



A Toolkit for Healthy Teens & Strong Families

FOR GUYS

eat right • move more • feel great





BodyWorks *For Guys* is a publication of the Office on Women's Health (OWH) in the U.S. Department of Health and Human Services.

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**FEELING
GOOD!**

**LOOKING
YOUR
BEST!**

**HAVING
LOTS OF
ENERGY!**

ABOUT BODYWORKS FOR GUYS

These are just a few of the benefits of eating healthy and getting regular physical activity.

But you may ask, “What do I need to know? What can I do to lead a healthier lifestyle?”

You don’t need to totally transform the way you live. Even small changes can make a big difference.

For Guys can help you identify ways to eat right, move more, and feel great!

So turn the pa





You don't have to be a superhero or star athlete to look good, feel your best, and be healthy.

A HEALTHY TEEN BOY IS...

"A boy who eats good and takes care of his body."

Kahlil, 13

"Someone who is obviously not overweight. But someone who is healthy can be all different sizes—tall, short, big, small."

— Max, 13

"I define a healthy boy as an energetic person."

Lawrence, 14

WHY NOW?

You are growing,
and your body is changing.





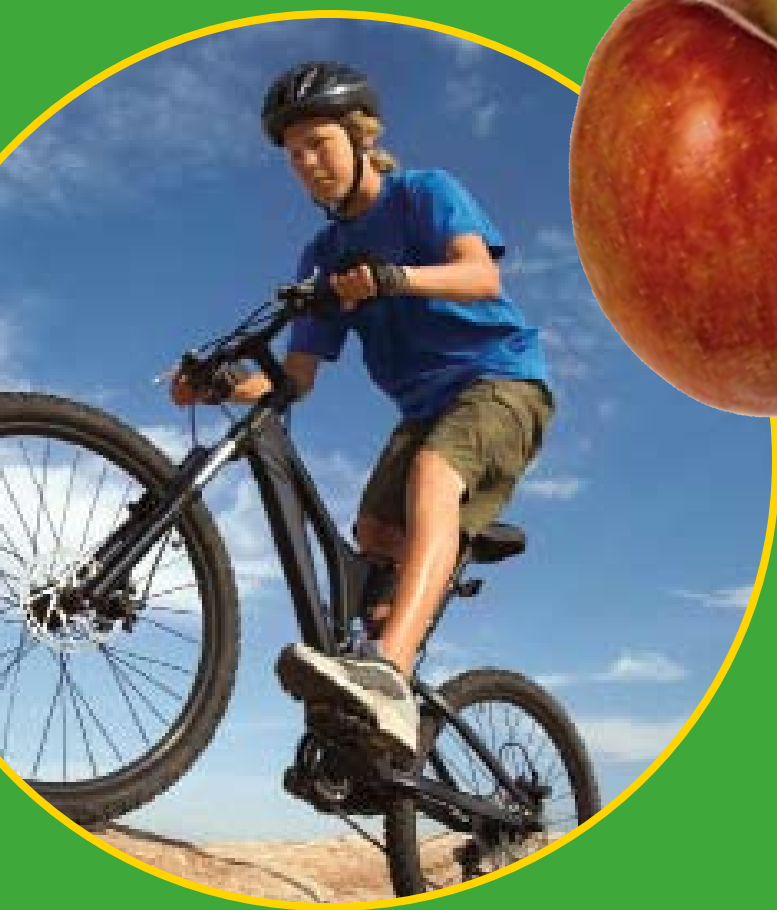
Adolescence is an important time for your body. As you go through puberty (physical changes from a child into an adult), you will get taller, your shoulders will get broader, and your muscles will get bigger. Your voice may start to crack and get deeper.

Part of getting older means taking care of your health and making choices to be a strong and energetic teen.

For Guys gives you facts and suggestions to begin healthy habits now.

WHY HEALTHY FOODS?

Eating healthy foods can help you feel good, look good, and get energized to do all the things you want to do.



1



ON A TYPICAL DAY, DO YOU EAT OR DRINK...

Circle your answers.

- 1 Fruit (fresh, frozen, dried, or canned)?
Never Sometimes Usually Always
- 2 Vegetables (fresh, frozen, or canned)?
Never Sometimes Usually Always
- 3 Milk and milk products (examples: low-fat or fat-free milk, yogurt, or cheese)?
Never Sometimes Usually Always
- 4 Whole-grain foods (examples: oatmeal, brown rice, popcorn, and whole-grain breads, pastas, or crackers)?
Never Sometimes Usually Always
- 5 Lean meats, poultry, fish, tofu, beans, eggs, and nuts?
Never Sometimes Usually Always
- 6 Candy, cookies, chips, and burgers and fries?
Never Sometimes Usually Always
- 7 Non-diet soda or pop?
Never Sometimes Usually Always

WHAT IT ALL MEANS: A HEALTHY EATING PLAN

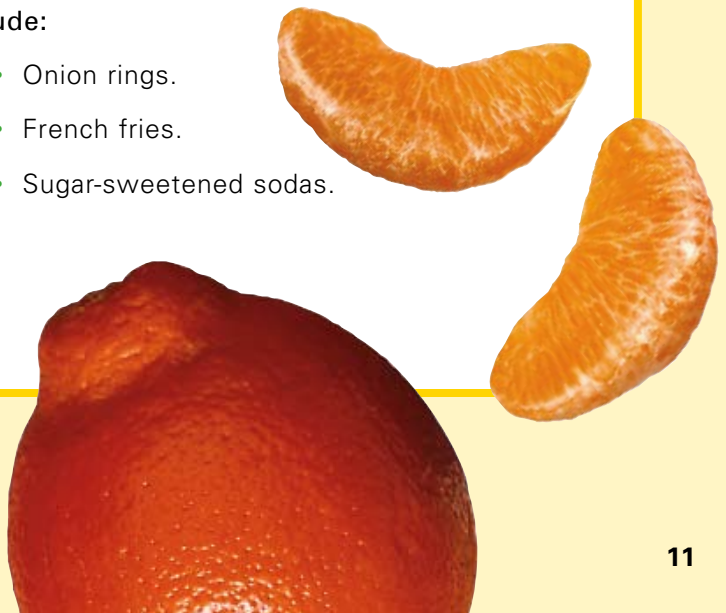
Teen boys need to eat a good mix of foods each day. These **everyday** foods are:

- Fruits.
- Vegetables.
- Low-fat or fat-free milk or milk products, like low-fat yogurt and cheese.
- Whole-grain foods, like oatmeal, whole-grain breads, and brown rice.
- Lean meats, poultry, fish, beans, and tofu.

Some foods and drinks are treats to have only from time to time. They may have a lot of extra things you don't need, like extra calories, added sugar, salt, *trans* fatty acids, saturated fat, or cholesterol.

Examples include:

- Candy.
- Onion rings.
- Cookies.
- French fries.
- Chips.
- Sugar-sweetened sodas.



WHAT DO YOU NEED TO EAT EACH DAY?

You need about 2,000 calories a day, more if you are very active.

| Food group | Portions teen boys need each day | What counts as 1 portion: |
|---|---|---|
| Fruits | 4 portions (2 cups) | 1 medium apple, banana, pear, orange ½ cup chopped, cooked, or canned fruit, fruit salad, berries ½ cup of 100% fruit juice |
| Vegetables | 5 portions (2½ cups) | ½ cup cooked or raw peas, carrots, green beans, sweet potatoes, corn, broccoli 1 cup raw leafy vegetable (spinach, collard greens, salad greens) ½ cup of vegetable juice ¼ cup of cooked, dry legumes (such as lentils, black beans, kidney beans, chickpeas) |
| Grains Whole-wheat or other kinds of breads, crackers, tortillas, cereal or pasta, brown rice, bulgur, couscous, popcorn, oatmeal | 9–11 portions (6 oz.: Make at least half of these whole grains) | 1 slice of bread 1 cup of cold cereal ½ cup oatmeal or other cooked cereal ½ cup cooked pasta, brown rice, bulgur, couscous |
| Milk group Low-fat or fat-free milk, yogurt, cheese; pudding made with low-fat milk | 3 portions (3 cups) | 1 cup of milk or yogurt 1½ ounces of natural cheese (such as cheddar) 2 ounces of processed cheese (such as American cheese) |
| Meats, beans, and nuts | 2–3 portions (5.5 oz.) | 1 ounce of cooked lean meat, poultry, or fish 1 tablespoon of peanut butter ¼ cup of cooked, dry beans (such as lentils, black beans, kidney beans, chick peas) 1 egg ½ cup of tofu or 2½ ounce soyburger ⅓ cup of nuts |
| Fats, oils, sweets Butter, cream, margarine, oils, salad dressing, sweets, fruitades, cookies, cakes, ice cream | Very small amounts | |

WHAT SIZE IS A PORTION?

FRUIT: 1 medium fruit is about the size of a baseball



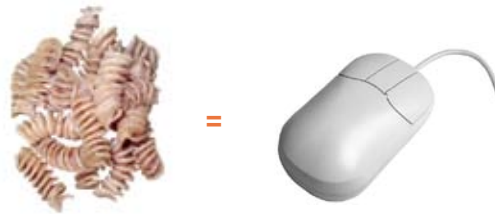
VEGETABLES: ½ cup, about the size of a small computer mouse



CHEESE (LOW-FAT OR FAT-FREE): 1½ ounces, about the size of six dice



PASTA (COOKED): ½ cup, about the size of a small computer mouse





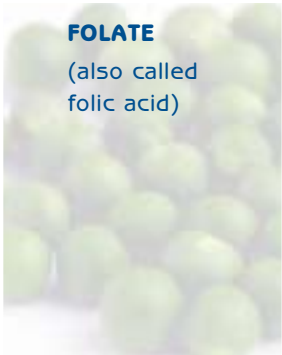


FISH OR LEAN MEAT: 2–3 ounces, about the size of a deck of cards







You can get more information at www.mypyramid.gov.

POWER FOODS

| NUTRIENTS | BENEFITS | SOME FOOD SOURCES |
|--|---|--|
|  <p>VITAMIN A</p> | <ul style="list-style-type: none"> • Good vision. • Healthy skin and hair. • Helps you grow. | <ul style="list-style-type: none"> • Fortified instant cereals (cereals that have Vitamin A added to them) • Cantaloupe • Dark green leafy vegetables like spinach, collards, kale • Carrots, sweet potatoes, pumpkin, winter squash |
|  <p>VITAMIN C</p> | <ul style="list-style-type: none"> • Healthy bones, skin, blood cells, gums and teeth. | <ul style="list-style-type: none"> • Strawberries, grapefruits, oranges, melons, mangos, tomatoes • Broccoli, red sweet peppers, cauliflower, sweet potatoes |
|  <p>VITAMIN E</p> | <ul style="list-style-type: none"> • Protects body cells. | <ul style="list-style-type: none"> • Nuts (almonds, hazelnuts, peanuts) • Sunflower seeds and pine nuts • Vegetable oils |
|  <p>CALCIUM</p> | <ul style="list-style-type: none"> • Strong bones and teeth. | <ul style="list-style-type: none"> • Low-fat or fat-free milk, yogurt, cheese • Calcium-fortified cereals, juices, soy beverages and tofu • Canned sardines, salmon, trout |
|  <p>FOLATE (also called folic acid)</p> | <ul style="list-style-type: none"> • Helps your body make red blood cells. | <ul style="list-style-type: none"> • Cooked, dry beans • Peas • Peanuts • Oranges, orange juice • Dark-green leafy vegetables, like spinach • Fortified cereals • Enriched grain products |

Foods contain nutrients that help you look and feel your best and grow healthy and strong.

| NUTRIENTS | BENEFITS | SOME FOOD SOURCES |
|--|--|---|
|  <p>FIBER</p> | <ul style="list-style-type: none"> • May help reduce risk for coronary heart disease. • Helps make you feel full and have regular bowel movements. | <ul style="list-style-type: none"> • Cooked dry beans • Ready-to-eat 100% bran cereals • Sweet potatoes and baked potatoes with skin • Pears and apples with skin |
|  <p>MAGNESIUM</p> | <ul style="list-style-type: none"> • Helps contract and relax muscles. | <ul style="list-style-type: none"> • Ready-to-eat 100% bran cereals • Spinach • Almonds, cashews, and pine nuts • Halibut fish, haddock |
|  <p>IRON</p> | <ul style="list-style-type: none"> • Helps red blood cells carry oxygen to different parts of the body to help produce energy. • Lack of iron in red blood cells (called anemia) can make you feel weak and tired. | <ul style="list-style-type: none"> • Lean beef • Lamb • Clams, oysters, shrimp, and canned sardines • Spinach • Cooked dry beans (white, navy, and kidney), lentils, roasted pumpkin and squash seeds • Iron-fortified cereals |
|  <p>POTASSIUM</p> | <ul style="list-style-type: none"> • Helps muscles work. • Reduces risk of high blood pressure and stroke. | <ul style="list-style-type: none"> • Baked white or sweet potatoes • Tomato products • Squash (pumpkin, butternut, and acorn) • Bananas and plantains • Dried peaches, prunes, and apricots • Oranges and orange juice • Cantaloupe and honeydew • Low-fat or fat-free yogurt |

CHECK THE FACTS

What you need to know about the Nutrition Facts label

1 Start here → Serving Size 1 cup (228g)
Servings Per Container 2

2 Check calories → **Amount Per Serving**
Calories 250 **Calories from Fat** 110

3 Limit these nutrients →

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| Trans Fat 3g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |
| Potassium 700mg | 20% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 4% |

4 Get enough of these nutrients →

4 (% DV):
5% or less is low
20% or more is high

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories: 2,000 | 2,500 |
|--------------------|-------------------|---------|
| Total Fat | Less than 65g | 80g |
| Sat Fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |

HOW TO READ THE NUTRITION FACTS LABELS

- 1 Portion Size:** Always look at the portion size (1 cup) on the label. If you double the portions you eat, you also double the calories and nutrients. Notice that this container has two portions.
- 2 Calories:** Decide if this food is worth eating, based on the number of calories and the amount of nutrients you are getting. More than 400 calories per portion is high for a single food item.
- 3 Fat, Cholesterol, Sodium:** Limit your intake of total fat, saturated fat, *trans* fat, cholesterol, and sodium to help reduce the risk of heart disease.
- 4 Percent Daily Value (%DV):** The %DV tells you if a portion of food is high or low in a nutrient: 5% DV or less is low and 20% or more is high. Keep saturated and *trans* fat, cholesterol, sodium, and added sugar as low as possible. Throughout the day, remember to eat foods that are high in dietary fiber, vitamins A and C, calcium, and iron. Accomplish this goal by eating food from the various food groups.

Read the ingredients on the label. Check to see if sugars are listed as the first few ingredients. If so, this food or drink may not be very healthy. There are many different kinds of sugars, so look for ingredients such as brown sugar, corn sweetener, high fructose corn syrup, dextrose, fructose, fruit juice concentrate, maltose, dextrose, sucrose, honey, and maple syrup.

UNDERSTANDING FOOD LABELS: WHAT DOES IT MEAN?

| | What does it mean? | Where does it come from? |
|-----------------|--|--|
| Calories | <p>A measure of the energy content of food. Calories act as fuel for your body.</p> <p>Teen boys need about 2,000 calories a day.</p> | <p>Most foods have calories.</p> |
| Fat | <p>Your body needs some fat for energy and to keep your hair, organs, and blood system healthy. Too much fat can cause weight gain and increase the risk of health problems like heart disease</p> | <p>Good fats: Vegetable oils, (olive, canola, etc.), nuts, fish.</p> <p>Bad fats (saturated fat and <i>trans</i> fat): Meat, butter, whole milk or cream, poultry, most fried foods, and commercial baked goods (cookies, cakes, crackers, doughnuts).</p> |



| | What does it mean? | Where does it come from? |
|----------------------|---|--|
| Cholesterol | A waxy substance. Too much can build up in your blood vessels and block blood flow to your heart. | Meat, whole milk, eggs, poultry, and seafood. |
| Sodium | Another word for salt. Most teen boys need less than one teaspoon of salt each day. | Many prepared foods contain salt. Watch for the words <i>sodium</i> , <i>sodium bicarbonate</i> , and <i>baking soda</i> . |
| Dietary Fiber | Helps digestion and may help prevent heart disease. | Fruits, vegetables, beans, whole-grain foods, and high-fiber foods. |
| Sugars | A source of energy. Natural sugars come from foods that also bring vitamins and minerals that you need. Added sugar in sodas, candy, and other sweets give you <i>empty</i> calories without added nutrients. | Natural sources of sugar include fruits and milk products (lactose). Added sugars come from corn syrup or white, brown, or powdered sugar. |
| Carbohydrates | A source of energy. There are two types: simple carbohydrates (sugars, as shown above) and complex carbohydrates that come from starchy foods. | Starchy foods, such as pasta, rice, bread, cereals, potatoes, and starchy vegetables (corn, sweet potatoes, peas, lentils). |

ASK THE DOC



Dr. Richard E. Kreipe, MD, is a specialist in Adolescent Medicine at the University of Rochester Department of Pediatrics and a professor at the University of Rochester Medical School.

Q I eat a lot of junk food and never gain weight, so why do I have to eat more fruits and vegetables?

A Most people who eat a lot of “junk” food (foods high in fat, salt, and added sugars) don’t give their bodies what they need to grow best. They are popular because these ingredients make them taste good, but “junk” foods aren’t nutritious. This eating pattern can cause you to become overweight and increase your risk of diseases like diabetes, high blood pressure, and even some cancers. But if you develop good eating habits now, you are likely to keep them as an adult.

Q I am not hungry when I wake up. Do I still need to eat breakfast?

A Breakfast is for champions! Your body has been using energy while asleep and starts using more energy as soon as you wake up and get going for the day. A balanced breakfast is a good way to kick-start your day. It can help you be more alert and more focused in school. Also, kids who eat breakfast regularly are more likely to be able to control their weight. Simple foods like smoothies, yogurt, or oatmeal are excellent choices.

Q What should I eat for a snack after school?

A Most kids need a “pick-me-up” after school before they eat dinner. Plan a snack that gives you lots of nutrition, like a glass of low-fat, skim or soy milk, with a half of a peanut butter and jelly sandwich on whole-wheat bread, or a bowl of cereal.

Q How does caffeine affect me?

A Caffeine is a stimulant that speeds up your body’s metabolism. Some people feel that they can concentrate better after they’ve had a drink with caffeine in it, like coffee or “energy” drinks. But the best way to give your body more energy is to eat or drink something healthy.

Q Lately I’ve noticed that my friends are getting taller. When will this happen to me? Will I lose weight like they have?

A Everybody goes through puberty (changing from child to adult) in different ways. Some kids start growing in height before they are 10 years old. They may continue this growth very rapidly, while others may not get taller until they are 15 and may not get to their full height for a couple years. While it looks as if young people lose weight when they grow, adolescents between the ages of 10 and 20 usually gain weight steadily.

Q Can chips or chocolate give me pimples?

A Just about every person going through puberty gets pimples, also called zits or acne. This is especially true for boys because they have more of the hormones that cause the oil glands in the skin to develop. Pimples are not caused by specific foods, drinks, or even dirt. Your parents can help you to choose medicines over the counter with the help of a pharmacist. If these don’t work and you are still worried, talk to your doctor or nurse about prescription medications or about seeing a skin doctor, a dermatologist.

TEST YOUR NUTRITION SMARTS

Circle your answers.

- 1 True or False:** Kids who eat a healthy breakfast tend to do better in school than those who skip it and don't eat until lunch.
- 2 True or False:** Teen boys need about 2,000 calories each day.
- 3 About how much sugar is in 12-ounce can of soda?**
 - A** Three teaspoons
 - B** Five teaspoons
 - C** Seven teaspoons
 - D** Nine teaspoons
- 4 What counts as a portion (1 ounce) of bread?**
 - A** One slice
 - B** Two slices
 - C** Four slices
 - D** One loaf
- 5 True or False:** Skipping meals, fasting, and not eating whole groups of foods (like grains) are not healthy ways to lose weight.

Answers

1 True 2 True 3 D 4 A 5 True

CALCIUM WORD FIND

Find and circle the terms listed below in the Word Bank. All these foods are good sources of calcium, which helps build strong bones and teeth.

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

WORD BANK:

Milk, (fortified) bread, soy milk (fortified beverage), yogurt, tortilla, broccoli, bok choy, almond, waffles, (fortified) cereals, (canned) sardines, (canned) salmon, tofu.

Check food labels. Find out how much calcium is in different foods. Look for "Percent Daily Value" (written as %DV or % Daily Value). If it has 5% or less, that's low. If it has 20% or more, that's high.

A HEALTHY DIET AND DIETING – THEY DON'T MEAN THE SAME THING.

A **healthy diet** means getting the right balance of foods and nutrients that your body needs to perform every day.

DiETING means limiting how much food or the kinds of food you eat to help lose weight. Teens should not diet unless they are under a doctor's care. They should not miss out on important nutrients.

The best way to make sure you look and feel your best is to take steps to have a healthy diet and maintain a healthy weight. Here's how:

- **Start with breakfast.** This will help you have more energy, increase your attention span and memory, and feel less grouchy or restless.
- **Plan ahead.** Think about what kind of meals and snacks you would like for the week. Help your family make a shopping list – you may even want to help with the shopping and cooking.
- **Pack your lunch.** Snacks and sodas from a vending machine will give you plenty of calories, but not many nutrients. Bring your own lunch. Create your own sandwich, and add healthy foods and drinks like fruits, unsalted nuts, low-fat yogurt, vegetables, water, and 100% fruit juice.
- **Eat dinner with your family.** Family meals help you reconnect after a busy day, and they are more likely to include more fruits, vegetables, and grains. Help your family make healthy dinner choices.

- **Make smart choices.** If you need to eat fast food, skip the super-size portions. Choose a grilled chicken sandwich, salad, or small burger. Use mustard instead of mayonnaise. Skip the soda. Limit fried foods and sweets.
- **Think about what you drink.** Sugary drinks and sodas are full of empty calories. Try sticking to water, low-fat milk, or fat-free milk instead.
- **Pick smart snacks.**
Here are some ideas:
 - Fresh or dried fruit
 - Peanut butter on rice cakes, whole-wheat crackers, celery sticks
 - Baked potato chips or tortilla chips with salsa
 - Veggies with low-fat dip
 - Low-fat cheese or low-fat yogurt
 - Low-fat frozen yogurt
 - Graham crackers, vanilla wafers, animal crackers, fig bars
 - Air-popped or low-fat microwave popcorn





I hear a lot about metabolism. What is it? Is everyone's the same?

"Everybody's metabolism is different. It is the gasoline system that keeps your body moving. Some people are like sports cars with large engines that burn a lot of gasoline (food), while others have a more economical system that burns more slowly. We want our engines (bodies) to run hot, because that means we will be more energetic. In order for this to happen we need to make good choices by eating healthy snacks and meals and exercising regularly."

— Barry Kagan, *Athletic Department, University of Maryland Strength and Conditioning Coach*

AM I IN CONTROL?

While there are many aspects of your life that you have control of, the way in which your body changes during puberty is certainly not one of them. Changes happen suddenly and often through adolescence. Here are some things to remember:

- Each guy goes through growth spurts (periods of fast growth) at different times, so be patient if you don't have yours when all your friends do.
- Girls often go through puberty earlier than guys.
- Your genetic makeup, or the traits passed down to you by your family, often has a large influence on the way you grow during puberty. Ask a parent or another relative about their adolescent phases.
- Don't waste your energy worrying about what you look like one day, as you probably will look different the next day.
- Maintaining a healthy lifestyle during the process can make these changes feel more natural.

DIETING IS NOT THE ANSWER

| DON'T DO THIS | BECAUSE... |
|---|---|
| <ul style="list-style-type: none">• Skip meals. | <ul style="list-style-type: none">• Missing meals often leads to overeating at later meals. |
| <ul style="list-style-type: none">• Starve yourself. | <ul style="list-style-type: none">• It's not likely you'll keep weight off in the long term. Also, you'll miss out on important nutrients your body needs for growth. |
| <ul style="list-style-type: none">• Leave out a whole food group or just eat a few foods. | <ul style="list-style-type: none">• You need a balance of different food groups to make sure you get all the nutrients you need. |
| <ul style="list-style-type: none">• Overeat or eat when you are not hungry. | <ul style="list-style-type: none">• Sometimes people use eating as a way to deal with emotions such as stress, boredom, or sadness. Overeating and eating when you are not hungry often signals other problems and can lead to unhealthy weight gain. |



WHY PHYSICAL ACTIVITY?

Riding a bike, shooting baskets, swimming, playing soccer, and practicing martial arts are all examples of physical activity.

In other words, it's an activity that gets your body moving and uses up energy.



2





I am not very competitive. What else can I do to be physically active and stay healthy?

“If you are not very competitive and want to be active, get involved in fitness activities or lifetime sports (activities that you can do on your own). Some examples are hiking, walking, jogging, weight training, bicycling, playing golf, bowling, racquetball, and martial arts. Walking your pets and playing with friends, siblings, and parents are other activities you can do. Eating good foods will also help you stay healthy.”

— Pete Yurish, *University of Maryland Strength and Conditioning Coach*

Physical activity is fun and is something you can do with friends. It also can help you...

- Build and keep healthy bones, muscles, and joints.
- Strengthen your heart, lungs, and blood vessels.
- Get your mind ready for learning.
- Feel less stressed.
- Boost your self confidence.



HOW PHYSICALLY ACTIVE AM I?

1 What physical activities do you do now? (Check all that apply).

- Team sports *(example: football, soccer, basketball)*
- Biking Skateboarding School P.E. class
- Walking Rock climbing Martial arts
- Rollerblading Racquetball Hiking
- Swimming Yoga Running (jogging)
- Other _____
(fill in one or more activities)

2 How many days do you do physical activity during a typical week?

- Every day 5-6 days 3-4 days
- 1-2 days 0 days

3 On a typical day, how much time do you spend doing physical activities?

- At least 60 minutes 30-60 minutes
- 20-30 minutes Less than 20 minutes
- 0 minutes

.....

It all adds up!

- 1 The key is to pick one or two physical activities that you like to do. Remember that you do not need to be competitive to be active.
- 2 Aim to do physical activity most days of the week. If you're not very active right now, start slowly and work your way up to being active every day.
- 3 Try to do physical activity for one hour (60 minutes) on most days. If you're not physically active for 60 minutes straight, it's okay to do physical activity for 10 or 20 minutes at a time throughout the day.

WORK IT

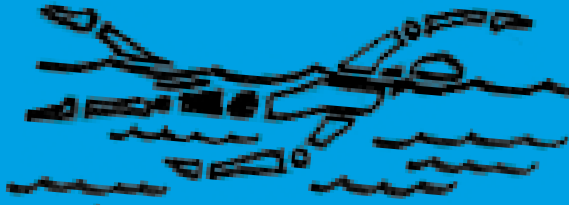
PHYSICAL ACTIVITY IDEAS

There are three different levels of physical activity.
Some activity is better than none at all.

| ACTIVITY | WHAT IS IT? |
|--|---|
| LIGHT <ul style="list-style-type: none">• Not sweating• Not breathing hard | Slow walking, yoga, ping pong, bowling |
| MODERATE <ul style="list-style-type: none">• Breaking a sweat• Can talk, but can't sing | Roller blading, swimming, walking fast, biking, mowing the lawn |
| VIGOROUS <ul style="list-style-type: none">• Sweating• Breathing hard• Can't talk or sing | Jogging, playing basketball, biking uphill, swimming laps |

Also try fitting in...

| TYPE | WHAT IS IT? | WHY DO IT? |
|---|--|---|
| Resistance exercise (2 or more days each week) | Weight-training using weight machines and resistance bands | <ul style="list-style-type: none">• Increases strength• Builds muscles |
| Weight-bearing exercise | Walking, running, hiking, martial arts, soccer, and other activities that work bones and muscles against gravity | <ul style="list-style-type: none">• Makes bones stronger |



WORD SCRAMBLE

What do all these words have in common?
They are all physical activities you can do.

- 1 galf llabtoof _____
- 2 thgiew gniniart _____
- 3 llabteksab _____
- 4 gnidraobetaks _____
- 5 etamitlu eebisrf _____
- 6 laaslebb _____
- 7 laitram stra _____
- 8 gnimmiws _____

Answers

- 1 flag football 2 weight training 3 basketball 4 skateboarding 5 ultimate frisbee 6 baseball 7 martial arts 8 swimming



STRENGTH AND CONDITIONING



Barry Kagan, *University of Maryland*
Assistant Strength and Conditioning Coach

Q When will I get muscles?

A You already have all your muscles. As your body matures, the fibers that make up those muscles will begin to get larger by adapting to your activity level. When your body is ready, it will begin to produce a greater level of hormone called testosterone. Some boys will produce higher levels at a younger age; but until your body is ready to do that, focus on exercise to prepare your body to build muscle when it's ready.

Q How long before I practice/become physically active should I eat?

A The goal should be to eat something 30 minutes to an hour before you work out. Something as simple as a peanut butter and jelly sandwich will do the job, and foods such as low-fat yogurt, fruit, and nuts also are good choices. Try to avoid high-sugar foods.

Q I like to eat "junk" food with my friends. How will this effect my athletic/physical performance?

A "Junk" food is usually high in fat, added sugar, or both. Neither will be beneficial to promoting good health. The occasional candy bar or bag of chips is not the end of the world, but limiting consumption is key to a healthier lifestyle. Making smart snack choices is often the biggest improvement you can make to your diet.

Q Is there an added benefit of drinking sports drinks instead of water? When should I choose a sports drink instead of water?

A Water is the most important aspect of proper nutrition before, after, and DURING exercise. Many sports drinks can be beneficial, but they often have too much sugar and need to be watered down a bit to have the best effect. If workouts will last longer than an hour, or if you are training mid-day in hot summer months, sports drinks in a watered-down form can be helpful.

Q My older brother is taking creatine and other supplements. Is this healthy for someone my age? Will it make me stronger and more muscular?

A Taking creatine or any supplements or steroids is not safe. Manufacturers claim that creatine is a way to get bigger and strong. But your body has to be ready to get bigger and stronger—it cannot be forced to do so by adding a supplement. If you are bending the rules in other areas—not sleeping enough, not eating properly, drinking soda, or eating junk food—improving these habits will do more for your body than taking supplements.

Q I like to play sports now and want to be on a team in high school. What are some things I should do now to prepare myself for this?

A Put down the game controller and go for a run. No matter what sport you choose, athletic activity comes back to a commitment to treat your body like a temple. Once you determine which sports you are interested in playing, talk to a P.E. or gym teacher at your school and have him or her help you focus in on a more specific exercise routine for that sport. General physical fitness is important to all sports, but training for tennis or football is a lot different than preparing for cross-country season.

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