

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.)

<p>Weight</p> <p>Do you want to have a healthy weight and life?</p> <p>IF so, check your score.</p> <p>For a healthy Weight,</p> <p>work on: Activity, Variety and Excess.</p>	<p>Activity (up to 4 points) _____ My points for most days</p> <ol style="list-style-type: none"> 1. Do you work out enough to sweat? (play ball, take part in sports, skate, bike, run, dance, etc...)___ 2. Do you work-in extra exercise? (Walk to school, Help with cleaning, gardening, etc...) ___ 3. Do you watch <u>less</u> than 2 hours TV or videos/day (2 or 3 shows) most days? ___ 4. Give yourself 1 more point if you don't watch any TV or play any videos?___
<p>Variety (up to 5 points) _____ My points</p> <ol style="list-style-type: none"> 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? _____ 	<p>Avoid Excess (up to 4 points) _____ My points</p> <ol style="list-style-type: none"> 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)? _____ <p>Take away 1 point if you have fries or chips</p>

TIPS for getting **WAVE** points:



- Be a healthy **Weight**
- Get plenty of **Activity**
- Get plenty of **Variety** foods-veggies & fruit
- Cut down on **Excess** junk food & soda



Check out how to be lean (not mean) and fit.

<p>Weight</p> <p>A healthy Weight comes with plenty of Activity, eating a Variety of foods including veggies & fruit and cutting down on Excess junk food & soda.</p> <p>Ask your doctor what you need to do to have a healthy weight.</p>	<p>Activity</p> <p>Turn off the TV. If you want to play video games, check the ones that make you move.</p> <p>Dance to the radio or CD player.</p> <p>Play sports or ride a bicycle when you get together with your friends.</p> <p>Walk or run until your heart beats a little faster.</p> <p>Take the stairs.</p>
<p>Variety</p> <p>How to choose food for lunch and dinner.</p> <p>Try high fiber cereals</p> <p>Low Fat Milk</p> <p>Starches Bread, pasta, rice, potato corn etc.</p> <p>Meat and Beans</p> <p>Vegetables</p> <p>Fruits</p> <p>Choose brightly colored veggies and fruits.</p>	<p>Avoid Excess</p> <p>Try to cut your Extras</p> <p>Fries - (think about the spoons of grease)</p> <p>Soda or other sugar drinks - (A regular 12 oz. can has 10 teaspoons of sugar.)</p> <p>Candy</p> <p>Chips (Many kids can't stop eating 'till there all gone!)</p> <p>Slow down when you eat.</p> <p>Choose the regular size not the super duper size.</p>