

# *My Bright Future:* *Physical Activity and Healthy Eating*



U.S. Department of Health  
& Human Services  
Health Resources &  
Services Administration

*For Adolescent Girls  
and Young Women*

Updated February 2013

The publication was produced for the U.S. Department of Health and Human Services, Health Resources and Services Administration by Social Solutions International, Inc. under contract number HSH250201100112P.

My Bright Future: Physical Activity and Healthy Eating For Adolescent Girls and Young Women is not copyrighted. Readers are free to duplicate and use all or part of the information contained in this publication; however, the photographs are copyrighted and permission may be required to reproduce them.

Photography credits: Page 3, all images, Health Resources and Services Administration (HRSA); page 4, HRSA; page 5, all images, HRSA; page 6, HRSA; page 7, HRSA; page 8, HRSA; page 9, all images, HRSA; page 10, HRSA; page 11, HRSA; page 12, HRSA; page 13, all images, HRSA; page 14, HRSA; page 15, HRSA; page 16, HRSA; page 17, all images, HRSA; page 18, HRSA; page 19, HRSA; page 20, HRSA; page 21, all images, HRSA; page 22, HRSA; page 23, Choose My Plate logo, U.S. Department of Agriculture, photo, HRSA; page 24, HRSA; page 25, Nutrition Facts label, U.S. Food and Drug Administration, all photos, HRSA; page 26, HRSA; page 27, HRSA. All other images, HRSA.



This booklet will help you learn about healthy eating and physical activity. With the help of your health care provider, it will also show you what areas might need some improvement and how to set and reach your goals. Here's what you'll find inside:

Getting Started: Questions to answer on your own and talk about with your health care provider .....	4
Health Care Provider: Ideas on how to start a conversation with your health care provider and examples of questions you can ask.....	9
My Health Care Visit: Section for your health care provider to fill out during your visit.....	10
Setting My Goals: Charts for setting goals with your health care provider (or on your own) .....	14
Reaching My Goals: Information and ideas to help you reach your goals .....	16

# Getting Started

This section asks questions about your current level of physical activity and healthy eating. Check the box that best answers each question and/or write your answer on the line.

## PHYSICAL ACTIVITY

1. How many days a week do you do physical activity? (for example: playing soccer, running, swimming, playing volleyball, dancing, walking, or other aerobic activities)
  - 7 days
  - 5-6 days
  - 3-4 days
  - 1-2 days
  - 0 days
2. How much time do you spend doing physical activity on a typical day?
  - 60 minutes or more
  - 30-59 minutes
  - 20-29 minutes
  - Less than 20 minutes
  - Once in a while
  - Never
3. How much time do you spend doing activities like brisk walking, bicycle riding, hiking, house or yard work or games requiring catching or throwing?
  - 60 minutes or more per day
  - 30-59 minutes
  - 20-29 minutes
  - None

4. How often do you do activities like jumping rope, vigorous dancing, soccer, swimming, basketball or games with running or chasing?
  - 60 minutes or more per day
  - 30-59 minutes
  - 20-29 minutes
  - None
5. Which of the following muscle and bone strengthening activities do you do, and how many times per week do you do them? Check all that apply.
  - Games such as tug-of-war: \_\_\_\_ times a week
  - Pushups and pull ups: \_\_\_\_ times a week
  - Resistance exercises like lifting weights: \_\_\_\_ times a week
  - Climbing wall: \_\_\_\_ times a week
  - Sit ups: \_\_\_\_ times a week
  - Hopping, skipping, or jumping: \_\_\_\_ times a week
6. What activities do you spend the most time doing in your free time? Check all that apply.
  - Homework
  - Physical activities (for example: soccer, volleyball, hiking, dancing, gymnastics)
  - Watching television/Using the computer
  - Shopping
  - Talking on the telephone
  - Spending time with friends or family
  - Babysitting/Working at a job
  - Household chores (for example: cooking, cleaning)
  - Napping
  - Others





## HEALTHY EATING

When answering the next questions, think about the variety of foods you eat from each of the food groups from the time you wake up until the time you go to bed. Include all foods and beverages that you eat and drink at home, school, restaurants, and from vending machines.

1. How often do you have foods from the dairy group? For example, on a typical day how often do you drink fat-free or low-fat milk or, drink fortified soy beverages, add milk to your cereal, eat fat-free or low-fat yogurt or cheese?
  - 3 times per day
  - 2 times per day
  - 1 time per day
  - Less than once per day
2. When eating foods from the dairy group, how often do you choose fat-free or low-fat options?
  - Always
  - Often
  - Occasionally
  - Never
3. How often do you eat foods from the protein group such as lean hamburger, chicken, turkey, fish, pork, peanut butter, eggs, nuts, dried beans, or tofu?
  - 5-6 times per day
  - 3-4 times per day
  - 1-2 times per day
  - Less than once per day
4. If you eat meat, how is it usually prepared?
  - Fried, breaded or battered
  - Baked, broiled or grilled
  - A combination

5. How often do you choose seafood instead of other meat?
  - Several times a week
  - Once a week
  - Less than once a week
  - Never
6. How often do you eat fruit or drink 100% fruit juice?
  - 5 or more times per day
  - 3-4 times per day
  - 1-2 times per day
  - Less than once per day
7. How often do you eat vegetables or drink 100% vegetable juice?
  - 5 or more times per day
  - 3-4 times per day
  - 1-2 times per day
  - Less than once per day
8. Do you eat a variety of vegetables, including dark green, red and orange, and beans and peas?
  - Yes
  - No
  - Sometimes
9. How often do you eat foods from the grains group such as cereal, brown rice, pasta, breads (whole wheat and white breads), tortillas, couscous, bagels, pita bread, or crackers?
  - 5-6 times per day
  - 3-4 times per day
  - 1-2 times per day
  - Less than once per day

“By the time I get home from school, I’m starving and can’t wait until dinner to eat! Last time I saw my doctor, she recommended some healthy foods that make good after-school snacks. Now, I ask my mom to buy raisins and apples for me to snack on. It keeps the hunger pangs away and my energy up while I’m doing my homework, too.”

Shannette  
Des Moines, Iowa





10. How many of your grain group choice come from whole grains such as brown rice, oatmeal, whole wheat bread or whole grain crackers?

- More than half
- About half
- Less than half
- None

11. How often do you eat candy, cakes, cookies, doughnuts, or chips?

- 3 or more times a day
- 2 times per day
- 1 time per day
- Less than once per day

12. How often do you drink soda, soft drinks, pop, or sweetened teas?

- 3 or more times a day
- 2 times per day
- 1 time per day
- Less than once per day

13. How would you describe your weight?

- Underweight
- Healthy weight
- Overweight

14. Do you take vitamin, mineral, or dietary supplements?

- Yes
- No
- Don't know

If yes, what types of supplements do you take?

- Calcium
- Iron
- Folic Acid
- Vitamin D
- Fiber
- Multivitamin/multimineral
- Others \_\_\_\_\_



“I know that getting at least 60 minutes of physical activity a day is important for staying healthy but, with school and a part-time job, I don't have a lot of time for it. My doctor told me that even small amounts of physical activity throughout the day make a big difference, and she gave me some ideas of things I can do. My favorite? Walking briskly through the mall with my friends! Who knew exercising could be so fun?”

Brenda  
Baltimore, Maryland



# Talking With My Health Care Provider

Many health care providers will answer your questions about physical activity and healthy eating. Let them know that you have some questions at the start of your visit. Here are some examples of questions that you may want to ask.

- Am I getting enough physical activity?
- How do I fit more physical activity into my lifestyle?
- Can I be physically active during my period?
- Should I change how I eat when I have my period?
- I'm not sure if I'm getting enough milk, meat, fruit, vegetables, or grains in my diet. Can you help me decide if I should add more?
- Am I in a healthy weight range for my height and age?
- What kind of eating pattern is safe and healthy for me?

In the space below, write questions about physical activity and health eating, you would like to ask your health care provider.

My own questions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_





# To Be Completed By My Health Care Provider

## My Health Care Visit

Date: \_\_\_\_\_

This page is for your health care provider to fill in. Now is the time for you and your health care provider to review this information together.

BMI (body mass index) is an estimate of body fat. BMI is calculated from your height and weight.

Weight (lbs.): \_\_\_\_\_

Height (inches): \_\_\_\_\_

BMI: \_\_\_\_\_

Age: \_\_\_\_\_

BMI percentile for age and sex:\*

Growth comment: \_\_\_\_\_

\_\_\_\_\_

BMI-for-age percentile	What it means
≥ 95th percentile	Obese
85th to < 95th percentile	Overweight
5th to 84th percentile	Healthy weight
<5th percentile	Underweight

\* See CDC charts at <http://www.cdc.gov/nchs/data/nhanes/growthcharts/set3/chart%2016.pdf>



### Current Physical Activity Level Assessment:

- On target
- Recommend change

### Current Nutrition and Eating Habits Assessment:

- On target
- Recommend change

### Health Care Provider's Recommendations:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

“Julie is not only my best friend – she’s my exercise buddy! On days when I just don’t feel like exercising, she pumps me up and motivates me to get going because she knows physical activity keeps us strong and healthy. And I do the same for her. Some days we go running together. Other days we go out dancing!”

Vanessa  
El Centro, California



# Setting My Goals



To set goals that are right for you, think about what you want to change and why, and what steps you'll take to reach your goal. These changes don't have to be big; even small steps can make a difference. Also, think about who can help you and how you'll reward yourself for making progress.

Use this chart to set simple goals for your physical activity and healthy eating with your health care provider. You can also ask your family or friends to help.

Sample Goal	Get calcium with every meal
My reason for this goal	To have stronger bones when I am older.
Steps I'll take	<ol style="list-style-type: none"> <li>1. Drink calcium-fortified orange juice with breakfast.</li> <li>2. Always drink fat-free or low-fat milk or fortified milk alternatives with lunch and dinner.</li> <li>3. Eat fat-free or low-fat string cheese or yogurt as a snack.</li> </ol>
Who will help me	My family
When I'll achieve my goal	Two weeks to get more calcium with every meal
How I'll reward myself for making progress toward my goal	Buy a new basketball

<b>My Goal</b>	
My reason for this goal	
Steps I'll take	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
Who will help me	
When I'll achieve my goal	
How I'll reward myself for making progress toward my goal	

<b>My Goal</b>	
My reason for this goal	
Steps I'll take	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
Who will help me	
When I'll achieve my goal	
How I'll reward myself for making progress toward my goal	





# Reaching My Goals

Here is some information for you to keep and read that can help you reach the goals that you just set.

The sections that have the 🍏 list ideas and tips. Look for the 🍏, and circle the ones you'd like to try.



## PHYSICAL ACTIVITY

A little here and there goes a long way! Try fitting at least 10 minutes at a time of physical activity in the morning, afternoon, and evening into your routine throughout the week. Your goal is to do 60 minutes of physical activity daily. Most of this time should be in moderate intensity activity. You should include vigorous-intensity physical activity at least 3 days per week. Part of the 60 minutes per day should include muscle-strengthening activities at least 3 days per week and bone-strengthening activities at least 3 days per week.

Physical activity is rewarding! It may improve emotional well-being and self-esteem, reduce feelings of anxiety and depression, and lower your risk of many diseases. Different kinds of physical activities also provide different kinds of benefits.



## PHYSICAL ACTIVITY AND PHYSICAL FITNESS

For...	Try...
Moderate-Intensity	Biking, brisk walking, hiking, skateboarding, housework
Vigorous-Intensity	Jumping rope, running, vigorous dancing, soccer, swimming
Strength	Gymnastics, weight lifting, sit-ups, push-ups, basketball

To get at least 60 minutes of physical activity daily, try these ideas:

- 🍏 Move safely, move often, move for fun.
- 🍏 Dance, jump rope, or roller skate.
- 🍏 Take your dog for a brisk walk.
- 🍏 Move to music.
- 🍏 Ask a family member to join you for a physical activity date.
- 🍏 Play soccer, tennis, or softball.
- 🍏 Walk briskly with friends through the shopping mall or to school.
- 🍏 Try a fun new activity that pumps up your heart, like aerobics.
- 🍏 Spend less time watching television or sitting at the computer.
- 🍏 Wear a step counter and watch your steps increase every day.
- 🍏 Take the stairs instead of the elevator or escalator.
- 🍏 Try a new activity each season such as swimming, skating, soccer, or biking.
- 🍏 Stretch and strengthen your arms and legs every day.

## PHYSICAL ACTIVITY SAFETY TIPS

- Slow down if you're out of breath. You should be able to talk during physical activity without gasping for breath.
- Drink water before, during, and after physical activity (even during water workouts).
- Wear supportive sneakers and use sunscreen when outdoors.
- Wear appropriate safety gear.
- Use the buddy system. Bring a friend along when you go swimming or out walking so you have someone around if you need help.

### Stop Physical Activity Right Away If You:

- Have pain anywhere in your body.
- Feel dizzy or sick.
- Break out in a cold sweat.
- Have muscle cramps.





## HEALTHY EATING

### Variety/Balance

- 🍏 Eat a variety of foods within your calorie needs from all food groups. (see chart on pages 22-23).
- 🍏 Avoid skipping meals since you may overeat later in the day.
- 🍏 Eat foods that are low in added sugars and sodium (salt), including fruits, vegetables, fat-free or low-fat milk, milk products like yogurt and lactose-free milk or milk alternatives such as fortified soy beverages.

### Healthy Choices

- 🍏 Eat foods and drink beverages that contain calcium to build strong bones.
- 🍏 Eat fruits and vegetables for snacks instead of sweets and chips.
- 🍏 Drink fat-free or low-fat milk, fortified soy beverages or water instead of soda or sugar-sweetened beverages.
- 🍏 Limit foods that are high in saturated and trans fat since they raise the risk for heart disease – the number one cause of death among women. Saturated fats are found in whole milk, regular cheeses and ice creams, many meats, butter, and lard. Margarine and snack foods, such as cakes, cookies, and chips may be foods which have trans fat.

## Food Groups

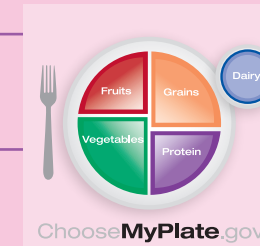
- 🍏 The Grains Group provides carbohydrates for energy as well as several B vitamins and minerals such as iron, magnesium and selenium. Whole grain foods such as whole wheat bread, brown rice, and oatmeal have fiber. A diet high in whole grains may help protect you from heart disease, diabetes, and obesity. It also helps you feel full and prevents constipation.
- 🍏 The Fruit and Vegetable Groups provide you with nutrients such as potassium, fiber, vitamin C, and folic acid. As part of a healthy diet these groups can help prevent heart disease, obesity, diabetes, and certain cancers.
- 🍏 The Dairy Group provides you with vitamins and minerals such as vitamin D and calcium to build strong bones and teeth. Choose fat-free or low-fat milk and milk products and try lactose-free milk or milk alternative such as fortified soy beverages.
- 🍏 The Protein Foods Group may provide you with protein, fat, vitamins, and minerals such as iron. High-fat processed meats such as sausage, bacon, and hot dogs contain high amounts of saturated fat. Some healthier protein options are lean meats including chicken, beef and pork, seafood, beans and peas, eggs and unsalted nuts.





## MAKING HEALTHY CHOICES

Daily amount*	Reaching the daily amount	Things to keep in mind
Grains 6 ounces	1 ounce = 1/2 cup of cooked rice, pasta, couscous or cereal; 1 slice of bread; 1 small tortilla; 1 small muffin; 1 cup ready-to-eat cereal.	Choose whole grains at least half the time, such as whole grain bread, oatmeal, brown rice.
Vegetables 2 1/2 cups	1 cup = 1 cup cut-up raw or cooked vegetables; 1 cup vegetable juice; 2 cups leafy salad greens.	Vary the types of vegetables you eat. Eat more dark green, yellow, and orange and red vegetables.
Fruits 2 cups	1 cup = 1 cup cut-up raw or cooked fruit; 1 cup 100% fruit juice; 1/2 cup dried fruit.	Eat a variety of fruits. Choose fresh, frozen, canned, or dried fruit. Limit fruit juice to one cup of 100% fruit juice per day.
Dairy 3 cups	1 cup = 1 cup milk, fortified soy beverage or yogurt, 1 1/2 ounces fat-free or low-fat natural cheese; 2 ounces processed cheese like American cheese.	Choose fat-free or low-fat milk products. If you can't tolerate milk, try lactose free milk products or fortified soy beverages.
Protein Foods 5 1/2 ounces	1 ounce = 1 ounce lean meat, poultry, or fish; 1 egg, 1/4 cup cooked beans or tofu; 1 tablespoon (Tbsp) peanut butter; 1/2 ounce nuts or seeds.	Choose low-fat or lean meats and seafood. Bake, broil or grill your meat, instead of frying. Substitute nuts or seeds.
Oils 5 teaspoons	1 teaspoon (tsp) = 1 tsp vegetable oil like canola oil, or soft margarine; 1 tablespoon (Tbsp) low-fat margarine, 2 Tbsp light salad dressing.	Limit solid fats like butter, stick margarine, shortening, and lard.



“After reading an article about serving sizes, I checked the food label on my favorite snack - peanuts - to see what one serving was. I found out that I was eating two servings and getting double the calories and fat. So I stopped eating out of the bag and started pouring one serving in a bowl. Now I’m making better decisions about how much I eat.”

Anna  
Atlanta, Georgia

### Meals/Snacks

- 🍏 Eat breakfast in the morning for an energy boost and to help you perform better in school.
- 🍏 Start the day with a high-fiber breakfast cereal, like bran cereal with a banana.
- 🍏 Choose foods made with little or no added fat like baked chicken or grilled fish.
- 🍏 Be “snack smart” and pack healthful snacks like whole grain crackers, fruit, or a small bag of nuts.
- 🍏 Choose healthier snacks from vending machines, such as raisins, pretzels, low-fat popcorn, or baked potato chips.

\* Recommendations are based on a 2000 calorie diet. Young women who are very active may need more calories and young women who are less active may need less. For more information and a personalized daily food plan, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).

### Servings

- 🍏 Read food labels to learn about serving sizes and make decisions about healthy foods. (See page 25 for more information.)
- 🍏 Serve your food in dishes rather than eating out of the box or bag to make sure you are eating the correct serving sizes.
- 🍏 Keep a food diary for 2 days and write down everything you eat and drink. Discuss this with your health care provider to find out how your choices can help you be healthy.





## Social Eating

- 🍏 Make cooking fun. Get together with friends and family to create healthy, balanced meals.
- 🍏 Participate in food shopping and choose healthful foods that you like to eat.
- 🍏 Reward yourself for healthful food choices: go out to a movie, read a new book, or go shopping with friends.
- 🍏 Eating out... Try grilled chicken sandwiches or salads, use mustard instead of mayonnaise, and eat smaller portions. You can also ask to substitute grilled vegetables for french fries. Skip the bread on the table at the start of a meal, and order calorie free beverages.



## UNDERSTANDING THE NUTRITION FACTS LABEL

The Nutrition Facts label can help you make smart food choices by giving you information on serving sizes, calories, and nutrients, such as saturated and trans fats, cholesterol, sodium, fiber, vitamins, and minerals. Just look on the back of most food packages to find the label. % Daily Value based on a 2000 calorie diet.

- 🍏 Read the label to see if a food is a good source of a nutrient or to compare similar foods—for example, to find which brand of macaroni and cheese is lower in fat.
- 🍏 The food label gives you information on the calorie content of the portions you eat. Check the serving size and the number of servings per container. Compare this to how much you actually eat.
- 🍏 The % Daily Values (DVs) that are listed on the right-hand side tell what percentage of a certain nutrient you'll get from one serving of that food. If you want to limit a nutrient, such as sodium, then choose foods with a % DV of 5% or less. If you want to eat more of a nutrient such as calcium, then choose foods with a % DV of 20% or more.

### Nutrition Facts

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

#### Amount Per Serving

**Calories** 250    **Calories from Fat** 110

% Daily Value \*

**Total Fat** 12g    **18%**

Saturated Fat 3g    **15%**

Trans Fat 1.5g

**Cholesterol** 30mg    **10%**

**Sodium** 470mg    **20%**

**Total Carbohydrate** 31g    **10%**

Dietary Fiber 0g    **0%**

Sugars 5g

**Protein** 5g

Vitamin A    **4%**

Vitamin C    **2%**

Calcium    **20%**

Iron    **4%**

\* 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



For more information on the Nutrition Facts label, see <http://www.fda.gov/Food/LabelingNutrition/PrintInformationMaterials/ucm114155.htm>

# Hints for Getting Started on Physical Activity and Healthy Eating



- 🍏 Choose to move. Add more physical activity into your daily life.
- 🍏 Set realistic and safe goals. Build up your strength, endurance, and fitness.
- 🍏 Involve your friends and family in your physical activity choices.
- 🍏 Choose a variety of foods from all food groups to eat a balanced meal plan within your calorie needs.
- 🍏 Be careful to limit saturated and trans fat, sodium (salt), and added sugars.
- 🍏 Share and enjoy mealtimes with friends and family.
- 🍏 Be sure to start your day with breakfast, and eat regular meals and snacks that fit into your daily schedule. Think about what, when, and how much you eat.
- 🍏 All foods fit into a healthful meal plan when eaten in moderation. Your body needs many vitamins and minerals. Remember to eat:
  - 🍏 Fat-free and low-fat foods from the dairy group for **calcium and vitamin D**.
  - 🍏 Lean meats, ready-to-eat cereals, spinach, beans, lentils, and enriched and whole grains for **iron**.
  - 🍏 Fortified breakfast cereals, dark leafy green vegetables, and citrus fruits for **folic acid**.
  - 🍏 Fruits and vegetables and low-fat dairy products for **potassium**.
  - 🍏 Beans and peas, fruits and vegetables, whole grains and nuts for **fiber**.
- 🍏 Eat healthy and be active to improve your health and energy level today and later in life.

“My teacher said that physical activity is a good way to boost energy so I started riding my bike to school with friends instead of the bus whenever the weather is nice. She was right – I get to school feeling great and ready to take on the day!”

Megan  
Daleville, Alabama



# *More Information*

## **Governmental Resources**

Bright Futures for Women's Health and Wellness  
[www.hrsa.gov/womenshealth/wellness](http://www.hrsa.gov/womenshealth/wellness)

MyPlate  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

4 Girls Health  
[www.girlshealth.gov](http://www.girlshealth.gov)

Dietary Guidelines for Americans  
[www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)

Physical Activity Guidelines for Americans  
[www.health.gov/paguidelines](http://www.health.gov/paguidelines)

The National Bone Health Campaign  
[www.bestbonesforever.gov/](http://www.bestbonesforever.gov/)

Milk Matters  
[www.nichd.nih.gov/milk/milk.cfm](http://www.nichd.nih.gov/milk/milk.cfm)

Other resources that I can use to help me meet my physical activity and healthy eating goals:

- Public library
- Health newsletters at grocery store checkouts
- Community recreation center