



Teen's

▶ **my[^]OPTIMAL HEALTH**

**A healthy today.
A healthier tomorrow.**

Beaumont Hospitals®

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Welcome to **myTeen's OPTIMAL HEALTH**. This packet is your introduction to a comprehensive health program designed just for you! Through **myTeen's OPTIMAL HEALTH**, you will be able to access our online library of resources ranging in topics from exercise ideas to how to deal with stress. It also features a number of interactive areas, allowing you to customize it...for you! Take the time to complete this packet and remember, there are additional games and tips available at www.beaumont hospitals.com
Enjoy!

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**You can also visit
our web site
www.beaumont hospitals.com,
which has additional
information and many
more activities and games!**

Exercise and You!

EXERCISE: How Long?

Teens need to exercise for about 60 minutes every day. Incorporating exercise can be done through a variety of ways, including playing sports or dancing with friends. If you're not active for 60 minutes straight, it's okay to exercise in 10 to 20 minute increments throughout the day. Most important? Have fun!

CHANGE IT UP!

Pick exercises or sports that you like to do and choose a few different options so you don't get bored!

Aim to exercise most days of the week. If you're not very active right now, start slowly and work your way up!

There are 3 LEVELS of Physical Activity:

Light: Not sweating; not breathing hard.

Moderate: Breaking a sweat; can speak but can't sing.

Vigorous: Sweating. Breathing hard, speaking is difficult.

No matter what level you are exercising at, the activity can be one of two types: **Resistance Exercise** and **Weight-Bearing Exercise**

Resistance Exercises can be done using weight machines, free weights, resistance bands or even one's own body weight (push-ups.) Resistance training increases strength and builds muscle.

Weight-Bearing Exercises include walking, running, hiking, dancing, gymnastics, soccer and other activities that work bones and muscles against gravity. Weight-bearing exercises can aid in weight loss.

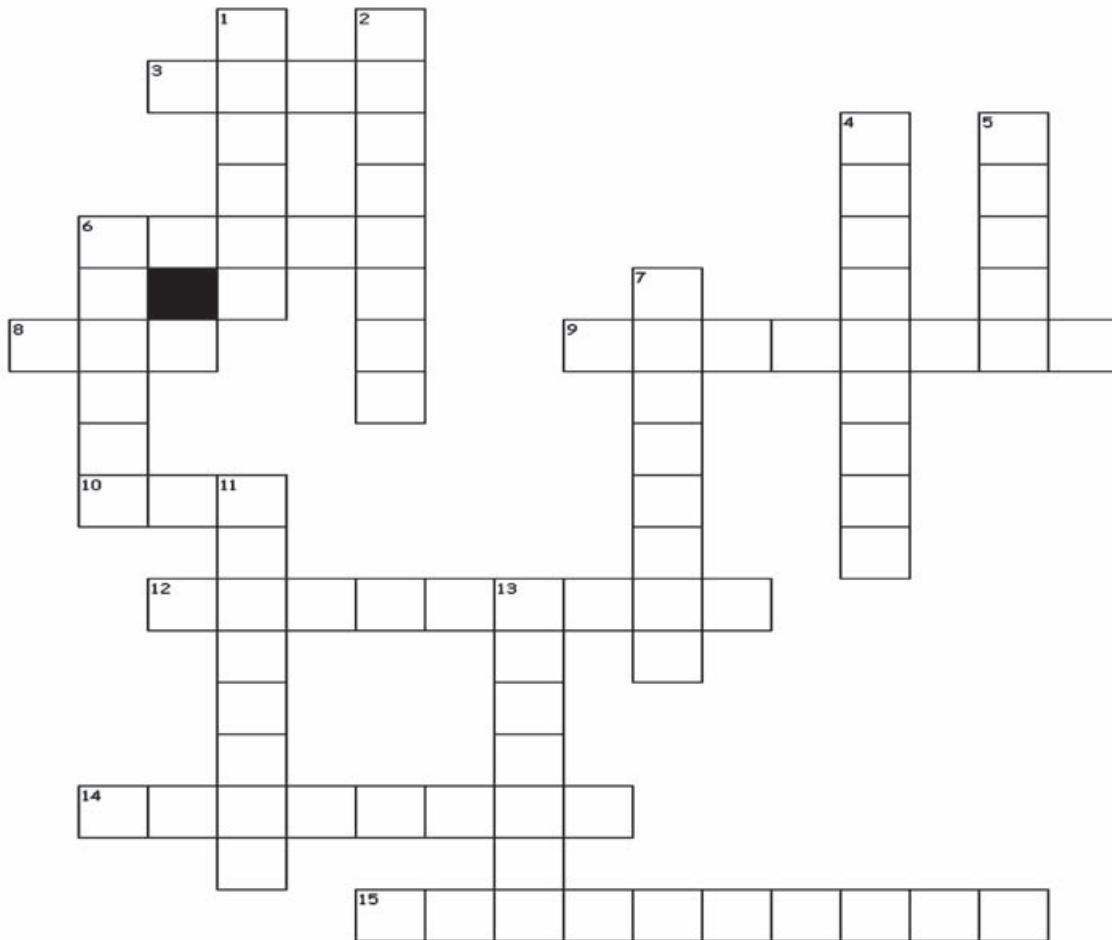
Adapted from the article:
Exercise for Teens:
How Much and What Kind?
www.achievementsolutions.com

EXERCISE: What's Right for You?

Your exercise should increase your heart rate and move the muscles in your body. Swimming, dancing, skating, playing soccer or riding a bike are all examples of exercise that does these things.

Source: The National Women's Health Information Center, A Project of the Office on Women's Health in the U.S. Department of Health and Human Services, <http://4girls.gov/fitness/exercise>

Sports and Exercise Crossword



Across

3. What you try to score in soccer (4)
6. Running backs, point guards and sprinters all have this (5)
8. You become this when you exercise a lot (3)
9. A short hole on a golf course (8)
10. Forward roll or a flip for example (3)
12. Found in gyms that put you in stride (9)
14. Dolphins, Texans and Vikings play this sport (8)
15. Suns, Magic and Wizards play this sport (10)

Down

1. Red Wings, Blackhawks and Flyers play this sport (6)
2. Basketball term for a JAM (8)
4. Football teams get this when they reach the end zone (9)
5. Ballet, jazz and modern are types of... (5)
6. You go downhill in the cold (6)
7. Tigers, Yankees and Angels play this sport (8)
11. A 26.2 mile run (8)
13. Parts of the body that helps you to move (7)

Using the clues above, fill in the answers within the corresponding numbers. For answers and additional puzzles, log onto www.beaumont-hospitals.com

Exercise Exchange

Match the foods listed to the amount of calories in them and what activity you would have to do to burn them up.

FOOD	CALORIES	EXERCISE NEEDED TO BURN*
Chicken Noodle Soup – 1 can	100	30 minutes of swimming
Chicken Nuggets – 5 pieces	207	30 minutes of sitting/resting
Popcorn (plain) – 1 cup	280	105 minutes of soccer
Banana – 1	72	30 minutes of step aerobics, low impact
Fish Sticks – 5 pieces	242	120 minutes of Frisbee
Cheese Pizza – 12”	105	60 minutes of biking
Apple	243	105 minutes of carrying golf clubs
Coca Cola – 1 can	1122	60 minutes of board games
Vanilla Ice Cream – 1 cup	150	30 minutes of playing outdoors
Twix Bar – 1 package	147	180 minutes of running at 5 mph
French Fries (medium)	283	30 minutes of basketball shooting
Cheeseburger – Single w/ condiments and veggies	31	60 minutes of dance dance: aerobic, ballet, modern
Macaroni and Cheese – 1 serving	427	120 minutes of bowling
Hot Dog – plain	240	50 minutes of basketball (full court)
Chips – 1 oz.	359	90 minutes of softball/baseball
Brownie – 2”	289	120 minutes of football

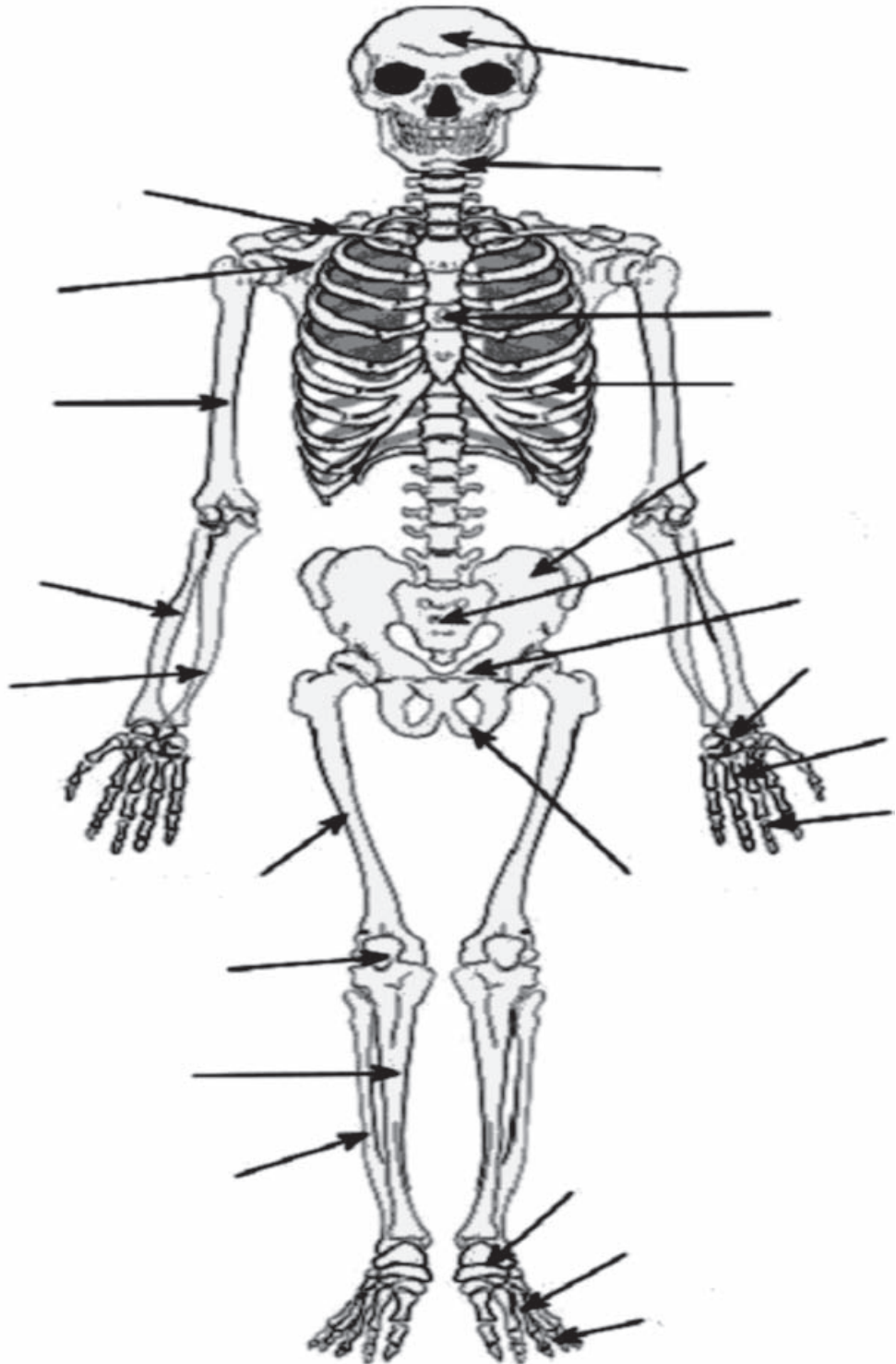
*All foods are an average of how many calories they have and that all exercise expenditure will differ from person to person.
All the calories expended above were on someone who is 90lbs.

The Head Bone is Connected to the Foot

Use all the words below to complete the skeleton. Some words may be used twice.

For answers, visit www.beaumont hospitals.com Good luck!

- Clavicle
- Scapula
- Humerus
- Radius
- Ulna
- Femur
- Patella
- Tibia
- Fibula
- Cranium
- Mandible
- Sternum
- Ribs
- Ilium
- Sacrum
- Pubis
- Carpals
- Metacarpals
- Phalanges
- Ischium
- Tarsals
- Metatarsals
- Phalanges



Ready, Set, Play!

Ready to get active? Below is a list of community parks and recreation sites in your area. They offer many activities, so take a look and choose one for you!

Birmingham: www.cibirmingham.mi.us

Bloomfield Hills: www.bloomfieldrec.org/blmfld

Farmington Hills: www.ci.farmington-hills.mi.us

Novi: www.cityofnovi.org

Royal Oak: www.ci.royal-oak.mi.us

Southfield: www.cityofsouthfield.com/CityDepartments

Troy: www.troymi.gov/parksrec

West Bloomfield: www.westbloomfieldparks.org

Teens and Nutrition

EAT BALANCED

Eating breakfast, lunch and dinner increases your chances of consuming a balanced diet consisting of all the vital nutrients that are important for growth and a healthy lifestyle!

FAMILY MEALS

Good habits can be formed when families eat together. Studies have shown that when teens eat regular family meals, healthier diets and eating patterns are formed. Eating patterns coexist with maintaining essential nutrients that help the body to stay healthy!

Provide GOODNESS for Your Body

Many teens don't eat a balanced diet. To ensure your body gets what it needs, include fruits, vegetables, lean meats and poultry along with whole grains and fat-free or low-fat milk and milk products.

Slow Down!

Eating slowly can allow your brain to get the message that your stomach is full, therefore preventing needless overeating.

Portion Distortion

The portion sizes that you get away from home at a restaurant, grocery store or school may contain more food than you need in one sitting. How can you control your portion sizes? When eating out, share your meal, order a half portion or order an appetizer as a main meal or take half of the meal home. When eating at home, take one serving out of the package (read the nutrition facts label to find how much that is) and put it on a plate to eat it.

Sit DOWN and Turn It OFF!

Avoid eating in front of the television or while you are busy with other activities. It is easy to lose track of how much you are eating if you eat while doing other things.

Adapted from the articles: *Regular Family Meals Result in Better Eating Habits for Adolescents and Getting Real About Diet and Exercise*
www.achievesolutions.com

Sources: National Institute of Diabetes, Digestive and Kidney Diseases,
http://win.niddk.nih.gov/publications/take_charge.htm and *Journal of Nutrition Education and Behavior*.

Garden Search

C A R R O T O L X T B Q Y N N
N D K R O D A C O V A P R O O
B P I N E A P P L E E N R R M
A R N G N P O X G A I C E A E
S K O A A G P G R N V U B N L
V E N C N R P E O N P C W G I
I A P A C L L L P A L U A E M
B E M A A O E I P N U M R F E
B O G N R M L A C V E B T P E
B E T A R G Y I H C S E S K C
T P E E B A E L P P A R R W U

Apple

Avocado

Banana

Beet

Broccoli

Cabbage

Carrot

Cauliflower

Cucumber

Eggplant

Garlic

Grape

Greenpepper

Lemon

Lettuce

Lime

Mango

Melon

Orange

Papaya

Pear

Pineapple

Strawberry

Watermelon

Find and circle the words listed above within the puzzle. Words can be up, down, forward, backward and diagonal. For more games visit www.beaumont hospitals.com

HEALTHY WAYS = Healthy Days

Check out the next few pages for recipes to help you get the daily recommended allowance of nutrients into your daily diet!



Grains: Bread, pasta, oatmeal, breakfast cereals, tortillas and grits are examples of grain products. 6 to 11 servings should be eaten every day.

ONE SERVING EQUALS: 1 slice of bread, 1/2 bagel, 1/2 bun, 1 cup of dry cereal, 1/2 cup of cooked cereal, 1/2 cup of rice, 1/2 cup of pasta, 1 small roll or muffin, 2 large crackers. 1/2 cup of cereal, rice or pasta is about the size of your computer mouse.



Fruits: 2 to 4 servings of fruit should be eaten each day. Fruits contribute vitamin C, vitamin A, fiber and potassium, as well as a number of vitamins.

ONE SERVING EQUALS: 1 medium fruit such as an apple, banana or orange, 1/2 large fruit such as a grapefruit, 1 melon wedge, 1/2 cup of berries, 3/4 cup of fruit juice, 1/2 cup of canned fruit, 1/4 cup of dried fruit.



Vegetables: Vegetables contribute vitamin C, vitamin A, folate, potassium, magnesium, fiber and a number of other vitamins and minerals.

ONE SERVING EQUALS: 1/2 cup of raw or cooked vegetables, 3/4 cup of vegetable juice, and 1 cup of raw leafy vegetables. One cup of vegetables is approximately the size of a baseball. Enjoy 3-5 servings every day!



Milk, Yogurt and Cheese: These foods contribute protein, calcium, riboflavin, vitamin B, vitamin D and vitamin A. 2 to 3 servings per day is recommended.

ONE SERVING EQUALS: 1 cup of milk, 1 cup of yogurt, 1 1/2 oz of cheese.



Meat, Poultry, Fish, Eggs, Beans and Nuts: 2 to 3 servings per day. These foods provide protein, vitamin B, zinc, magnesium, iron, niacin and thiamin.

ONE SERVING EQUALS: 2 to 3 oz. of lean meat, poultry or fish, 1 egg, 1/2 cup of cooked beans, 1 Tbs. of peanut butter. 2 to 3 oz. of meat is equal to the size of a deck of standard playing cards.

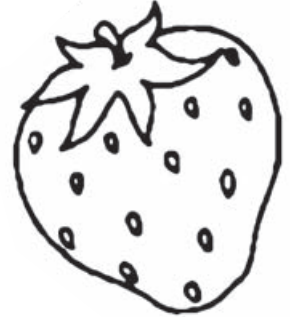
Berry Delicious Smoothie

Prep Time: 2 Minutes
Cook Time: 0 Minutes

Ready In: 5 Minutes
Servings: 2

INGREDIENTS:

- 2 cups frozen mixed berries
(Strawberries, blackberries, raspberries, blueberries)
- 1 cup strawberry yogurt
- 1 banana, sliced
- 1 cup skim milk
- 1 blender



DIRECTIONS:

1. In blender, combine mixed berries, yogurt, banana and milk.
2. Seal with cover and blend until smooth.
3. Pour into glasses and serve.

Simple Snack Mix

Prep Time: 5 Minutes
Cook Time: 0 Minutes

Ready In: 5 Minutes
Servings: 3-4

INGREDIENTS:

- 1 cup whole grain cereal (squares or Os work best)
- ¼ cup dried fruit of your choice
- ¼ cup nuts, such as walnut pieces, slivered almonds or pistachios
- ¼ cup small, whole-grain snack crackers or pretzels

DIRECTIONS:

Combine in large bowl.

Pita Pizza

Prep Time: 5 Minutes
Cook Time: 10 Minutes

Ready In: 15 Minutes
Servings: 1

INGREDIENTS:

1 whole wheat pita bread
3 tablespoons pizza sauce
½ cup shredded mozzarella cheese
sliced vegetables that you enjoy

DIRECTIONS:

1. Pre-heat oven to 350 degrees.
2. Spread the pizza sauce on top of the pita, leaving room around the edge.
3. Top with cheese and desired toppings.
4. Place pita on baking sheet and set in oven on center rack for 10 minutes.
5. Remove, let cool for 2 minutes.

Perfect Pineapple Pops

Prep Time: 10 Minutes
Cook Time: 0 Minutes

Ready In: 1-2 hours
Servings: 6

INGREDIENTS:

2 cup plain yogurt
½ cup canned crushed pineapple
(packed in its own juice instead
of packed in syrup)
1 can frozen pineapple or
orange-pineapple juice
concentrate, thawed

DIRECTIONS:

1. Drain the can of crushed pineapple so all the juice runs out.
2. Put all the ingredients in the bowl and mix together.
3. Spoon the mixture into the paper cups. Fill them almost to the top.
4. Stretch a small piece of plastic wrap across the top of each cup.
5. Using the popsicle stick, poke a hole in the plastic wrap.
6. Stand the stick straight up in the center of the cup. Put the cups in the freezer until the mixture is frozen solid.
7. Remove the plastic wrap and peel away the paper cup. You'll have pineapple pops to eat and share!

Spinach Salad

Prep Time: 20 Minutes
Cook Time: 0 Minutes

Ready In: 20 Minutes
Servings: 4

INGREDIENTS:

6 cup fresh spinach, torn in bite-size pieces
½ cup. mandarin oranges
1 cup strawberries, sliced
4 oz. soy blue cheese crumbles
¼ cup cashews

INGREDIENTS FOR DRESSING:

3 tbsp. red wine vinegar
3 tbsp. orange juice
1½ tbsp. canola oil
¼ tsp. dry mustard
1/3 tsp. poppy seeds

DIRECTIONS:

1. Mix dressing ingredients and refrigerate.
2. Mix the fruit and spinach together.
3. Pour dressing over salad and mix well to coat evenly.
4. Divide salad among 4 plates (about 2 cups each plate).
5. Sprinkle cashews and soy blue cheese over the top of each salad plate.

Hummus

Prep Time: 5 Minutes
Cook Time: 0 Minutes

Ready In: 5 Minutes
Servings: 6

INGREDIENTS:

5oz. can garbanzo beans
(chickpeas), drained,
liquid reserved
2 garlic cloves, minced
1 tsp. ground cumin
1 tbsp. olive oil
½ tsp. black pepper

DIRECTIONS:

1. Combine garbanzo beans, garlic, cumin, salt, and olive oil in a food processor.
2. Blend on low speed, gradually adding reserved garbanzo bean liquid, until desired consistency is achieved.

Baked Apples

Prep Time: 10 Minutes
Cook Time: 25 Minutes

Ready In: 35 Minutes
Servings: 4

INGREDIENTS:

4 medium apples
2 tablespoons soft brown sugar
½ teaspoon ground cinnamon
handful of raisins
a few chopped walnuts
4 squares of aluminum foil

DIRECTIONS:

1. Preheat oven to 350 degrees
2. In a bowl, mix together brown sugar, cinnamon, raisins and walnuts and set aside.
3. Cut apples into slices.
4. Place each apples sliced pieces onto a piece of aluminum foil.
5. Top with ¼ of the topping mix.
6. Pull edges of foil up around apple to form a closed pouch.
7. Place pouches on a baking sheet and set sheet on center rack of oven.
Bake for 25 minutes.

Fruit Skewers

Prep Time: 20 Minutes
Cook Time: 0 Minutes

Ready In: 20 Minutes
Servings: Many

INGREDIENTS:

1 small watermelon, cubed
1 small cantaloupe, cubed
1 small honeydew, cubed
1 pint strawberries, halved
1 small pineapple, cubed
1 package wooden skewers

DIRECTIONS:

Once fruit is cut into bite sized pieces, thread onto skewers.

Healthy Habits and You!

Put Your Body in MOTION

Exercise is one of the most important ways to keep stress away by clearing your head and lifting your spirits.

Managing Stress

Every person reacts to stress in a different way and there are many things listed on this page that you can do to help you deal.

FUEL UP!

Begin each day by eating breakfast to give you the energy you need to tackle what lies ahead. Eating regular meals and taking the time to enjoy them will make you feel better, too.

F-U-N with Friends

Being with people you like is always a good way to ditch your stress. Get a group together to go to the movies, shoot hoops, listen to music or just hang out and talk. Friends can help you work through your problems and see the brighter side of things.

LOL!

Some say that laughter is the best medicine and in many cases, it is! Did you know that it takes 15 facial muscles to laugh? Lots of laughing can make you feel good and that good feeling can stay with you even after the laughter stops!

Keep a Journal

If you're having one of those crazy days when nothing goes right, it's a good idea to write things down in a journal to get it off your chest. Writing about how you feel, what's going on in your life and things you'd like to accomplish are all great ideas.

Zzzz...

Sleep is a big deal! Getting the right amount of sleep is especially important for kids and teens. Most teens need between 8.5 and 9 hours of sleep each night due to developing bodies and minds.

Lend a Hand!

Get involved in an activity that helps others. It's almost impossible to feel stressed out when you're helping someone else. Signing up to volunteer is a good idea, but helping others is as easy as saying hello or holding the door for someone.

Adapted from the article: [For Teens: Tips for Dealing with Stress.](#)

Source: *The National Women's Health Information Center, A Project of the Office on Women's Health in the U.S. Department of Health and Human Services, www.girlshealth.gov/emotions/stress/stress.text.cfm*

Tommy's Totally Turbulent Teenager Tuesday

Using the words listed below, fill in the story to complete Tommy's day. (Some words are used more than once.) For answers and additional puzzles, visit: www.beaumont hospitals.com

Family

Morning

10

Exercise

Jerry

Green Beans

Breakfast

Grumpy

Rice

Volunteer

8-9

Night

Homework

Teeth

Laughing

Banana

Chicken

Soccer

Alert

Lunches

Tommy woke up after only having six hours of sleep. This was not good, as he was used to getting the proper _____ hours. This made Tommy feel very _____. He got out of bed and stubbed his toe. Ouch! Tommy then took a shower and brushed his _____. His toothpaste was _____ flavor, which was his favorite fruit as well, so he always remembered to brush both in the _____ and at _____. His squeaky clean teeth made him feel a bit better. Tommy went downstairs to his favorite meal, _____. He knew that by eating _____, it would help feel _____ for the remainder of the day. Tommy left for school and met up with his best friend _____. Together, they went into class and it was a wonderful lesson. Later, as they ate their _____, Tommy mentioned to his best friend that today was the day they were going to play _____ after school so that they could get in some additional practice and _____. After school and _____, Tommy and _____ shared some jokes and had a great time _____ together. At home, Tommy's Mom made his favorite dinner of _____, _____ and _____. It was just what Tommy needed after such a long day. By the time the meal with his _____ was finished, Tommy had completely forgotten about the slow start to his day. He did his _____ and then went online to www.beaumont hospitals.com to sign up to _____ this Saturday at the local recreation center. Satisfied with the day's achievements, Tommy got into bed by _____, ensuring that when his alarm went off the next morning, he would be fully rested and ready for the upcoming day. **The End!**

What Do You Know?

Test your knowledge of health and exercise!!

Read the questions below and circle the correct response.

For answers and additional games, visit www.beaumont hospitals.com

1. How many servings of fruits and vegetables should you have each day?

- A. 1-3
- B. 2-6
- C. 5-9

2. Orange juice has a lot of which vitamin?

- A. Vitamin C
- B. Vitamin A
- C. Vitamin B

3. What is the most important drink to consume each day?

- A. Milk
- B. Water
- C. Juice

4. Protein can be found in which of the following foods?

- A. Broccoli
- B. Meat
- C. Pie

5. Why are green vegetables so important?

- A. They look good in salads
- B. They keep your teeth shiny
- C. They have lots of vitamins and minerals

- 6. You should always try to avoid too much of which food?**
- A. Peanuts
 - B. Candy
 - C. Apples
- 7. Bread, cereal, potatoes and spaghetti are all good sources of what?**
- A. Carbohydrates
 - B. Fluoride
 - C. Sugar
- 8. Which of these would be the healthiest choice for a snack?**
- A. Cookies
 - B. Chips
 - C. Peanuts
- 9. How many servings of the bread/cereal group should you eat each day?**
- A. 1-3
 - B. 4-8
 - C. 6-11
- 10. How many eggs does it take to fulfill one serving of protein?**
- A. 1
 - B. 1-2
 - C. 2-3
- 11. Why should you eat many different types of fruits?**
- A. They make a fruit salad in your stomach
 - B. Eating the same fruit gets boring
 - C. Different fruits contain different nutrients that are important for your body

12. How much should you exercise each day?

- A. 10 Minutes
- B. 30 Minutes
- C. 60 Minutes

13. Exercise burns:

- A. Protein
- B. Calories
- C. Nutrients

14. Exercise is good for you because:

- A. It gives your heart a workout
- B. It keeps your muscles strong
- C. It's fun
- D. All of the above

15. True or false: Exercising 3 or more times per week will increase your metabolism even while you rest. This is:

- A. True
- B. False

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Not done yet!

Congratulations on completing the **myTeen's OPTIMAL HEALTH** welcome packet! Since a healthy today makes for a healthier tomorrow, we want to ensure the healthy habits you have learned continue!

By logging onto www.beaumont hospitals.com, you can complete a short quiz and feedback section in order to earn points for rewards!

You can also visit our website www.beaumont hospitals.com, which has additional information and many more activities and games!

You can earn...

