Can you WAVE for a healthy lifestyle?

Give yourself 1 point for each question you can answer with a "YES"

- If you score 11 or more points, you deserve a cheer and WAVE.
- If you score 7-10 points, you can get it together to be healthier.
- If you score less than 7, Stop! You need to think about changes for better health.

(See the back of the card for tip for getting WAVE points.

<table>
<thead>
<tr>
<th>Weight</th>
<th>Activity (up to 4 points)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you want to have a healthy weight and life?</td>
<td>_____ My points for most days</td>
</tr>
<tr>
<td>IF so, check your score.</td>
<td></td>
</tr>
</tbody>
</table>

For a healthy Weight, work on: Activity, Variety and Excess.

<table>
<thead>
<tr>
<th>Variety (up to 5 points)</th>
<th>Avoid Excess (up to 4 points)</th>
</tr>
</thead>
<tbody>
<tr>
<td>_____ My points</td>
<td>_____ My points</td>
</tr>
</tbody>
</table>

1. Do you eat vegetables? ____

2. If you eat dark green or orange vegetables? ____

3. Do you eat fruit? ____
   Take away that point if you have juice.

4. Do you drink low fat milk? ____

5. Do you eat high fiber cereal or beans? ____

1. Do you stop eating when you are full? ____

2. Do you drink water when you are thirsty? ____

3. Do you eat slowly? ____

4. Do you limit sugary drinks (soda, fruit drinks and sports drinks, lemonade, Gatorade etc)? ____
   Take away 1 point if you have fries or chips
**TIPS for getting wave points:**

<table>
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<th>Weight</th>
<th>Activity</th>
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| A healthy **Weight** comes with plenty of **Activity**, eating a **Variety** of foods including **veggies & fruit** and cutting down on **Excess** junk food & soda. | **Turn off the TV.**  
If you want to play video games, check the ones that make you move.  
**Dance** to the radio or CD player.  
**Play sports** or ride a bicycle when you get together with your friends.  
**Walk** or **run** until your heart beats a little faster.  
**Take the stairs.** |

Ask your doctor what you need to do to have a healthy weight.

<table>
<thead>
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<th>Variety</th>
<th>Avoid <strong>Excess</strong></th>
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| How to choose food for lunch and dinner.  
Try high fiber cereals  
**Low Fat Milk**  
**Starches**  
Bread, pasta, rice, potato corn etc.  
**Meat and Beans**  
**Vegetables**  
Choose brightly colored veggies and fruits.  
**Fruits** | **Try to cut your Extras**  
**Fries** - (think about the spoons of grease)  
**Soda or other sugar drinks** -  
(A regular 12 oz. can has 10 teaspoons of sugar.)  
**Candy**  
Chips  
(Many kids can't stop eating 'till there all gone!)  
**Slow down when you eat.**  
**Choose the regular size not the super duper size.** |

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