input type="radio"/> Tomatoes |
| <input type="radio"/> Dark green lettuce
(ex. Romaine) | <input type="radio"/> _____ |
| <input type="radio"/> Grapes | <input type="radio"/> _____ |

Helpful tip: Buy fresh veggies and fruits when they are in season for the best flavor and cost savings.

Meat, Seafood and Deli Aisle:

- | | |
|--|---|
| <input type="radio"/> Chicken | <input type="radio"/> Sliced turkey deli meat |
| <input type="radio"/> Extra lean ground beef | <input type="radio"/> Sliced ham deli meat |
| <input type="radio"/> Fish | <input type="radio"/> _____ |
| <input type="radio"/> Lean ground turkey | <input type="radio"/> _____ |
| <input type="radio"/> Pork tenderloin | <input type="radio"/> _____ |
| <input type="radio"/> Shrimp | <input type="radio"/> _____ |

Helpful tip: Replace meat with other lean protein sources such as beans, peas, seeds or nuts a few times a week and it will save your family money.

Canned Foods Aisle:

- | | |
|--|--|
| <input type="radio"/> Unsweetened applesauce | <input type="radio"/> Canned pineapple |
| <input type="radio"/> Black beans | <input type="radio"/> Canned tuna |
| <input type="radio"/> Canned corn | <input type="radio"/> Pinto beans |
| <input type="radio"/> Canned green beans | <input type="radio"/> _____ |
| <input type="radio"/> Canned peaches | <input type="radio"/> _____ |
| <input type="radio"/> Canned peas | <input type="radio"/> _____ |

Helpful tip: Some canned foods are high in salt, so look for no salt added versions. Also, beware of canned fruit in syrup, which can have a lot of sugar. Look for fruits canned in water or 100% fruit juice.

Snack Aisle:

- | | |
|--|--|
| <input type="radio"/> Almonds | <input type="radio"/> Whole wheat pretzels |
| <input type="radio"/> Pumpkin seeds | <input type="radio"/> _____ |
| <input type="radio"/> Walnuts | <input type="radio"/> _____ |
| <input type="radio"/> Whole wheat crackers | <input type="radio"/> _____ |

Helpful tip: Veggies and fruit are also great snacks.

Bread Aisle:

- | | |
|---|---|
| <input type="radio"/> Whole grain bread | <input type="radio"/> Whole grain english muffins |
| <input type="radio"/> Whole grain rolls | <input type="radio"/> _____ |

Helpful tip: Purchase 100% whole grain bread products to add fiber to your diet. Remember, just because it's brown doesn't mean it's whole grain.

Frozen Aisle:

- | | |
|--|-----------------------------|
| <input type="radio"/> Frozen chicken breasts | <input type="radio"/> _____ |
| <input type="radio"/> Frozen vegetables | <input type="radio"/> _____ |
| <input type="radio"/> Frozen veggie burgers | <input type="radio"/> _____ |

Helpful tip: Frozen vegetables and fruit are just as nutritious and often cost less.

Dry Packaged Goods Aisle:

- | | |
|---|---|
| <input type="radio"/> Brown rice | <input type="radio"/> Whole wheat pasta |
| <input type="radio"/> Whole grain cereals | <input type="radio"/> _____ |
| <input type="radio"/> Oatmeal | <input type="radio"/> _____ |

Helpful tip: Healthy dry packaged goods are key ingredients in many quick and easy recipes.

Dairy Aisle:

- | | |
|---|---|
| <input type="radio"/> Low-fat shredded cheese | <input type="radio"/> Mozzarella cheese |
| <input type="radio"/> Low-fat cottage cheese | <input type="radio"/> Low-fat yogurt |
| <input type="radio"/> Eggs | <input type="radio"/> _____ |
| <input type="radio"/> Milk, fat free or 1% | <input type="radio"/> _____ |

Helpful tip: Low-fat or fat-free dairy choices provide calcium without the extra calories. Opt for 2% milk cheeses or part-skim.

Condiment and Sauce Aisle:

- | | |
|---------------------------------|---|
| <input type="radio"/> Ketchup | <input type="radio"/> Peanut butter or other nut or seed butter |
| <input type="radio"/> Mustard | <input type="radio"/> Spaghetti sauce |
| <input type="radio"/> Olive oil | <input type="radio"/> _____ |
| <input type="radio"/> Vinegar | <input type="radio"/> _____ |

Helpful tip: Keep your packaged food purchases to a minimum. Compare packaged foods and choose those with the least amount of salt. Don't forget about the flavor that spices can add to your foods.

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Fruit Kabobs

Prep Time: 5-10 minutes

Serves 1

Ingredients:

pretzel sticks
seedless grapes
low fat cheese cubes

Slide one cheese cube and one grape onto one pretzel stick. If there is room, place second grape on the other side of the cheese cube. Repeat steps to assemble preferred number of kabobs.

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PB&B Sandwiches

Prep Time: 5-10 minutes

Serves 1

Ingredients:

1 whole wheat dinner roll
1 tbsp creamy peanut butter
 $\frac{1}{2}$ banana

Slice one whole wheat dinner roll in half. Spread peanut butter on both halves of dinner roll. Slice banana. Place banana slices on top of peanut butter on one half of roll. Close sandwich with other half of the roll.

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Watermelon Pops

Prep Time: 5-10 minutes

Serves 1

Ingredients:

seedless watermelon
popsicle sticks

Slice watermelon into 3–4 inch triangle pieces. Use knife to poke small hole in rind. Push popsicle stick into hole until it pierces watermelon. Lay assembled pop on tray or pan. Repeat steps to create desired number of watermelon pops. Upon completion, place pan of pops in freezer and freeze for at least two hours. Remove pan from freezer and enjoy.

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Trail Mix

Prep Time: 5-10 minutes

Serves 6 to 8

Equipment/Supplies:

mixing bowl
measuring cup
large kitchen spoon
paper towels

Ingredients:

2 cups whole-grain cereal (Cheerios, Multi-Grain Chex, etc.)
 $\frac{1}{2}$ cup dried fruit (raisins, cranberries, etc.)
 $\frac{1}{2}$ cup unsalted nuts (peanuts, almonds, cashews, etc.)

Pour all ingredients into a large mixing bowl. Mix well. Keep in airtight container to maintain freshness. Practice your conscious breath and focused eating when enjoying this tasty snack.

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Turkey Roll-Up

Prep Time: 5-10 minutes

Serves 6 to 8

Equipment/Supplies:

cutting board
knife
tablespoon
measuring cup
spoon
paper towel

Ingredients:

6 (8") whole wheat tortillas
 $\frac{1}{2}$ cup low-sugar red raspberry preserves
 $\frac{3}{4}$ cup fat free sour cream
1 teaspoon dry ranch dip
12 thinly sliced fat-free turkey breast slices, halved
1 bunch green leaf lettuce
1 $\frac{1}{2}$ cups (6 ounces) reduced-fat shredded cheddar cheese

Mix sour cream and dry ranch dip together. Spread 2 tablespoons ranch dip on 1 side of each tortilla. Top each tortilla with 4 turkey slice halves, and spread with $1\frac{1}{4}$ tablespoons preserves. Top tortillas evenly with lettuce and cheese. Roll up tortillas and slice into $1\frac{1}{2}$ inch roll-ups.

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Perfect Pita Pizza

Prep Time: 15 minutes

Serves 1

Equipment/Supplies:

oven or toaster oven
baking sheet
oven mitts
spatula
tablespoon

Ingredients:

1 small pita, whole wheat

2 tbsp pizza or spaghetti sauce

1/4 cup fresh cut veggies – chopped, sliced, or shredded

carrot

eggplant

mushrooms

spinach

bell pepper

green olives

red onion

tomatoes

black olives

green onion

squash

zucchini

2 tbsp mozzarella cheese, shredded

Preheat oven to 350 degrees F. Place pita on baking sheet. Spoon tomato sauce on pita bread. Spread sauce to 1/4 inch from edge of pita (must leave this space because sauce will run to edges during heating). Add cut vegetables to pizza. Sprinkle cheese over vegetables. Place pizza in oven. Heat pizza until cheese is melted. Carefully remove pizza from oven, using oven mitts. Using a spatula, transfer pita pizza to a plate and serve with a side salad.

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Cool Spinach Dip

Prep Time: 15-20 minutes

Serves 6 to 8

Equipment/Supplies:

large mixing bowl
measuring cup
tablespoon
cutting board
mixing spoon
paper towels
knife

Ingredients:

1 package frozen chopped spinach
1 package fresh broccoli and cauliflower, chopped
1 each of bell pepper, celery stalk, cucumber
1 package grape tomatoes
1 pack dry vegetable soup mix
1 cup low fat sour cream
2 cups plain nonfat yogurt

Food Safety Tip: Thaw spinach in refrigerator overnight (or under cold running water for 3 minutes, just before recipe preparation).

Thaw spinach and drain well by squeezing with paper towel. Combine soup mix, sour cream, and yogurt in large mixing bowl. Add spinach to mixture and blend well. Wash and slice bell pepper, celery, and cucumber. Arrange vegetable tray with sliced vegetables, cherry tomatoes and chopped broccoli and cauliflower. Serve with spinach dip.

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Easy Breakfast Option

Prep Time: 15 minutes

Serves 1

Ingredients:

- 1 whole wheat tortilla
- 2 tbsp nut or seed butter (sunflower butter, peanut butter, etc)
- 1 cup bananas, strawberries, blueberries, or any other fruit available
- dash cinnamon

Spread seed or nut butter on a whole tortilla. Place thinly sliced strawberries and bananas on one half of the tortilla in a thin layer so that you are able to roll the tortilla. Sprinkle cinnamon over fruit. Roll the tortilla into a log shape. Slice into round pieces or eat like a burrito.

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Simple Stir-Fry

Prep Time: 20-25 minutes

Serves 6

Ingredients:

- | | |
|--------------------------|-----------------------|
| 1 cup brown rice | 1 tbsp canola oil |
| 1 cup zucchini, diced | 1 tbsp lemon juice |
| 2 cups mushrooms, sliced | 1/2 tsp garlic powder |
| 1/4 onion, diced | |

Cook rice per package directions and set aside. Cook thinly sliced zucchini in a wok with canola oil. Stir mushrooms and onions into the wok. Add lemon juice and garlic powder to the veggies and stir well. Pour cooked rice into the veggie mixture. Mix well before serving in a proper dish.

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Fiesta Couscous

Prep Time: 10-15 minutes

Serves 6

Ingredients:

1 cup couscous
1 1/2 cup water
1 - 15oz can low sodium black beans (canned-rinsed and drained)
1 - 15oz can low sodium corn (canned-rinsed and drained)
1 cup cherry tomatoes-halved
1/4 medium onion, diced
1 tbsp apple cider vinegar
1/4 tsp paprika

Cook grain per package directions. Stir in drained corn, tomatoes, black beans, and add apple cider vinegar. Mix well before serving in a proper dish.

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Fruit Salsa

Prep Time: 15-20 minutes

Serves 6-8

Ingredients:

1 cup cherry tomatoes, halved
1 15 oz can canned tomatoes
1 medium seedless orange, peeled,
sectioned and cut into small pieces
1/4 medium red onion, diced

2 tbsp green onions, diced
1/2 tsp garlic powder
2 tbsp lime juice
2 tbsp white vinegar
black pepper to taste

Combine all ingredients into a bowl. The salsa can be served with sliced veggies, pita wedges, or chips.

Quick tip: Add in different fruits and veggies based on the season.

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Hummus

Prep Time: 15-20 minutes

Serves 8

Ingredients:

3 large garlic cloves, peeled
2 cans (15 to 16 oz. each) chickpeas, drained and rinsed
1/4 cup tahini (sesame butter)
1/3 cup fresh lemon juice
1/2 cup water
1/4 tsp of salt
1 tbsp of olive oil
cayenne pepper
paprika
1 T chopped Italian parsley (optional)
Season as desired
2 pita breads, cut into triangles
Add garlic powder to taste

Mince the garlic in a food processor. Add the chickpeas, holding three chickpeas aside, and process to chop. Add the tahini, lemon juice and 1/4 cup water; puree until finely blended. Add more water as needed to give the mixture the smooth consistency of a spread. Season to taste with salt and cayenne pepper.

Spread hummus on a large plate, and place the three chickpeas that had been set aside in the center of the hummus. Sprinkle with paprika and parsley. Arrange pita bread wedges around the border of the plate, or serve separately in a basket.

Nutritional information per serving:

Calories	177
Fat	5.3 g
Saturated fat	0.7 g
Cholesterol	0 mg
Protein	7 g
Carbs	25 g
Fiber	4 g
Sodium	210 mg

*Alternative uses: Hummus, a chickpea spread with sesame butter, lemon and garlic, is a favorite dish in Israel and elsewhere in the Mediterranean. This delicious, low-fat version can be used as an appetizer or even as a spread, instead of butter, on sandwiches.

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Applesauce Cookies

Prep Time: 15-20 minutes

Makes 36 cookies

Ingredients:

- 3 ripe bananas
- 2 c rolled oats
- 1/3 c applesauce
- 1 tsp vanilla extract
- 1 tbsp ground flax or chopped nuts
- 1/2 c dried cherries

Preheat oven to 350 degrees F. Mash bananas in a bowl. Combine mashed bananas, oats, applesauce, dried cherries, flax/nuts, vanilla extract. Mix well. Drop spoonfuls onto lined cookie sheet. Bake for 20 minutes.

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3 Bean Crockpot Chili

Prep Time: 15-20 minutes

Cook Time: 5-6 hours

Serves 4 to 6

Ingredients:

- 1 onion , diced
- 1 green peeper, diced
- 2 cloves of garlic, minced
- 1 can (15oz) black beans, rinsed
- 1 can (15oz) kidney beans, rinsed
- 1 can (15oz) garbanzo/pinto beans, rinsed
- 1 can (8oz) tomato sauce
- 1 can (14oz) diced tomatoes
- 1 tablespoon chili powder

Combine all ingredients in 4-5 quart crockpot. Cover crockpot and place on low heat for 5-6 hours. Serve with low-fat cheese, whole grain corn tortilla chips, low fat sour cream.

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Easy Crockpot Chicken and Vegetables

Prep Time: 15-20 minutes

Cook Time: 5-6 hours

Serves 3 to 4

Ingredients:

3 skinless chicken breast
garlic powder, to taste
salt and pepper, to taste
1 onion, diced
1 cup raw baby carrots
2 stalks of celery, chopped
4 sweet potatoes, each skinned and cut in half

Combine all ingredients in 4-5 quart crockpot. Cover crockpot and place on low heat for 5-6 hours.

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Melt in Your Mouth Meatloaf

Prep Time: 15-20 minutes

Serves 4

Ingredients:

1 cup tomato sauce
¾ cup uncooked oats
½ cup of spinach, chopped
1 egg, beaten
1 tsp garlic powder
1 tablespoon worcestershire sauce
1.5 pounds lean ground beef/turkey

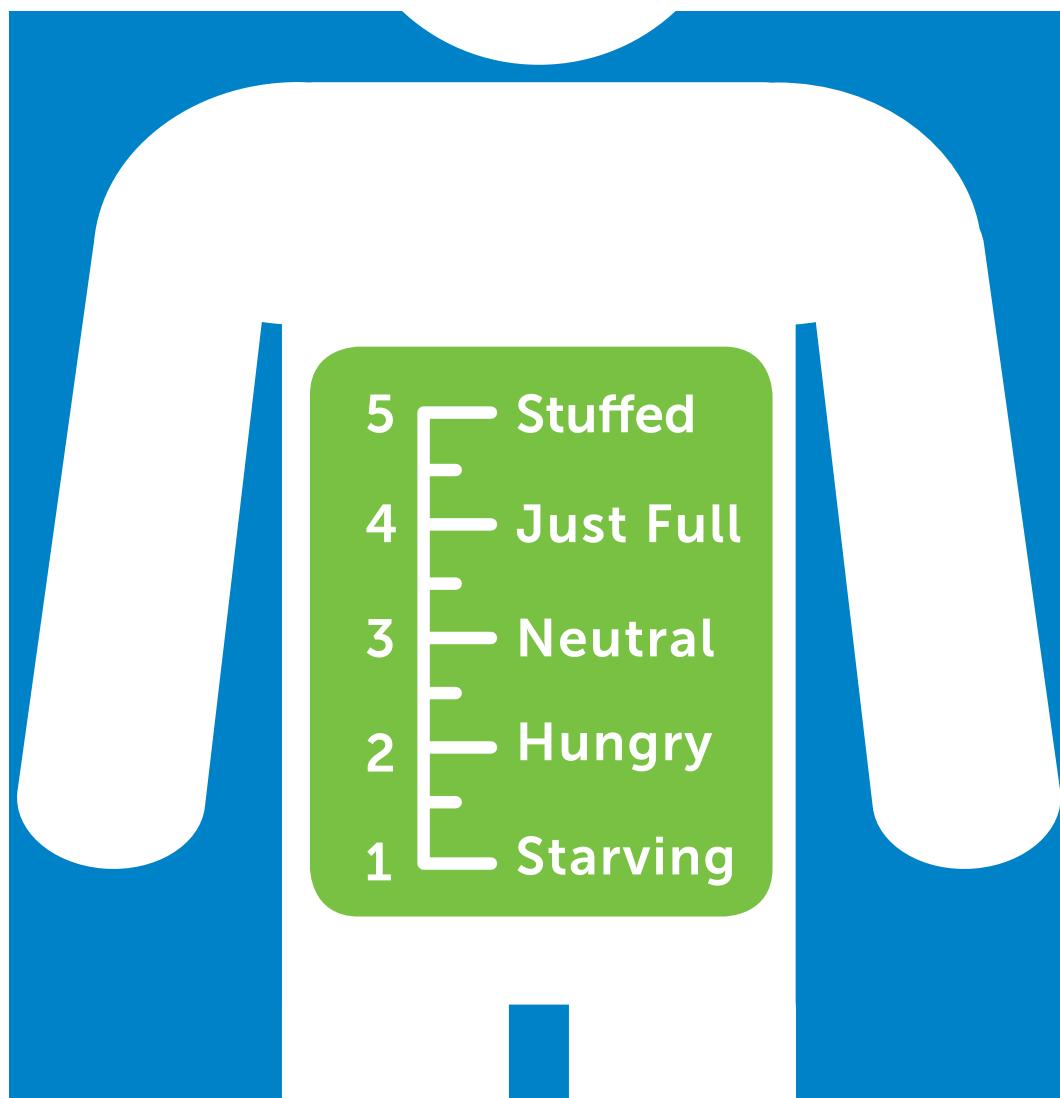
Preheat oven to 350 degrees F. Combine all ingredients except meat. Once ingredients are mixed well then combine and mix with meat. Press entire mixture into 8x4 pan. Bake for 1 hour. Take out of oven and let sit for 5 minutes.

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Strong4Life

Hunger-Fullness Scale



**Slow down and pay attention to your hunger
before, during and after eating.**

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Talk Test

GREEN ZONE

VIGOROUS INTENSITY

VERY HARD

Point of exhaustion, cannot talk

HARD

Hard to speak, quick or deep breaths, sweating increases

MODERATE INTENSITY

SOMEWHAT HARD

Able to speak few words, need to take deep breaths to keep talking, sweating

SOMEWHAT EASY

Breathing deeper and starting to sweat

LOW INTENSITY

STILL EASY

Breathing a little bit faster but easy to talk

EASY

Can talk easily, may not seem (or feel) like exercise

**AIM FOR 60 MINUTES OF
MODERATE TO VIGOROUS
PHYSICAL ACTIVITY PER DAY**

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NAME: _____ DATE STARTED: _____

Physical Activity & Exercise Log

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
How long?						
How long?						
How long?						
How long?						
How long?						
How long?						
How long?						

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Keep track of your physical activity and exercise this month. Any time you do something active write it down, put a star in the box, a sticker, color the block or draw a picture—be creative. Just be sure to identify what the activity was and how long you did it. Remember to be active and have fun!

For more information, visit strong4life.com/getstarted



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Food & Drink Log

NAME: _____

DATE STARTED:

Emotions:



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SIRONG LIFE

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Strong4Life Family Fitness Challenge Log

Timed Walk/Run	DATE:	DATE:
Push-ups		
Modified Push-ups		
Sit-ups		
Crunches		
Other		

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Health4Life Program



COMPREHENSIVE CLINICAL CARE

At Children's Healthcare of Atlanta, our mission is make kids better today and healthier tomorrow. Nearly 40% of Georgia's kids are overweight or obese, which means they are at risk for developing adult diseases such as hypertension and Type 2 diabetes. To combat this health epidemic, and help kids have healthy futures, Children's launched a statewide child wellness movement called Strong4Life.

As part of the Strong4Life movement, the Health4Life Program is dedicated to the evaluation and treatment of childhood obesity through a multi-specialty and evidence-based methodology. Health4Life uses a family-centered approach and provides patients complete medical assessments of obesity-related illnesses, nutrition and mental health support.



The Health4Life Program offers resources through a team of:

- Physicians
- Dietitians
- Psychologists
- Nurses
- Exercise physiologists

Families get the support and treatment they need to make sustainable lifestyle changes. The Health4Life Program also includes a bariatric surgery option to those children with extreme weight issues that meet specific criteria. Surgical candidates are required to complete comprehensive behavior intervention programs before and after surgery.

ADMISSION CRITERIA

Child greater or equal to 95th percentile body mass index (BMI) or child greater or equal to 85th percentile BMI with co-morbidity

- AND -

Motivated families that are willing to commit and follow through with this 12-month program

Visit www.choa.org/health4life
or call 404-785-1535 for more information.

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A Children's Healthcare of Atlanta Movement