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FITNESS ~AND~ HEALTH ~THE 4-H WAY~

Ministry of
Agriculture
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ONTARIO



THE 4-H PLEDGE

"I pledge:
 My Head to clearer thinking
 My Heart to greater loyalty
 My Hands to larger service
 My Health to better living
 For my club, my community and my country."

Name _____ Club _____
 Age _____ Number of Clubs _____

Club Executive:

Office	Name	Phone
President	_____	_____
Vice-President	_____	_____
Secretary	_____	_____
Treasurer	_____	_____
Press Reporter	_____	_____
Other	_____	_____

Club Membership:

Members	Phone	Members	Phone
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Leaders	Phone	Leaders	Phone
_____	_____	_____	_____
OMAF Contact	Phone	Position	_____
_____	_____	_____	_____

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Message from Ontario 4-H Council

When it comes to bodies there's only one per customer. It makes sense to take care of the one you've got. And that means aiming for the right balance of good foods, exercise and relaxation. If your life is all junk food, study and T.V., there's no way you can reach your full potential.

You have to make an effort to put fitness and health into your daily routine. A lot of times there are other things that seem to be more important than getting out for a bike ride or a walk. It's easier to watch a game of hockey than play one.

Snacking on doughnuts and french fries is more fun than having a crunchy apple or a bran muffin when you're hungry.

Lots of Canadians don't exercise enough. We don't eat properly all the time. But we are a society obsessed with thinness. Yet the best way to reach our proper weight is to exercise regularly and eat sensibly.

You don't have to be a "jock" to get enough exercise, nor do you have to condemn yourself to a lifetime diet of lettuce, celery and brown bread (no butter) to maintain your proper weight.

You can get enough exercise if you walk to school or to a friend's house instead of getting a ride. Go for a swim or a jog with your friends, instead of to the video store.

You can change your habits and give yourself the chance to be the best that you can be. Start by setting yourself realistic goals and sticking to them.

The 4 H's are head, heart, hands and health. If you lead a healthful lifestyle your head will be clearer. Your heart will be stronger. Your hands more willing and able to help. Your health will be better. It's the best thing you can do for yourself, your club and your community.

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Planning a Fitness Program

The first step in planning a fitness program is to plan to get yourself in shape. Does that sound a little odd? Well, you can save yourself a lot of grief and a lot of pain if you plan to ease yourself into any exercise routine.

You can start with any activity you want to. If you have a sport you want to take up seriously, it would be a good idea to choose something that is close to your final sport. For example, if you eventually want to jog, skate or cross-country ski, it's a good idea to start off by walking to get yourself on the road to fitness. Gentle movements to music with one foot on the floor at all times would be a good pre-aerobic activity for aerobic dance; leisurely biking and swimming are appropriate pre-aerobic activities for vigorous biking and swimming. Don't be afraid to try a couple of different sports. There's no pressure on you to excel. You may discover an aptitude for a sport that you had never previously thought of doing.

Get into the habit of walking a few blocks instead of taking the car or a bus, or walk up stairs in stores and offices rather than relying on elevators and escalators.

Whatever activity you choose, you have to start off at a slow pace, especially if you haven't been doing much of anything in the way of fitness activities for a while. At first you should only exercise 10 to 15 minutes every second or third day, during which time you should listen to your body. If you feel any unusual discomfort, make changes to make yourself more comfortable. Don't let yourself develop a "wooden leg".

Don't be afraid to mix and match your exercises, too, either to keep it interesting or to exercise different muscle groups. Put together a program that has you bicycling and swimming on different days. Or jog and play tennis. There are a lot of different activities you can enjoy.

When you feel confident about your abilities, gradually increase the intensity of the exercise by moving just a little faster or carefully attempting to walk or cycle up progressively steeper hills. Don't be concerned if it takes a couple of weeks or a couple of months to reach this stage. When you have established a successful fitness program of your own, you have the rest of your life to continue with it.

FIT TIP

Follow the **SMART** formula when setting your fitness goals. Your goals should be:

Specific: I want to run a mile without being tired.

Measurable: I want to run that mile in 7 minutes.

Action-oriented: I will start by walking/running that mile to build up my endurance.

Realistic: Yes, I believe I can do this.

Timed: I want to reach my goal in 6 months.

Can you set a **SMART** goal for yourself?

I want to: _____

I can measure my goal: _____

To reach my goal I have to: _____

I believe I can do this: _____

I want to reach my goal by: _____

THE SHAPE YOU'RE IN

Sometimes you can spend too much time thinking about your shape and lose touch with what you really look like. Here's a way to compare what your mental image of your body is with what it really is like.

1. I think I look:

_____ average _____ overweight _____ slender _____ underweight

2. I think my present weight is: _____ (lb. or kg)

3. How do you feel your body compares to what you want it to be? Check the correct column.

	larger than desired	ok	smaller than desired		larger than desired	ok	smaller than desired
height	_____	_____	_____	thighs	_____	_____	_____
waist	_____	_____	_____	shoulders	_____	_____	_____
hips	_____	_____	_____	chest (male)	_____	_____	_____
buttocks	_____	_____	_____	bust (female)	_____	_____	_____

4. List 3 of your good features. _____, _____, _____.

Now for the truth! Is your self image accurate?

1. My weight is: _____ (lb. or kg)

2. In the Ruler Test, did the ruler touch both your ribs and your abdomen? _____

3. Your Pinch Test measurement was: _____.

4. What did you discover when you did the Mirror Test? _____.

5. Compare the answers from "This is What I Think" to those from "This is What I Am". Do you have a realistic picture of yourself? _____.

RULER TEST

Lie flat on your back and put a ruler in the middle of your abdomen, over your navel and pointed towards your head and feet. The ruler should touch both your ribs and your lower abdomen. If it only touches one of these, or neither, you have too much fat in the abdomen.

PINCH TEST

We all carry around a bit of fat. In fact, a fit male carries about 15% of his body weight in fat. That means a boy that weighs 45 kg (100 lb.) will have 6.75 kg (10 lb) of body fat. A fit female has about 25% body fat. If she weighs 45 kg (100 lb.), she will have 11.25 kg (25 lb.) of body fat. This is a quick and easy way to figure out if you are carrying around too much. You'll need a friend to help you with these measurements.

Pinch yourself halfway up the back of your arm between the elbow and the shoulder with your thumb and forefinger. Gently rub the fold of skin between your fingers to make sure you just get the skin and not any of the muscle! Have a friend measure the width of the pinched skin. Measurements over 2.0 cm for a male and 2.5 cm for a female indicate a higher than normal level of body fat. Anything less is good.

MIRROR TEST

Stand in front of a full length mirror and jump. Anything that shook (that shouldn't) is fat. You can get a better picture of this if you do it at home without any clothes on.

GETTING THE BEAT

Your pulse tells you how many times a minute your heart is beating. Keeping track of your pulse while you play or exercise is a good way to make sure you are making the best of your exercise time.

Finding your pulse is easy, although it can take a little practice at first. There are actually six places on your body that you can take your pulse: wrists, inside of ankles, inside of thighs, armpits, sides of head and right and left side of neck.

The easiest place, though, is on the thumb side of the wrist, palm up. Use your first two fingers (not your thumb). Press lightly and practice counting the number of beats per minute.

A good trick is to count the beats for 10 seconds and then multiply the number by six to get the number of beats per minute.

First take your resting heart rate (RHR), that is your pulse at your lowest level of activity. The best time to find out your RHR is to take your pulse for a full minute when you first wake up and are lying down. You should do this two mornings in a row and take the average.

But it's okay to take your pulse after you have been sitting or lying quietly for a few minutes, too.

Your Target Heart Rate

Your target heart rate (THR) helps you exercise at the right pace for you - not so hard that it hurts and you get discouraged, and not so easily that you don't see the results. If you exercise at your THR you will get the best workout for your body and your heart.

Take your pulse once you start sweating lightly and breathing harder. If you're below your THR, go a little bit harder. If you're above, slow down a bit and take it easy.

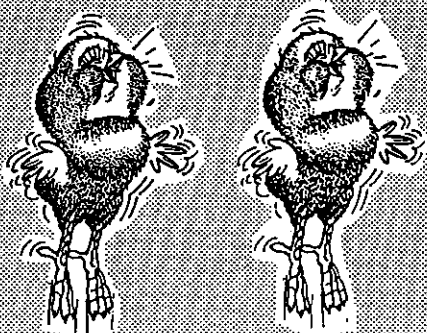
Fast Recovery

Another way to check out how fit you are is to see how fast your pulse returns to normal after you finish exercising or playing. The more fit you are, the faster you recover. To check your recovery rate, take your pulse as soon as you finish and while you are cooling down. It should take only 3-5 minutes for your pulse to be below 100 beats per minute.

The Target Heart Rate is only a guide. Pay attention to your body. If you feel dizzy or faint, have a pounding in your chest, or if you sweat too much, slow down.

WHAT'S YOUR TARGET HEART RATE?

<u>WHAT'S YOUR TARGET HEART RATE?</u>	<u>Example</u>	<u>Your THR</u>
Everyone starts here	220	220
Subtract your age.	-13	-
This is your predicted maximum heart rate: the fastest your heart should beat at your age.	— 207	—
Subtract your resting heart rate.	-77	-
Choose your target zone. If you are a beginning exerciser, multiply by 0.6; regular exercisers multiply by 0.7; competitive athletes multiply by 0.8	137 x0.6	-
Add your resting heart rate.	82 ±77	±
Your target heart rate. Ideal for aerobic exercise is	159	
Here's a trick: divide your THR by 6 so you can take your pulse for just 10 seconds while exercising.		
Your 10-second target heart rate is	26	



FIT TIP

If you're not wearing a watch while you're exercising, take the Talk-Sing test. It will tell you if you're exercising near your Target Heart Rate. If you can't talk comfortably while exercising, you're working out too hard. If you can sing, you're not working hard enough.

PAR-Q Pour Vous

This is the **Physical Activity Readiness Questionnaire (PAR-Q)**, designed to help you help yourself.

Physical activity should not pose any problem or hazard for most people. PAR-Q was developed by the British Columbia Ministry of Health to identify those few people who need to be careful before they start an exercise program. It can help anybody, though, by making them aware of problems that might stand in their way before they start.

If you answer "yes" to any of these questions, talk to your doctor about the type of exercise program you should have.

If you answered "No" to all the questions you can be pretty sure that you are ready for a good, sensible exercise program. So go for it!

1. Has your doctor ever said you have heart trouble?
2. Do you frequently have pains in your heart and chest?
3. Do you often feel faint or have spells of severe dizziness?
4. Has a doctor ever said your blood pressure was too high?
5. Has a doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise?
6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?

FIT TIP

Being fit is great. If you're fit you will have

- more fun,
- stronger bones,
- better posture,
- more flexibility,
- more self-confidence,
- pride in your body, and
- the chance to get more out of life.

Can you think of any more reasons why being fit is great?



Muscles Making the Move

Whenever you jump for a basket or pedal a bike, muscles are moving the bones in your body to get you where you want to go. You have a total of 600 muscles working together in different combinations.

When you're ready to move, brain messages signal certain muscle fibers to contract (shorten or pull). These fibres are long, thin cells that lie alongside each other, like spaghetti in a box. Bundles of muscle fibres form the major muscle groups in your body.

The muscle fibres respond to the brain's message very quickly, within a few hundredths of a second. In between contractions, they relax. That's all any muscle can do: contract and relax. In other words, a muscle can only pull, not push.

Muscles work in pairs. If you want to use a muscle to push, your brain sends a message to its partner, another muscle that lies opposite it, often on the other side of a bone. That second muscle can then contract and move the body part in the opposite direction while the first muscle relaxes.

You can feel this happening when you bend your arm. First, make a fist. Now lift your arm. Feel the biceps muscle between your elbow and shoulder above the arm contract, making a bulge. Lower your arm. Can you feel the triceps muscle between your elbow and shoulder below your arm contracting now? What are your biceps doing?

Usually your muscles are slightly contracted and ready for action. This gives them their firmness which we call muscle tone. When muscles relax completely, inside a cast for example, they lose their muscle tone and become flabby. The stomach and buttocks are two areas where many people who don't exercise lose their muscle tone. If they start exercising these muscles, their bodies become firmer.

The Master Muscle

Almost all of your muscles get a workout when you exercise but there's one muscle that works harder than any other - your heart. Your heart might be called the Master Muscle, because all the other muscles depend on it to bring them blood.

Your heart does one thing: it pumps blood. Blood, on the other hand, has two very important jobs: (1) to carry fresh oxygen to the muscles and organs; and (2) to carry away carbon dioxide, heat and other waste products and get rid of them.

The blood takes the waste products to the lungs, where you breathe them out. It is also from the lungs that the blood picks up fresh oxygen from the air you breathe in.

Moving muscles need oxygen in a steady supply. Your body can store food energy but food is only the fuel. Oxygen is the flame that ignites the stored energy and allows it to be burned.

Fitness begins inside the muscle cell. Unfit muscle cells can't use oxygen to make energy and consequently tire out quickly. Adequate exercise increases your muscles' capacity to take in and use oxygen to power your movement. Think of two furnaces: the first is starved of oxygen and therefore doesn't run very well; while the other, the one that uses oxygen, runs smoothly, longer and at peak efficiency.

The harder you exercise, the harder your heart must work to bring in fresh supplies of oxygen. But there are limits. Your body knows those limits yet will sometimes go beyond them. But not for long.

But even when your body calls it quits and you can't go any further, your heart and lungs continue to bring in fresh supplies of oxygen. The huffing and puffing you do, and your pounding heart, are the outward signs of your body busily paying back its oxygen debt.

The Training Effect

When you exercise for more than three minutes your body begins to make some changes in the way it operates. Your breathing becomes slower and deeper as your lungs expand to take on greater amounts of oxygen. Your heart beats faster and also begins to push along more blood with each stroke. This larger blood flow expands the blood vessels. In the area around each muscle, new networks of blood vessels open up. The working tissues are flooded with oxygen and wastes are carried away more easily.

These amazing changes keep on happening as long as you keep moving. And, what's even better, is that your body remembers what it did to keep up the pace. Each time you do aerobic exercise your

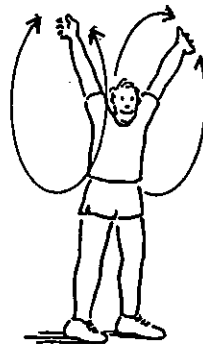
body gains experience in how to handle it. This learning process that your body goes through is called the training effect.

Stretching the Limits

It's a good idea to warm up your muscles and joints before you start any game or exercise routine. It really does get the kinks out and protects you against injuries during your game.

Be sure to stretch the muscles you'll be using for your particular activity. Stretch gently, breathe fully and don't bounce. Just relax and feel your muscles lengthen and strengthen.

Here's a simple stretching routine that you can use anytime.



1. Arm circles

Do full, slow, sweeping circles with both arms. Circle forward, then backward.



2. Side stretch

Reach one arm over your head and the other down the side of your leg. Repeat, alternating from side to side.



3. Slit and reach

Keep one leg straight and the other bent with the sole of the foot beside the knee of the straight leg. Reach out with your arms along the straight leg.



4. Cat back

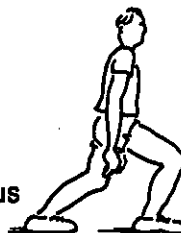
Get down on all fours. Tuck your chin to your chest and exhale. Return to a flat back position.



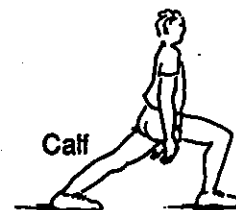
5. Pelvic tilt

Lie on your back with your knees bent and your feet flat on the floor. Tighten your abdominal muscles and your buttocks and press your lower back firmly against the floor.

Soleus



Calf



6. Calf stretch

With one foot in front of the other and your feet pointing straight ahead, bend both legs in a squat to stretch the soleus muscle in the rear leg. Repeat with your legs further apart and the back leg straight to stretch the calf muscle in the rear leg.



7. Knee crossovers

Sit down on the floor with your legs in front of you, knees bent, and feet flat on the floor. Roll your legs to one side toward the floor. Look over the opposite shoulder.



8. Thigh stretch

Stand. Bend one knee, grasp the ankle behind, and pull your foot gently toward your seat. Repeat with your other leg. Don't arch your back.

Source: PARTICIPaction Presents: *Expres*, The Exercise Prescription. Macmillan of Canada, 1988.

A DIFFERENT YOU, A DIFFERENT ME



Did you ever look closely at an apple picked ripe off a tree? If you have, you'll have noticed that its size, shape and colour were slightly different from all the other fruits that grew on that same tree.

Human bodies are like that too. Each one of us is just a little different from all the others. Each of us is unique. In fact, our natural variety is one of the things that makes us all so interesting.

But sometimes it's hard to appreciate the ways in which you look different from other people. Perhaps you carry around a picture of yourself inside your head. You compare this picture of yourself to pictures of TV stars, athletes, rock stars, models or the friends you admire. That picture inside your head is your self image. A lot of people want to change their body to fit some ideal. They aren't always happy with the way they look and feel.

The Body Beautiful

Our ideas of beauty keep changing, like clothing fashions, car models and music trends that go in and out of style.

- A few hundred years ago, artists thought that plump models were the most beautiful and used them in their paintings.

- People used to think that a fat baby was always a very healthy baby. Now we know that this isn't true.
- In the late 1800s women used to struggle into tightly laced corsets to get a "wasp waist" figure. Scarlett O'Hara, in the book "Gone With the Wind", was very proud of her 16-inch waist! Women who dressed like this may have thought they looked beautiful but they couldn't breathe properly and often fainted.
- Long hair, powdered wigs, moustaches and beards have been in and out of fashion since Biblical days. Who knows what will happen next?

Imagine you run all the newspapers, magazines and TV in the country. You decide that every picture in every advertisement or story must show someone who looks like you. Pretty soon everyone in the country is either on a diet or trying to gain weight. They wear stacked heels to make themselves taller or they slouch, trying to be shorter. They think that they should look like you because they saw your picture on TV or in a magazine or advertising some wonderful product that they want. This makes you feel wonderful but does it make you more beautiful?

Make-over Magic

Is it really possible that your social life will take off once you try Speckles Anti-Dandruff Shampoo? Will girls kill themselves for a whiff of your Rose Petals mouthwash or Arm Charm deodorant?

You only have the body you were born with. It's a waste of time to wish you had longer fingers, smaller feet, a different nose or fewer freckles. It's far better to take care of the body you've got and be proud of what it can do.

Remind yourself of all the things you are - a caring person, a friendly person, a growing person, an intelligent person, a person with dreams.

Give up judgements about your body and make friends with it. You've tried wishing you could change your body, try just accepting it. Think of changing the things you can realistically do something about.

Reward yourself in some way other than by eating. Think of other ways to "nourish" yourself.

Make a list of all the things you are waiting until you get thin to do. Do two things from this list each day, starting now.

You can give yourself better posture, which makes you look taller, feel better and seem more confident.

You can give yourself better muscle tone by exercising regularly, which makes you look thinner and gives you more confidence in what your body can do.

You can eat nutritiously, which will give you more energy, less weight to carry around and can help you have a clearer complexion.

That's real make-over magic.

Media Watch

We all read or watch ads. They're part of every TV program, magazine, newspaper or radio show. Bring a copy of your favourite print ad to one of your 4-H meetings. Your leader will tell you which one. Do you know why it's your favourite ad? Is it the product the ad is selling or is it the models who are selling it?

DIGGING DEEPER

It's All In the Attitude: Competitive Sport vs. Recreational

Most parents encourage their kids to take up a competitive sport so they can learn how to win and how to lose. Along the way they want the kids to learn how to play co-operatively and honestly and to respect the people they play against.

But sometimes these same parents will come to the arena with their kids, or to the sports field, and either as spectators or coaches undo everything the kids may have learned about these values by yelling abuse at the opposing team, putting down the kids that make a mistake, and teaching their kids that it's only winning that counts.

The behaviour of coaches and parents, more than anything, determines what the kids are going to learn when they are playing a game.

Winning is not just scoring more goals or baskets or homeruns than the opposing team. If that were the case then only half of the people who ever played a particular game would learn how to win. However, if winning is doing the best that you can or beating your own best performance, then everyone has a chance to win every game.

Losing is never fun, but it doesn't have to be a totally negative experience. You have to accept that you won't always get a higher score than your opponent, but you can turn that loss into a motivator for improving.

WHAT'LL IT DO?

• A ROAD TEST FOR YOUR BODY

Do you know what your body can do? Here's a simple series of tests you can do yourself or with a friend that will help find out how your body performs.

Finding out how your body performs is important for two reasons.

1. You'll get some good news about your body. Even if you could be better in some of the tests, in many areas you'll surprise yourself with success. It's important that you should know what's right with your body, too.

2. If you plan to improve your body's performance, you need some baseline

measurements to start with - something to compare your progress with. These tests give you just that.

In this road test you will be recording your heart rate and testing your

- endurance,
- arm strength,
- stomach muscle strength, and
- flexibility.

Remember to wear loose, comfortable clothing and some good shoes you can exercise in. Also, it's important to rest between each activity.

WHAT'LL IT DO? PERFORMANCE SCORESHEET

Name: _____

Date(s) of Test(s): _____

Vital Statistics at time of tests:

Height: _____ Weight: _____

1. The Step Test (endurance, heart rate)

Starting Pulse: _____

Pulse 1 min. after exercise: _____

2. The 9-Minute Marathon (heart and lung endurance)

Distance: _____

3. The Jump Rope Marathon (heart and lung endurance)

Time: _____

4. Bridge (muscular strength)

Held for: _____

5. Chair Dips (arm strength and endurance)

No. of dips: _____

6. Sit-ups (abdominal strength and endurance)

No.: _____

7. Leg Raises (flexibility)

Angle from floor: _____

8. Archer (flexibility)

Distance from floor: _____



The Step Test

You'll need a bench or a sturdy low chair that is about 25-30 cm from the seat to floor. Also get a stopwatch or a watch with a second hand.

Begin by standing in a relaxed position and taking a few deep breaths. Now measure your pulse for one minute and record your heart rate.

Then, holding the watch in your hand, step up onto the chair as if you were climbing stairs, one foot and then the other. Then step down one foot at a time. Easy, right? Now try to do two of these cycles every five seconds. That's 24 cycles a minute!

Keep up this pace for one minute, then sit down and rest for one minute.

Take your pulse again after the one-minute rest. This will give you your heart recovery rate. If it's the same or less than the starting rate, your heart is in excellent shape. If it's one or two beats faster, that's still good. Three or four beats faster is fair. Five or six is poor. Seven or more, needs work.

Record your recovery heart rate on the scoresheet.



The 9-Minute Marathon

It's best to do this on a measured track, either outside or inside a gym. If this isn't possible, have someone drive your route in a car and measure the distance before or after you run. Or borrow a pedometer, which measures the distance as you run, from your gym teacher.

Remember to warm-up before you do this test and wear comfortable shoes you can run in. Take along a watch with a second hand.

Now start running.

It's okay to walk when you run out of breath. Do the Talk-Sing Test to see if you're exercising at your Target Heart Rate. You're not out to break any records so take it easy.

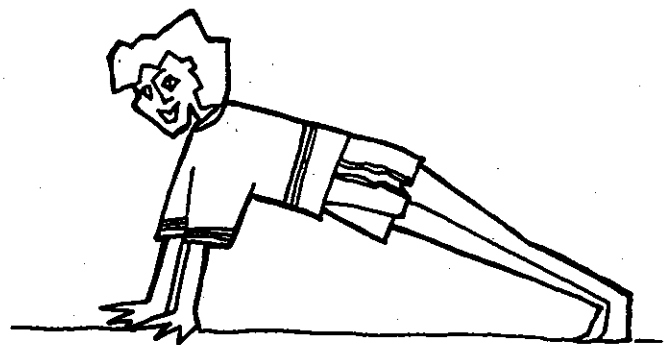
Run for exactly 9 minutes. You'll probably run about a kilometre. If you're in very good shape, you might go a kilometre and a half or more.

Record your distance on the scoresheet.



The Jump Rope Marathon

Get out a jump rope and a watch with a second hand. Jump or skip until you get tired. Record the start and finish time on your scorecard.



Bridge

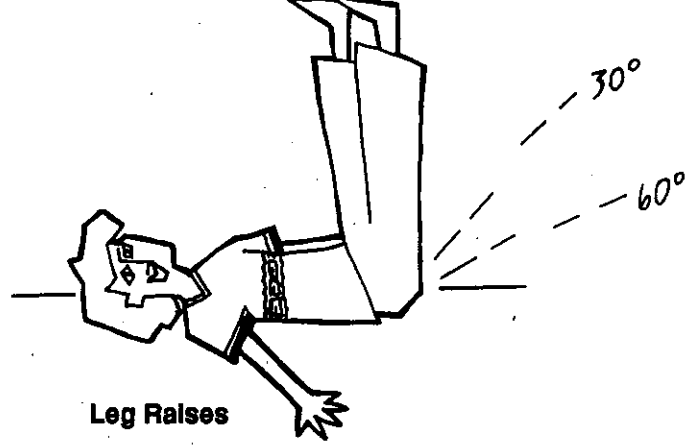
Lie on the floor, face down, hands flat on the floor, arms bent. Press your body upward and balance yourself on your hands and toes. If you can hold this position for 20 seconds you are doing very well. Record the time on your scoresheet.



Chair Dips

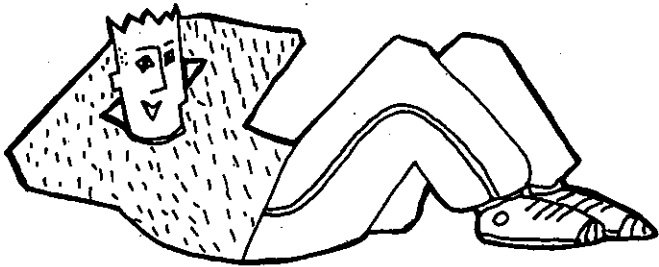
Grab onto the backs of two chairs that you have placed on either side of you. Extend your arms fully and lift your feet off the floor. Lower yourself by bending your arms to about a 90 degree angle. Count the number of dips you can do in 30 seconds.

This is a tough test. Don't be discouraged if you can't manage more than one. If you need some help, put your toes on the floor to give yourself a little help.



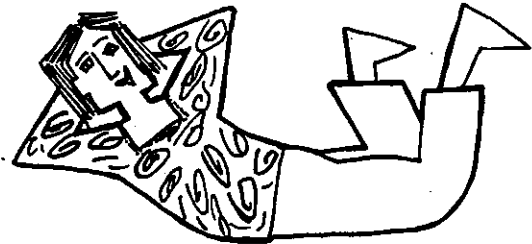
Leg Raises

Lie on your back and stretch your legs straight up. Flatten your lower back firmly against the floor. Very slowly lower your legs. Try to keep your lower back flattened against the floor for as long as you can. When your back arches off the floor, the test is complete. What angle were your legs at when your back came off the floor? Less than 30 degrees from the vertical is poor; 30 degrees from the vertical is fair; 60 degrees is good and within 5 degrees of the horizontal is excellent. How do you rate?



Sit-Ups

With your legs bent, do as many sit-ups as you can in 1 minute. Don't hook your feet under a chair or bench or have anyone holding on to your feet or legs.



















Archer

Lie face down on a rug or pad. Put your hands behind your neck and extend your elbows. See how far you can raise your chin off the floor. Fifteen centimetres is fair; 22 cm is good; 30 cm is excellent.

BETTER CHOICES

Eating sensibly means making better choices about the foods we eat. Often it can be as simple as eating air-popped popcorn without butter, rather than the usual, with butter. And what's the difference? It's the fat. While we all need fat in our diets, we sometimes get too much. Some foods have more fat than others. Try and figure out how many grams of fat you can save by selecting the low fat choice over the high fat choice.

INSTEAD OF	CHOOSE	FAT SAVED (grams)
45g cheddar cheese 	45g part-skim mozzarella 	_____
2 choc. chip cookies 	2 arrowroot cookies 	_____
1 slice of carrot cake with cream cheese frosting 	1 slice gingerbread 	_____
250ml granola 	250ml bran flakes 	_____
75g bag of potato chips 	bag of pretzels 	_____
125ml rich vanilla ice cream 	125ml orange sherbet 	_____
125ml sour cream 	125ml plain low fat yoghurt 	_____
125ml tuna, canned in oil 	125ml tuna, canned in water 	_____

THE LOSING GAME

Sometimes we need a little help to take weight off and to develop sensible eating habits. Weight reduction clinics can provide that necessary support system. But some clinics or programs are better than others.

Here are some questions you can ask yourself to see if the weight loss program you are considering is a good one. If you can answer "yes" to all the questions, go for it!

- Does the program require that you consult with your doctor before you begin? Yes ___ No ___
- Are you encouraged to study your personal eating habits and lifestyle? Yes ___ No ___
- Does the program help you establish a realistic and healthy weight goal? Yes ___ No ___
- Is the recommended weight loss 0.5-1 kg (1-2 pounds) per week? Yes ___ No ___
- Does the meal plan provide at least 1000 calories (4000 kJ), preferably 1200 calories (5000 kJ), per day? Yes ___ No ___
- Do you eat regular food or is there a miracle food or drink that is supposed to take the weight off or put it on? Yes ___ No ___
- Does the meal plan fit in with Canada's Food Guide? Yes ___ No ___
- Does the meal plan emphasize a variety of foods? Yes ___ No ___
- Is exercise recommended? Yes ___ No ___

It's important to remember that losing weight takes time. It probably took you a couple of years to get to be the shape you are now so don't expect to change your shape in just a couple of months.

DISCOVERING YOUR FITNESS PERSONALITY

The odds are barely even that you will stick with an exercise program for longer than 6 months. So how can you be sure that a sport or activity is right for you? How can you increase your chances of passing that 6-month hurdle? According to Dr. Jim Gavin, in his book "Body Moves: The Psychology of Exercise", you have to pick a sport whose fitness personality matches your own.

The trick to picking the best exercise for you is to work out your own fitness personality and compare your profile to the activity profile worked out by Gavin.

Here are some descriptions that will help you rate your fitness personality. Circle the words that describe you best.

Your Fitness Profile

- **Sociability:**

A party animal - High

Enjoy team sports - Medium

Prefer to keep to yourself - Low

- **Spontaneity:**

Love spur-of-the-moment activities - High

Need some planning for activities - Medium

Last minute changes upset you - Low

- **Discipline:**

No pain, no gain - High

Usually able to reach goals - Medium

Easily discouraged - Low

- **Aggressiveness:**

Not afraid to argue - High

Will argue sometimes - Medium

Will do anything but argue - Low

- **Competitiveness:**

Needs competition to get going - High

Enjoys competitive games and sports - Medium

Prefers non-competitive activities - Low

- **Mental Focus:**

Can shut out distractions without effort - High

Usually finishes a project - Medium

Easily bored - Low

- **Risk Taking:**

Likes testing the limits - High

Sometimes likes to take chances - Medium

Never likes taking chances - Low

Pick Your Sport

Now pick your sport. For example, if you rated yourself "High" on sociability and aggressiveness you'd probably like golf, tennis, martial arts and downhill skiing - those are the sports that appeal to people with both those characteristics. Check the chart to see which other games might suit your personality. Are you surprised at what you've discovered?

FIT TIP

You don't have to exercise for hours every day to keep fit. Moderation is the key and the FITT formula the formula for success. The FITT formula is:

Frequency - exercise or play hard at least 3 times a week to stay at your present level of fitness

Intensity - exercise at your Target Heart Rate

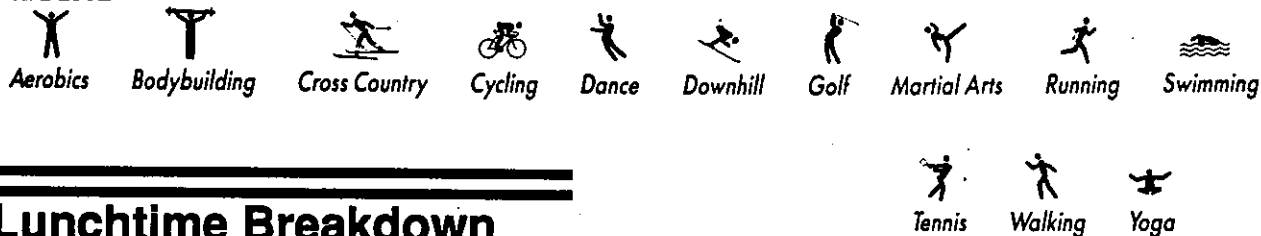
Time - at least 20 minutes a time

Type - a good "huff puff" exercise.

YOUR PERSONALITY / YOUR SPORT

	HIGH	MEDIUM	LOW
SOCIABILITY			
SPONTANEITY			
DISCIPLINE			
AGGRESSIVENESS			
COMPETITIVENESS			
MENTAL FOCUS			
RISK-TAKING			

LEGEND



Lunchtime Breakdown

Can you write down your lunchtime menu? If you had a ham sandwich, cookies, chocolate milk and a banana this is how your menu would look:

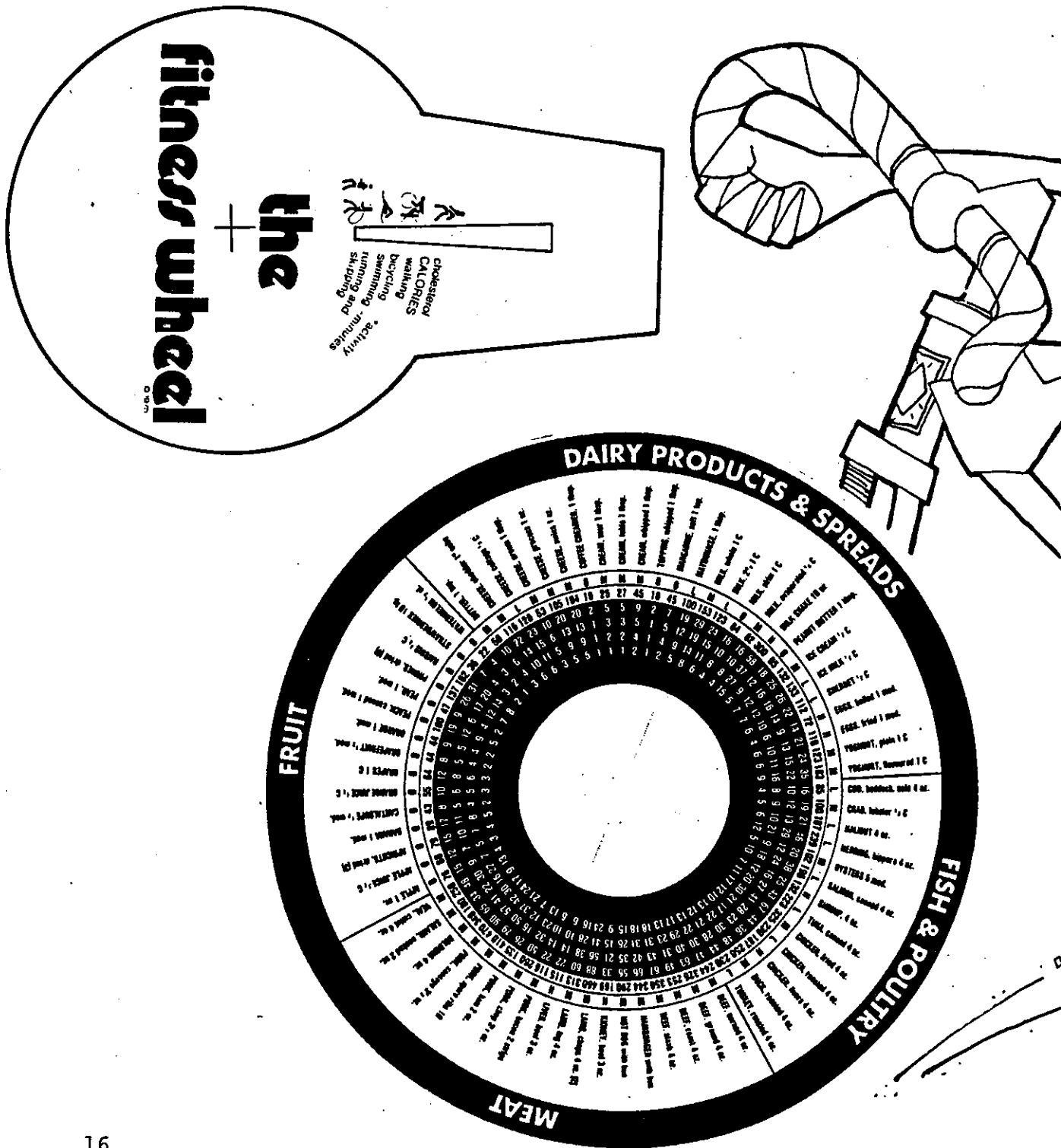
1 medium slice ham
2 slices tomatoes and lettuce
2 slices of whole wheat bread
5 ml mustard
2 chocolate chip cookies
1 small carton of milk (250 ml)
banana

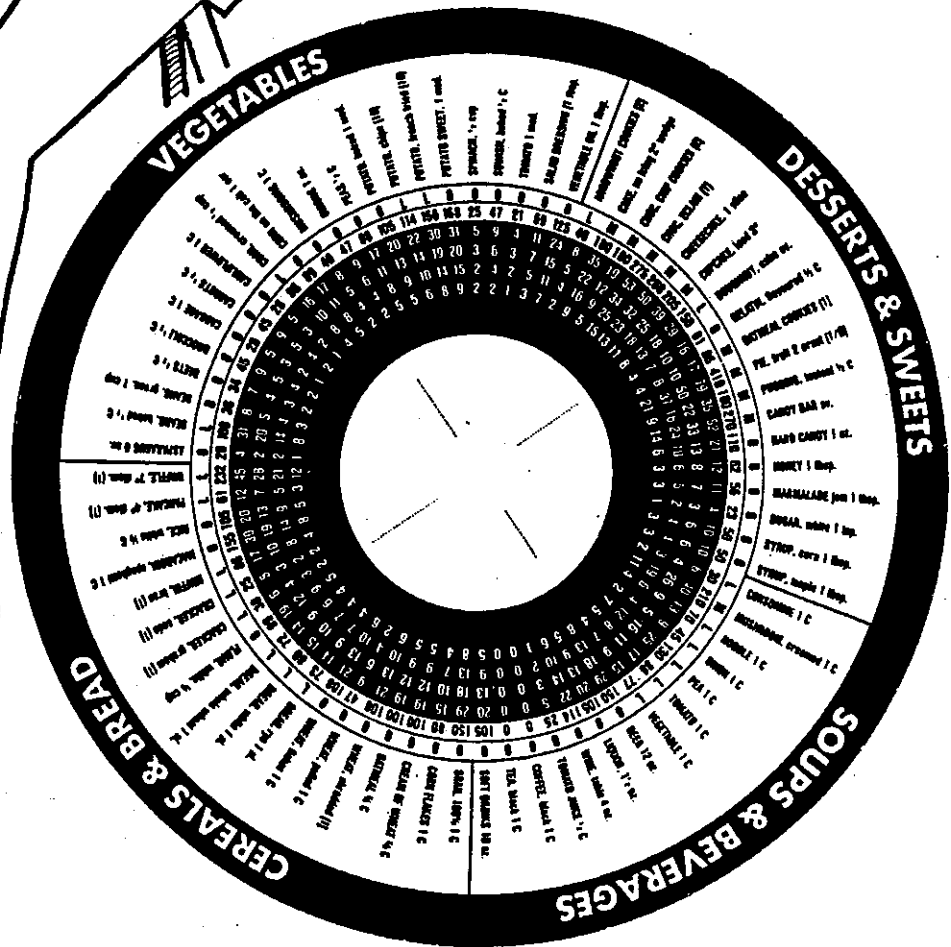
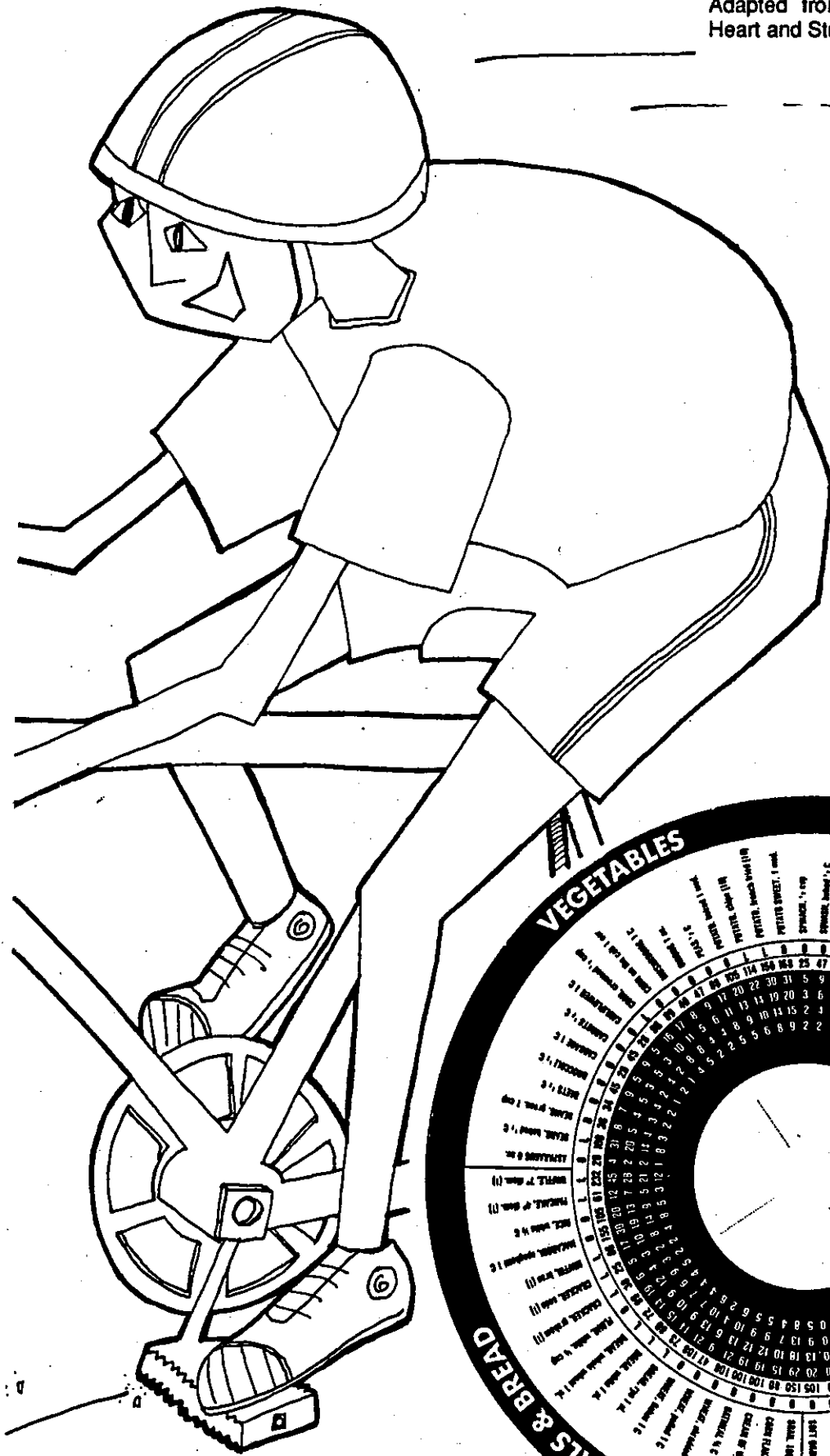
Now it's your turn. Remember to write down everything, including serving sizes.

THE FOOD/ENERGY EQUATION

Everything we eat has calories in it. A calorie is a measure of energy. Every time we do something - play a game, go for a walk, for a swim or a jog - we use up some of those calories. We even use up calories when we are sleeping - although not very many!

Most girls and boys between the ages of 10 and 14 need a daily intake of from 2,400 to 2,800 calories. As a rough calculation, for every 100 calories you eat, you have to walk briskly for 19 minutes, bicycle for 12 minutes, swim for 9 minutes or run or skip for 5 minutes to use up the energy provided by those calories. Here are some other food/energy equations.







What's "Aerobic"?

Do you know what aerobic exercise is? "Aerobic" (pronounced "er-ō-bic") means "with oxygen". Aerobic exercise is a continuous activity that gets you breathing a little faster and makes your heart pump a little harder. That's why they are called "huff puff" exercises. One of the benefits of doing aerobic exercise is that you strengthen your heart and make your lungs work better. Walking, swimming, running, aerobic dancing, cycling, skipping and stationary rowing are all aerobic exercises.

Anaerobic means "without oxygen" and anaerobic exercise is the kind that calls for short bursts of speed, power and strength. These exercises or activities wear you out fast. A strong heart and large lung capacity aren't much help here. In fact, sometimes during the 100 metre dash the runners won't even bother to take a breath. It just gets in the way!

What is Fitness Anyway?

There are lots of different tests you can try to find out how fit you are. The best exercises or activities test you for:

- flexibility
- how strong you are (muscular strength)
- how long you can exercise or play without getting tired (muscular endurance)
- how much fat there is on your body - we all have some

FIT TIP

Having trouble keeping to an exercise program? Here are some tips that might make it easier.

1. Make a contract with yourself. Write down what your goal is, what you have to do to get there and when you expect to reach your goal.
2. Keep records. If you want better eating habits, write down everything that you eat. That way it's easier to see where you can improve.
3. Change your behaviour in little ways. Instead of watching a football game on T.V., play football with your friends. If you're always eating junk food on the run, make an effort to slow down and enjoy a healthful lunch.
4. Reward yourself. Congratulations! You've done it. Celebrate reaching your goal by doing something special. Enjoy your success. You deserve it.

- and how well your heart and lungs work when you play or exercise (cardio-respiratory efficiency).

These are the "Five Components of Physical Fitness". Being fit doesn't mean you are the fastest or the strongest. You don't have to be able to do 30 sit-ups a minute, or run a kilometre in 4.5 minutes to be fit. The people who study fitness for the government at Health and Welfare Canada say being fit means you can work hard and play hard and still have energy left at the end of the day.

Sports Injuries

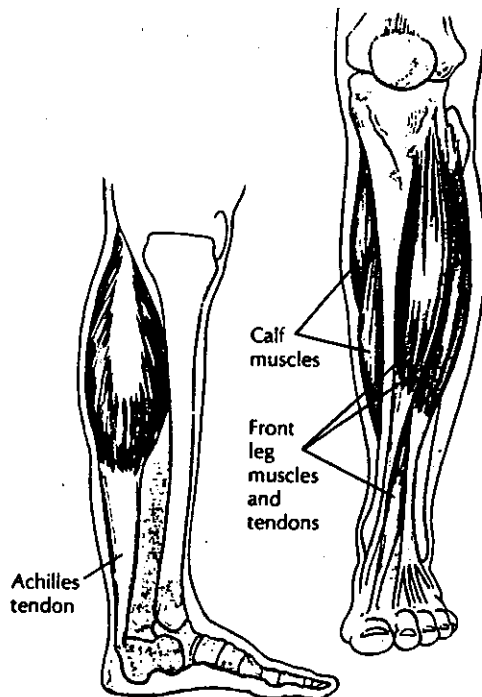
There are two basic fitness rules:

1. Train, don't strain
2. Progress slowly, gradually.

Despite knowing these rules many athletes injure themselves when playing or exercising because they either go too fast, too far or don't stretch enough.

Ligaments and tendons are more easily stretched or snapped when they haven't been used for a while. If you immediately start running 2 miles a day, you're just asking for trouble.

Ligaments are strong bands that attach the bones together and prevent joints from moving into unsafe positions. For example, the ligaments around the knee prevent the knee joint from bending either backward or sideways. If these ligaments get damaged, the knee is more vulnerable to injury because there's nothing to stop it from popping out. Have you ever sprained the same ankle more than once? This is a common problem because once you have permanently stretched the ligaments around the ankle as a result of a severe sprain, your ankle is less stable and more likely to turn over and become sprained again.



Tendons, which are the strong cords that attach muscles to bones, can also be damaged if they are not strong enough to withstand sudden powerful forces during strenuous activities.

You can save yourself from ligament and tendon strain but it takes time. You will have to exercise at least six to eight weeks to see a change but it's well worth the effort. Any moderately vigorous activity that repeatedly puts a bit of tension on the ligaments and tendons will gradually improve their stretching ability.

Here are some examples of the pain you can suffer if you don't take the time to ease into your exercise routine and take care of yourself.

Achilles Tendonitis is an inflammation of the sheath surrounding the Achilles tendon, which produces pain behind the heel, ankle and lower calf when you walk or run. It is caused by stretching the tendon suddenly or repeatedly when you're not used to it. Usually, this happens when you train too fast or wear the wrong shoes.

First, stop running. If the injury came on quickly, apply a cold pack right away. Wear shoes with some heel - a height of about three centimetres is good, or insert a one centimetre heel pad. Do not wear tennis shoes or thongs. If the pain goes away, start doing the heel cord stretches (see page 25). When you can do them pain free, you can resume running gradually. If mild pain returns after you run, apply an ice pack to the area. If these measures don't work, and the pain remains severe, then it's time to see your doctor.

Shin Splints is an inflammation of the tendons or muscles in the front or inside of the lower leg. It's caused by the same kind of overuse that leads to Achilles Tendonitis. The affected area is painful when you walk or run, and frequently it's worse when you go up hills or stairs.

Again, stop running. Pay particular attention if the pain seems to return on inclines. When you are free from pain, begin hamstring and heel cord stretches (see page 25). Resume running gradually when the exercises are painless and avoid hard surfaces and inclines until you're back in shape. If you're not better after following this procedure, see your doctor.

IT'S WHAT'S INSIDE THAT COUNTS

Choosing the right food can be a hard thing to do. You want carbohydrates instead of fat, fibre instead of refined flour. And then there are all the ways they try to sneak sugar into what we eat. Sugar can be listed as dextrose, sucrose, lactose, maltose, fructose, corn syrup, invert sugar, molasses, maple

syrup or honey. It's enough to make your eyes fall out.

Here's a challenge for you. Match up the foods listed on the left with their ingredients listed on the right. Are you surprised? How many ways can you find sugar listed in these foods?

- Vanilla milkshake

Flaked milled corn, sugar and/or glucose-fructose, salt, malt flavouring, thiamin hydrochloride niacinamide, pyridoxine hydrochloride, folic acid, d-calcium pathothenate, reduced iron, BHT

- Corn flakes

Skim milk from concentrate (concentrated skim milk, water), sugar, water, hydrogenated vegetable oil, modified tapioca starch, dextrose, cocoa, corn starch, caramel, salt, sodium stearoyl-2-lactylate (for smooth texture), vanillin

- Raspberry yogurt

Milk, sugar or liquid sugar, cream, skim milk powder, soy protein, sodium carboxymethyl cellulose, mono and diglycerides, locust bean gum, calcium carrageenan, glucose solids, natural and/or artificial flavour, colour

- Pop-tart

Milk solids, bacterial culture, sugar, raspberries, water, natural flavours, pectin, sorbic acid

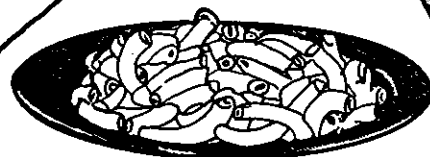
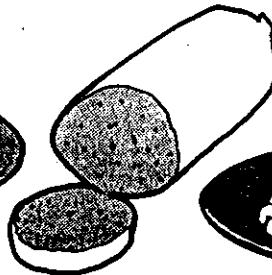
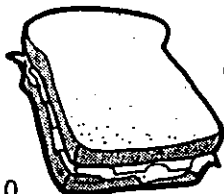
- Fruit rollup

Flour, water, dextrose, apple spread (apple concentrate, sugar, glucose, water, citric acid, malic acid), glucose, vegetable oil shortening, icing sugar, sugar, liquid invert sugar, hydrogenated vegetable oil, whey powder, modified wheat starch, crackermeal, salt, sorbitol, baking powder, gelatin, spices, baking soda, natural flavour, colour

- Chocolate pudding

Strawberries, pear puree concentrate, malto dextrin, sugar, water, corn syrup, partially hydrogenated soybean oil, natural flavour, citric acid, sodium citrate, pectin, monoglycerides, malic acid, colour

Note: Brand name food products are used as examples only. Their use in the project should not be viewed as an endorsement.



Finding Your Balance

Meredith keeps track of everything she eats. She eats all the right things and carefully counts every calorie. She makes sure she gets enough exercise each day to burn off all those calories and then some. But it doesn't seem to be working. She hasn't lost a pound since she started doing this. What's wrong?

Ben wants to put on about 10 kilograms so he can lift more weights. He's eating more but the weight doesn't seem to be coming on in the right places. What's wrong?

There's more to losing weight than burning off all the calories you eat. And there's more to putting on muscle than just eating more.

The number of calories you need depends on your size, weight and age. It also depends on how fast you are growing, how fast your body burns calories (it's called metabolism) and how much you do.

A teenager's size and weight can change rapidly. The teenage years are a time of major growth spurts and a teenager can grow as much as 10 cm in a year. This makes it almost impossible to figure out what the "correct" weight would be for a teenager.

Teenagers also have a greater proportion of body fat, particularly girls, because their bodies are going through so many changes because of puberty. A healthy male who is fit will have 15% body fat. That

means a boy who weighs 45 kg (100 lb.) will have about 6.75 kg (15 lbs.) of fat.

A healthy, fit female will have 25% body fat. If she weighs 45 kg. (100 lbs.), 11.25 kg (25 lbs.) will be fat. These percentages can rise during the teenage years.

Because your body is going through so many changes, your metabolism is in turmoil too. Metabolism is the rate at which you use up calories. Some people burn a lot of calories doing what they normally do and others use fewer calories for the same amount of activity. We've all known people who seem like they only have to look at a doughnut and they gain a couple of pounds. Then there are those people who can eat a lot and not put on an ounce. The difference isn't necessarily in how active these two people are. The difference is in their metabolic rate, or how fast they use the energy provided by the food they eat.

There's no easy way of measuring what your metabolic rate is. It's more a matter of trial and error. You have to find out what kind of body you have and how it uses energy.

Just eating more isn't going to help Ben get more muscular. Just like you can't exercise one part of your body, expecting to make it thinner, you can't put weight on wherever you want to. Turning that extra 10 kilograms into muscle will take a lot of work. There are no magic pills or foods that will build your muscles. Only proper exercise and training can do that.

Resisting Fitness, or, "I'd run but I have this wooden leg."

Do you suffer from the "wooden leg" syndrome? You mean to get out there and exercise but this wooden leg is stopping you. A wooden leg can be anything that is holding you back - fear of being laughed at when you put on a pair of shorts, never having enough time or not really knowing what exercise or game is right for you.

Here are some examples of "wooden leg" excuses. Can you top them?

- Don't have time.
- I'm too tired.
- Don't like exercise.
- I look ugly in shorts.
- I can't stand pain.
- I hate sweating.
- I'll do it tomorrow.
- I don't have the right equipment.
- My dog died.



Have a fitness problem? Can't seem to find the right answers? Talk to our expert,

Phitness Phyl!

Dear Phitness Phyl,

I think that I'm too fat. Some of my friends skip meals to lose weight. Is that a good thing to do?

Hungry in Halton

Dear Hungry,

Don't skip meals. Skip rope instead. Your body needs a certain amount of food every day. If you skip meals, you may not get the nutrients you need for energy and to help you grow and stay healthy. Eat sensibly from the four food groups and you shouldn't have anything to worry about.

Kids grow a lot between the ages of 9 and 15. Before you start growing taller, you may gain weight. This is normal.

If you think you might be too fat, talk to your doctor, who can check for any medical problems.



Dear Phitness Phyl,

I'm lousy at sports. I'm always one of the last kids picked for the softball team. What can I do?

G. Bell

Dear G.B.

It hurts to be picked last. But don't give up. Everybody is good at something.

Maybe your sport isn't softball. But you may be good at bike riding or swimming. Or maybe you do the best headstands. Try different activities. Talk to your gym teacher. Think about whether or not you like team sports or if you prefer to exercise by yourself or just a few friends. Then pick an activity you want to be good at and that you think you'll enjoy. Practice a lot and have fun too.



Dear Phitness Phyl,

I'm on a soccer team and we are really playing well this year. Should I eat or drink special foods to play better?

Jock

Dear Jock,

No, you don't need special foods. And you don't need sports drinks. If you eat according to Canada's Food Guide you'll have enough energy to play soccer and do all sorts of other things.

If you're still hungry eat a little bit more at meals. Or pick something nutritious for a snack.

Be sure you drink plenty of water, too. This is especially important when it's hot.



Dear Phitness Phyl,

Can I really have thinner thighs in thirty days? What do I have to do?

Thunder Thighs in Thunder Bay

Dear T.T.

There's only one way to get thinner thighs and that's through exercise and a good diet.

Some people believe that if you exercise a certain part of your body you'll burn off the fat at that spot. They call it "spot reduction". But it doesn't work. We

all have some body fat and exactly where and how much differs from person to person. You can tone muscles in an area which may give the impression there's less fat there. In reality fat is used evenly from all over your body when it is being used as fuel by your body.



Dear Phitness Phyl,

My friends tell me that they can tell when they've done enough exercising because it hurts. Is this good?

In Pain in Penetenguishene

Dear Pain,

Your friends believe in the "no pain, no gain" school of exercise. But they're wrong. Pain is the body's way of telling you that you are doing something wrong. You need to listen to your body. If your body tells you to stop, STOP. You're either exercising too hard or you're not doing something right.



Dear Phitness Phyl,

I lift weights and my friends tell me I have a body like Rambo. So there's this guy in my class who's built like Pee Wee Herman and who can walk circles around me. I'm in better shape than he is, aren't I?

Confused in Cornwall

Dear Confused,

Muscular strength develops by lifting pushing and pulling activities. The result is muscles that look great. However, activities that develop muscles do not necessarily develop a fit heart. Muscular strength is one important part of overall fitness. But someone who has big muscles and doesn't do anything to build a strong heart can be in poor shape. Perhaps you should do a little running and walking instead of lifting more weights.



Dear Phitness Phyl,

I love all those "c" foods: chips, cheezies, cakes and cookies. Why are all the things that taste good so bad for you?

Frustrated in Fenelon Falls

Dear F.F.F.,

It's sad, but true. Foods with a lot of fat often seem to taste better. But no one is saying that you have to do without cake and cookies forever. You can even have chips and cheezies once in a while. Balance is the key and moderation the method.

Some fat is needed by the body. It forms part of every cell and protects the body organs. Fat provides energy when food is lacking and helps the body absorb certain vitamins. Many Canadians get more fat than they need in their diets. And, since fat is a concentrated source of calories, it can make you overweight.

Why not expand your mind and your list of favourite foods? Try some other letters of the alphabet. Not everything that's good for you tastes bad, you know.

Favourite Foods

Can you list your 10 favourite foods? They can be single food items, like broccoli, apples or roast chicken. Or they can be combination foods, like pizza, spaghetti or stew.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Running Hot and Cold

To get the most out of your fitness plan you have to be able to get out there and get some exercise all year round.

It's easy in the warm months. You just throw on a pair of shorts and a t-shirt, lace up the shoes and you're off.

It's harder in the winter. First, you can forget about making any kind of fashion statement. When it's blowing snow and -20°C, it's more important to be warm than to be in style.

Whether you're skiing, skating, running or snowshoeing, when you're out in cold weather it's better to wear several layers of light clothing rather than one heavy layer. You will lose less heat and you can adjust more easily to changes in temperature. You can always take off a layer when you're in full stride and put it back on when you stop for a rest.

Polypropylene and polyester are the best materials for the inner layer. They provide good insulation and they draw perspiration away from the skin and keep you dry.

Wool is great for a middle layer. It provides warmth, wet or dry, and it sheds the snow easily. Pile and fleece are great wool substitutes. They dry quickly and, like wool, keep you warm even when they're wet. Pile weighs only half as much as wool but provides the same amount of warmth.

Synthetic materials - polyester/cotton and triblend (cotton, polyester and nylon) - are ideal for the outer layer. They "breathe", they're light and they protect you from wind and water.

Wear a light pair of polypropylene socks or a wool-nylon blend pair with a regular wool pair on top. A toque will keep your head warm on cold days. And remember your gloves or mitts.

YOU BE THE JUDGE

Before you can judge anything you have to decide on your criteria, or on what grounds you are going to decide one item is better than another. You then must decide which characteristics are most important and which are least and assign a point score for each characteristic. The point total should be 100. If you were judging running shoes, your judging criteria might look like this.

1. Good arch support.....50 points
 - provides support all along arch
2. Flexible, non-slip sole.....20 points
 - sole not likely to slip on gravel or wet surface
3. Padded ankle opening.....10 points
 - offers support to ankle
 - no hard edges to rub
4. Adequate insole cushioning.....10 points
 - protects against shock
 - likely to wear well
5. Stiff heel counter.....10 points
 - provides support

Now you can judge a class. Here is the formula for presenting your reasons.

I place this class of _____, _____, _____, _____.

I place _____ on top because _____.

I place _____ over _____ because _____.

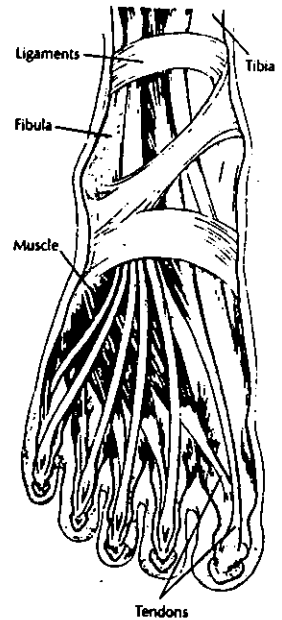
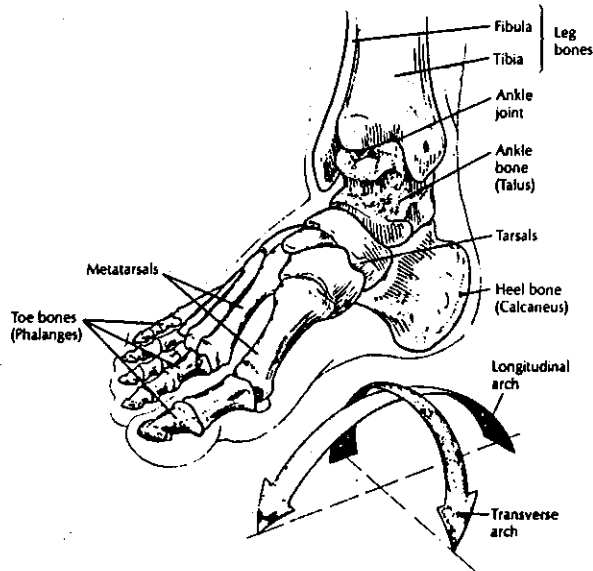
I place _____ over _____ because _____.

I place _____ over _____ because _____.

Placing _____ last, it has _____.

YOU CAN'T BEAT SWEET FEET

The foot, which includes everything below the ankle bone, is a strong, complicated structure. Each foot has 26 bones and together they have almost one-quarter the total number in the entire body! Thirty-three joints make the feet flexible, and about 20 muscles control movement of foot parts. The tendons stretch like rubber bands between the muscles and bones. A concentration of nerve endings makes the foot very sensitive - that's why feet are so ticklish! And more than 100 ligaments hold the whole structure together.

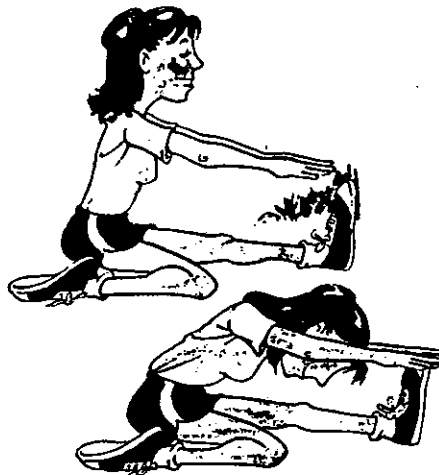


Athlete's Guide to Foot Care

Many feet have suffered from the exercise craze that is sweeping the land. You can keep yourself - and your feet - healthy, though, if you follow a simple warm up routine.

Before you begin your activity, warm up your feet and leg muscles with these two stretching exercises.

Heel Cord Stretch: Stand with your hands against a wall and your feet well away. Your body should be straight. Lean forward as if you were going to touch the wall with your nose. Hold this position for 5-10 seconds, then return to a standing position. Repeat 10 to 15 times.



Hamstring Stretch: Sit with your left leg extended and your right leg tucked under your behind. Reach to touch your toe with your hands. Repeat 5 times then do the same thing, but with your left leg tucked back.

Do these exercises again after you have run or played. If you have foot or leg pain when exercising, STOP. Don't try to run through the pain.

FOOD BASICS

There are millions of different kinds of foods eaten all over the world but most can be slotted into four basic food groups, according to the nutrients they provide to your body. To stay in top form you need to eat food from all four groups of Canada's Food Guide every day.

The four food groups are:

- Milk and milk products (3-4 servings every day - adolescents)
- Meat, fish, poultry and alternates (2 servings every day)
- Breads and cereals (3-5 servings every day)
- Fruits and vegetables (4-5 servings every day)

Serving sizes vary depending on the food you are eating. Check out the Fitness Wheel on page 16 for some ideas on serving sizes for different kinds of foods.

There are some foods which don't really fit into any of the four basic food groups. These are the Extras. They are often high in fat, sugar or salt. Pop, doughnuts, chips, pickles, salad dressing, butter or margarine and candy are all Extras.

Extras add flavour and zest to food. It's okay to eat them now and again, as long as you don't eat too much.

Some foods belong to more than one food group, like a cheeseburger. Here's how to figure out what food groups you're eating when you have a cheeseburger.

Bun bread and cereals

Meat patty meat, fish, poultry and alternates

Cheese milk and milk products

Lettuce and tomato fruits and vegetables

Mayonnaise, mustard Extras

When you are trying to figure out calories, or the energy you got from eating the hamburger, you have to look up the calories for all the parts of the cheeseburger and add them together.

Milk and Milk Products

3
Servings



1 SERVING
250 mL milk
(1 glass)

or



175 mL yoghurt
(1 small container)

or



45 g cheese
(about one cracker cube)

Meats and Meat Alternates

2
Servings



1 SERVING
60-90 g meat, fish or poultry (about 1 pork chop or 1 hamburger patty)

or



250 mL baked beans
(1 cup)

or



125 mL nuts or seeds
($\frac{1}{2}$ cup)

Breads and Cereals

3
Servings



1 SERVING
1 slice bread (whole wheat is better)

or



175 mL ready-to-eat cereal ($\frac{1}{2}$ cup)

or



$\frac{1}{2}$ hamburger bun

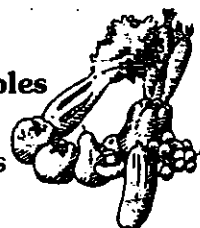
or



125 mL cooked rice or pasta ($\frac{1}{2}$ cup)

Fruits and Vegetables

4
Servings



1 SERVING
1 medium fruit or vegetable.

or



125 mL cooked or chopped fruit or vegetable ($\frac{1}{2}$ cup)

or



125 mL juice (1 small glass).



$\frac{1}{4}$ SERVING
175 mL ice cream
(1 $\frac{1}{4}$ scoops)

or



125 mL milk
($\frac{1}{2}$ glass)



$\frac{1}{4}$ SERVING
1 egg

or

meat in a casserole

or

30 mL peanut butter (enough for 1 slice of toast)



$\frac{1}{4}$ SERVING
3 crackers



2 SERVINGS
1 hamburger bun or 1 hot dog bun



$\frac{1}{4}$ SERVING
 $\frac{1}{2}$ any fruit or vegetable.

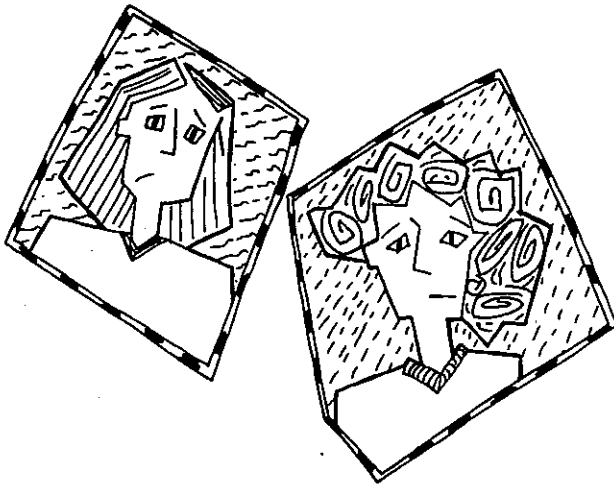
or

lettuce and tomato in a sandwich

or

tomato sauce in a helping of pasta

Adapted from: Project Apex: Action Program on Eating and Exercise. Ontario Milk Marketing Board.



Dying To Be Thin

A Tale of Two Teens:

Cathy is 14 years old and just a regular kid. Although she likes to go out with her friends for a pizza or a burger, she drives them wild by always talking about how fat she is, even though everyone can see that she's not. Funny thing is, she hardly ever seems to eat anything at all. She just talks about eating all the time.

Sarah, who's a bit older, does eat a lot. In fact, although she usually binges in private, sometimes her friends are amazed at the amount of food Sarah can eat in one sitting. It's almost a joke among them. Sarah's not fat either but she is afraid of getting fat. So, after one of her eating marathons, she usually makes herself throw up or uses laxatives to get rid of all the food she just ate.

Both Cathy and Sarah have a problem with eating and their weight. Cathy is suffering from anorexia nervosa. This is a condition where a person starves themselves, sometimes to death. Sarah suffers from bulimia nervosa, sometimes known as a "bingeing and purging" syndrome. People who have this disorder commonly eat a lot of food during a binge. Then they either force themselves to throw up or they use laxatives to clear all the food out of their system.

Those who suffer from anorexia nervosa or bulimia are usually teenaged girls. Boys do suffer from these disorders, too, but 90 percent of anorexics or bulimics are girls.

How do you know if a friend or relative of yours may be in danger from one of these eating disorders? Here are some warning signs.

- too much time spent counting calories or dieting
- claims of "feeling fat" when weight is normal or low
- guilt and shame about eating
- frequent weighing of oneself
- evidence of binge-eating
- hoarding of food
- use of laxatives or other similar medications
- secretive vomiting: leaving for bathroom right after a meal
- moodiness, irritability and depression
- never being co-operative
- low self esteem and intense need for perfection
- withdrawal from friends and intolerance of others
- oversensitivity to criticism
- only able to think in extremes. For example, "if I'm not thin, I'm fat."

Anorexia nervosa and bulimia nervosa are serious problems. If untreated, Cathy or Sarah, or any one of the thousands of people suffering from one or other of these disorders, may actually starve themselves to death.

If you think someone you know may be suffering from these eating disorders, talk to your school nurse, a teacher or the principal or see your doctor for advice on what to do.

FIT TIP

Did you know that almost half your body weight is water? Water is essential to every part of your body. You can live for weeks without food but you can survive only a few days without water. When you are playing hard or exercising you need to drink extra water to replace the water your body loses as sweat. There's no need to buy expensive "sports drinks". Just plain old water is good enough.

Eating for Performance

Some people think they can improve their performance on the field or on the court by eating things like wheat germ oil, gelatin, honey or dextrose and not eating certain foods such as milk. Some people also take huge doses of vitamins, thinking this will boost their performance. Although doing some of these things may make you think you will perform better, there is no scientific evidence that they actually affect your performance. Doing some of these things, like taking lots of vitamins, may actually hurt you.

There is no magic food or pill that can increase your performance. The best place to start when you are planning a diet is with Canada's Food Guide. We all get energy from the protein, fat and carbohydrate in our food. Carbohydrate is the most efficient and protein the least efficient energy source.

People who are involved in sports, exercise classes and other athletic activities basically need the same levels of nutrition as a person who is moderately active at work.



People who are training, or in a competitive sport or endurance event need a higher energy intake because they use more energy. They may also need more fluids and salt in their diets. To get this, all these people have to do is eat more, from all groups in Canada's Food Guide.

Carbohydrate Loading

This is a controversial and possibly dangerous practice. Carbohydrate loading attempts to increase glycogen stores in the muscles and thus improve performance during events that go on longer than 30 to 60 minutes. Athletes should never use this strategy without the supervision of a physician.

Pre-game Eating

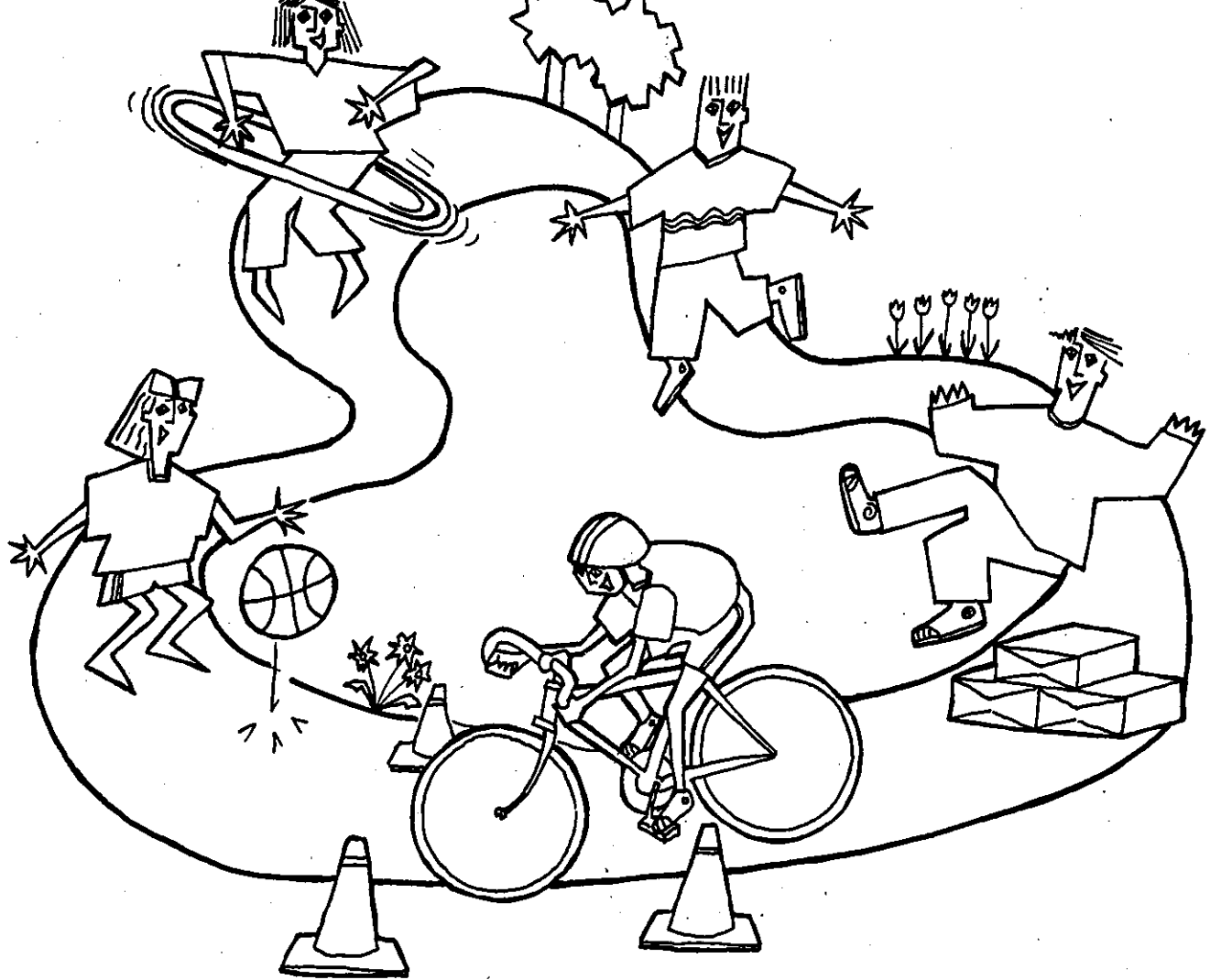
When, what and how much an individual eats before an athletic event depends on the individual and the type of activity.

The pre-game meal should be eaten 2 to 3 hours before the event so that the stomach will be empty at the time of competition.

For most individuals, a meal containing moderate amounts of carbohydrate will be easier to digest. However, concentrated sweets and carbohydrates, like pancakes with syrup, should be avoided because they may cause abdominal discomfort due to movement of water into the stomach. Fats and proteins should be kept to a minimum because fats slow emptying time from the stomach.

Post-game Eating

You probably won't feel hungry right after your game or event but you should have a glass of fruit juice to keep your energy level up. Eat when you feel like it, but keep it reasonable.



HOW TO SET UP A PAR TRAIL

What's a Par Trail? It's a path with several stations. At each station you do a different activity. In some cities and towns there are par trails already set up. Sometimes they are also called Fitness Trails. It can be fun to set up your own Par Trail. Just be careful. Don't set up a station where someone could get hurt. Here are some guidelines for setting up your own Par Trail.

Par Trails can have as many or as few stations as you want.

Par Trails can be very simple or very difficult.

Par Trails can be designed to be used by one person at a time or a whole group of people.

Par Trails can be set up in a backyard, in a park, the school yard or in a gymnasium or community hall. All it takes is a little imagination.

Here are some suggestions for activities along your Par Trail.

- Ride a bike down the block. Touch something like a light post or a wall and ride back.
- Set up an obstacle course, kick a ball around it.
- Hit a ball against a brick wall 10 times.
- Jump over bushel baskets or cardboard boxes. Jump over piles of leaves or snow.
- Do 20 hula-hoop twirls.
- Jump on a pogo stick 10 times.
- Do 5 somersaults in a row, followed by 2 cartwheels.

POWER SNACKING

OR, HOW TO EAT SMART AT THE CORNER STORE

This is it. You've been out for hours and you're starving. You'd eat your shoe if you had to but, as luck would have it, there's a corner store right ahead. You're saved!

But wait. Is it possible to get a healthy snack at a convenience store?

Yes. The first thing you have to remember is that carbohydrates are what you are after when you're power snacking, not fats. Too much fat can lead to conditions such as heart disease and obesity.

A lot of the carbohydrates you're going to choose from will be sugar, so you have to look out for the effect they are going to have on your teeth. Drinking water is a good way to cut down on dental damage. Brushing is best though and should be done as soon as possible after a snack that is high in sugar.

Finding something to drink in a corner store is easy. There's always bottled water. Fruit juice is 100% carbohydrate and good for you too! If the store has fresh fruit, you've found something else to add to your snack.

If it's a hot day and you crave something cold, you can treat yourself to a popsicle or an ice cream sandwich, which has 167 calories, most of which come from carbohydrates and only a third of which come from fat.

Going down the snack aisle you see potato chips, tortilla chips, peanuts, almonds, sunflower seeds, popcorn and pretzels. Which to choose, you agonize. The nuts and the seeds are good for you and they contain a lot of fibre, but they can be high in fat. You could go for the pretzels. They are not fried like the chips and do not contain a lot of oils and fats.

You come upon the cookies next. Pass by the chocolate chip, and keep walking when you hit oatmeal. Believe it or not fig bars are your best choice.

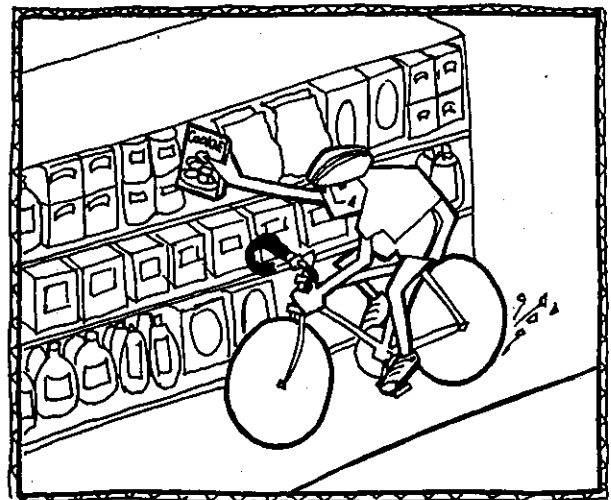
Candy bars are a bad bet no matter what you're going to be doing for the rest of the day. If you just can't say no, go for a Milky Way. Of its 260 calories, 66% come from carbohydrate and 31% from fat, the lowest in the range.

Because of their creams and other fillings, most pastry items provide more fat than carbohydrate. For instance a cake doughnut (115 calories) is 55% fat.

The Fast Food Choice

A burger, fries and milkshake give you a meal with 1,150 calories, almost half of which is from fat. Go for a chicken sandwich with barbecue sauce, 6 ounces of orange juice and a carton of low-fat milk. This gives you about 625 calories, more than half from carbohydrate and only 25% from fat.

Better yet, stay away from places where they deep fry all your food. Go for a pizza or out for tacos. Four slices of a 12-inch cheese pizza (653 calories) are 59% carbohydrate and just 17% fat. Almost anything Mexican with beans in it is less than 30% fat.



PROJECT SUMMARY - FITNESS AND HEALTH

A. Member Comments:

1. What did you gain from taking this project?

2. Which meeting or topic was the most/least interesting? Why?

Most: _____

Least: _____

3. Comment and/or give suggestions for improvements on the overall project (eg. activities, tours, achievement program, member presentations, senior projects, judging information).

4. What interests would you like to explore through future 4-H projects?

B. Parent/Guardian Comments: _____

C. Leader Comments: _____

This project has been completed satisfactorily.

Member _____

Leader _____

Date _____

Leader _____

PURPOSE OF THE 4-H PROGRAM

The primary purpose of the 4-H program is the personal development of youth in rural Ontario.

In 4-H, members will be:

- encouraged to develop self-confidence, a sense of responsibility, and a positive self-image;
- helped to develop their skills in communications, leadership, problem solving, and goal setting; and
- offered the opportunity to learn about the food production, processing, and marketing systems and the heritage and culture of Ontario through projects such as livestock and crop production, financial management, food preparation, nutrition, recreational activities, and career development.

GENERAL REQUIREMENTS FOR "FITNESS AND HEALTH - THE 4-H WAY"

A member will complete a project satisfactorily by:

- participating in at least 2/3 of his/her own club meeting time,
- completing the project requirements to the satisfaction of the club leader(s), and
- taking part in an Achievement Program.

JUNIOR AND SENIOR PROJECTS

Be creative in your approach and presentation. Some ideas are listed below but you may have an even better idea. Have fun!

JUNIOR PROJECTS

- Using 10 of your favourite foods, plan your menu for one day. Use Canada's Food Guide to evaluate how healthy your menu would be.
- Design a poster or an advertisement to promote fitness. (Group project)
- Try a new sport or fitness activity and report to the club on your experience.
- Figure out 5 ways you can get more fit, such as riding a bike to a friend's house instead of getting someone to take you in the car, and make a report to the club.
- Do some research on the game of tag and find 5 variations, such as Animal Tag, Catch the Caboose, Three-Legged Tag, Piggy-Back Tag and Bean-Bag Tag, and explain the different rules for each game to the club. Show them how to play the different variations. (Group project)
- Using Canada's Food Guide, plan a week of menus.
- Plan a physical activity program that you would enjoy for the year and that you will carry out.

SENIOR PROJECTS

- Compare two weight loss or weight gain programs.
- Research ideal body shapes through the ages, making good use of photographs and art books. (Group project)
- Research anorexia nervosa and bulimia.
- Plan a physical activity program that you would enjoy for the entire year and that you will carry out.
- Report on the recreation facilities available in your community. (Group project)
- Collect the labels of products to make a bulletin board display, which you can call "Can You Guess the Product?" or "Mystery Foods" by exposing only the list of ingredients.
- Take a list of your 20 favourite foods and, using as many of them as possible, make a nutritious menu plan for an entire week. Be sure to include the calorie count and nutritional benefits for each meal.
- Develop a 30-minute exercise routine and have it safety-checked by a qualified fitness instructor. Then, lead the club through it. (Group project)
- Using Canada's Food Guide, plan one week of menus.
- Prepare a model of a fitness trail. (Group project)
- Try a new sport or fitness activity and report to the club on your experience.
- Report on a day spent with a physiotherapist who specializes in sports/fitness injuries.
- Make a presentation on how to choose the right shoes for the right sport. (Group project)
- Prepare a presentation on ways to incorporate fitness into everyday life, for example, using stairs instead of elevators, walking to school instead of taking the bus or asking for a ride. (Group project)

How to overcome self-consciousness.

Does the fear of looking too fat or too thin, awkward or somehow just not good enough stop you from becoming physically active? Is self-consciousness preventing you from getting fit?

Self-consciousness is the unfortunate habit of seeing yourself as you think others see you. Notice we stress the word 'think'.

When it comes to fitness, the problem with self-consciousness is that your thoughts can run away with themselves while you stay put.

If you're self-conscious, you think that everyone is thinking about you.

Not only that - you think that the thoughts they're thinking about you are unflattering thoughts.

In all likelihood, however, no one is really thinking about you at all. In fact, they're probably

thinking about what you're thinking about them.

So you see, if you are thinking about what others are thinking about you but no one is really thinking about you (because they're too busy thinking about what you're thinking about them), then the only one who is actually thinking about you is...you.

Now, as long as you're the one who's doing all the thinking, why think unflattering thoughts about yourself? It makes much more sense to think kind thoughts.

Or to think about something else altogether.

It'll make all the difference to you and your fitness efforts. And no one else will give it a second thought.

Can a little change of mind turn self-consciousness into self-confidence?

AND HOW!



Source: PARTICIPaction, Employee Health and Fitness Promotions