



# Healthy Habits

# 101



Includes fun learning activities using the *St. Petersburg Times*



**Terri McCarthy Davis** is the executive director of Huntington Learning Center in Palm Harbor. She has been with Huntington Learning Center for 18 years: seven years in the D.C./Maryland area as a regional director; she is in her tenth year in Palm Harbor. She serves as the chairperson of the board of directors for Academie da Vinci Charter School; is on the board of directors for Waterford Crossing Homeowners Association, the Dunedin Cultural and Educational Foundation and All Children's Hospital Guild North Pinellas; chairperson of the Student Advisory Council at Ozona Elementary; and is a member of the Education committees for the Palm Harbor Chamber of Commerce and the Dunedin Chamber of Commerce.

**Karen Pesce** is the Executive Director of MORE HEALTH, a nonprofit organization that provides high-energy, interactive health and injury prevention education. Karen is a registered nurse and graduated from Florida State University. She taught MORE HEALTH lessons prior to becoming the executive director in 1998. Karen voluntarily serves as chair for the Hillsborough County School Health Advisory Committee and the Hillsborough County Oral Health Coalition. She is also a founding member of Florida Action for Healthy Kids and served as the chair from 2006-2009. Karen utilizes her passion for others to lead all of these organizations. In 2009, Governor Charlie Crist recognized Karen with the "Governor's Points of Light Award" for her exemplary volunteer service to help Floridians adopt healthy lifestyles. Karen also was recognized by the National Health Education Centers as "Health Educator of the Year."



**Robert C. Nucci, M.D.** is a double board certified, fellowship-trained orthopedic spine surgeon licensed in Florida, Michigan, New Jersey and New York and a member of the American Academy of Orthopedic Surgeons, North American Spine Society and the Academy of Surgical Research. As the bay area's "Safety Doctor" and a father of two, he advocates health and safety issues for children and parents alike.

## Think about it

Most studies show an increase in death rates associated with obesity. Individuals who are obese have a significantly increased risk of death compared to healthy-weight individuals. Obesity is associated with more than 112,000 excess deaths due to cardiovascular disease, more than 15,000 excess deaths due to cancer and more than 35,000 excess deaths due to non-cancer, non-cardiovascular-disease causes per year in the U.S. population, relative to healthy-weight individuals.

Sources: U.S. Department of Health and Human Services, National Institutes of Health and Centers for Disease Control and Prevention



## Newspaper in Education

The St. Petersburg Times Newspaper in Education (NIE) program is a cooperative effort between schools and the *Times* to promote the use of newspapers in print and electronic form as educational resources. Since the mid-1970s, NIE has provided schools with class sets of the newspaper, plus our award-winning original curriculum, at no cost to teachers or schools.

With ever-shrinking school budgets, the newspaper has become an invaluable tool to teachers. In the Tampa Bay area, more than 4,000 teachers order more than 4 million newspapers for their classrooms every school year. The *Times* and our NIE curriculum are rich educational resources, offering teachers an up-to-the-minute, living text and source for countless projects in virtually every content area. For information about NIE, call 800-333-7505, ext. 8138 or visit [tampabay.com/nie](http://tampabay.com/nie).

This publication incorporates the following Next Generation Sunshine State Standards:

Health: HE.6.C.1.1-3; HE.6.C.1.7; HE.6.C.2.1-2; HE.6.C.2.7; HE.6.B.3.1-3; HE.7.C.1.1-3; HE.7.C.1.7; HE.7.C.2.1-3; HE.7.B.2.2-3; HE.7.P.1.1; HE.8.C.1.1-3; HE.8.C.1.7; HE.8.C.2.1-3; HE.8.B.2.1-3  
 Language Arts: LA.6.1.5.1; LA.6.1.6.1-10; LA.6.1.7.1-8; LA.6.2.2.1-5; LA.6.3.1.1-3; LA.6.3.2.1-3; LA.6.3.3.1-4; LA.6.3.4.1-5; LA.6.3.5.1-3; LA.6.4.2.1; LA.6.4.3.1-2; LA.6.5.2.1-2; LA.6.6.1.1-3; LA.6.6.4.1-2; LA.7.1.5.1; LA.7.1.6.1-11; LA.7.1.7.1-8; LA.7.2.2.1-5; LA.7.3.1.1-3; LA.7.3.2.1-3; LA.7.3.3.1-4; LA.7.3.4.1-5; LA.7.4.2.1; LA.7.4.3.1-2; LA.7.5.2.1-3; LA.7.6.4.1-2; LA.8.1.5.1; LA.8.1.6.1-11; LA.8.1.7.1-8; LA.8.2.2.1-5; LA.8.3.1.1-3; LA.8.3.2.1-3; LA.8.3.3.1-4; LA.8.3.4.1-5; LA.8.4.2.1; LA.8.4.3.1-2; LA.8.5.2.1-5; LA.8.6.4.1-2;

## NIE staff

**Jodi Pushkin**, manager, [jpushkin@sptimes.com](mailto:jpushkin@sptimes.com)  
**Jennifer Wunderlich**, account coordinator, [jwunderlich@sptimes.com](mailto:jwunderlich@sptimes.com)

© St. Petersburg Times 2011

## Credits

Written by **Jodi Pushkin**, NIE manager  
 Designed by *Times* staff

MORE HEALTH

PREVENTION  
SAFETY

DENTAL

HEART

SKIN CANCER

POISON

TEEN PREGNANCY

FIREARM



Celebrating 20 years of health education in our schools and teaching more than 2 million students!



# MORE HEALTH = BETTER HEALTH!

**Lesson Sponsorships Available. Call 813-287-5032 for information.**



## MORE HEALTH

*By Karen Pesce, executive director*

MORE HEALTH, founded in Tampa in 1989, is a nonprofit organization that provides high-energy, hands-on health and injury prevention education to children, teens and families in Florida. In 2010, MORE HEALTH celebrated teaching more than 2 million kids in 20 years! MORE HEALTH is proud to have reached that major milestone, but statistics show that health education is needed now more than ever.

### Did you know

- Obesity in children age 6 to 11 more than tripled in the past 30 years?
- One in three children born in the U.S. in 2000 is predicted to develop diabetes during his or her lifetime?
- In Florida, 33.1 percent of children age 10 to 17 are considered overweight or obese? That means 1 out of 3 children is overweight!
- Research shows that if an individual is overweight as a child, he or she will most likely be overweight as an adult? Being overweight can lead to many health problems such as Type II diabetes.

MORE HEALTH recognizes the need for change and will continue to strive to create a healthier and safer community through education. Thanks to many generous partners, including Tampa General Hospital and All Children's Hospital, MORE HEALTH instructors will educate more than 194,000 students this year. MORE HEALTH instructors teach 23 les-

sons on topics such as bones, heart, dental, nutrition and fitness, and skin cancer prevention. The lessons engage students through the use of giant custom-made visuals, puppets, videos, songs and books. The lessons also meet many of the Next Generation Sunshine State Standards for science, health, language arts, math and physical education. Students learn important life skills:

- Setting goals
- Making healthy choices and good decisions
- Finding accurate health information
- Reducing or avoiding health risks
- Influencing friends and family to make healthy choices

The bottom line is a child's health plays an important role in his or her success, so it's critical that we, as a community, do everything in our power to educate children on how to maintain a healthy lifestyle! You can make a difference in the wellbeing of children, teens and families in Florida. Contact MORE HEALTH today to learn more information about sponsoring a lesson.

**MORE HEALTH, Inc. • 3821 Henderson Boulevard, Tampa, FL 33629 • 813-287-5032**

**[www.morehealthinc.org](http://www.morehealthinc.org)**



# Downsizing the SuperSizeMe Generation

By Robert C. Nucci, M.D.



Every generation is known for some accomplishment or feature that sets them apart from their predecessors. The 1940s produced the Great Generation: Men and women who sacrificed everything to ensure peace and freedom for those that followed. The '60s yielded flower children, who protested wars and racial inequality. And who can forget the '80s Generation of upwardly mobile, fitness-crazed young urbanites known as yuppies? Today's Generation X is marked by morbid obesity.

## What is obesity?

Obesity is the medical term for people whose body mass index (BMI) exceeds 29.9 percent. BMI is a measure of weight in relation to height that is used to determine weight status and is the most widely accepted method used to screen for overweight and obesity in both children and adults.

While BMI is an accepted screening tool for the initial assessment of body fatness, it is not a diagnostic measure because BMI does not directly measure body fat. The average American adult is 24 pounds heavier today than in 1960, with 34 percent of the population being obese – that's 73 million people. All of this excess heaviness has struck children and teens, as well, with about 17 percent of young people age 2 to 19 being obese. That's 12.5 million people: the equivalent of almost all of the folks in the state of Pennsylvania.

## What is so bad about being obese?

Obesity is the leading preventable cause of death in the world and is one of the most significant public health concerns in the 21st century. Though it was once viewed as a symbol of wealth, obesity is a health threat and can significantly diminish the quality of life, leading to stigmatization and social isolation. There are many health risks associated with being overweight. Obese individuals run a higher risk of developing diabetes. Carrying all of that excess weight also can tax the heart, make it more difficult to breathe and put extra stress on your joints. Imagine lugging three one-gallon jugs of water around all day, every day. That's what your body is doing when you are overweight.

## So why are people, especially young people, heavier today than in prior generations?

The answer is a combination of several factors. The first is how and what we eat.

The dinner table was traditionally a relaxed family time when everyone sat together and talked about the day's events while leisurely enjoying a meal. Today's family is rushed with conflicting schedules and activities, rarely sitting down together. People consume bigger portions of unhealthy food choices on larger plates at a driven pace. Fast foods have become

the norm. Even many of our schools offer students unhealthy choices, with 77 percent selling fewer nutritious foods and beverages. Our eating habits and choices have trained our bodies to be fat.

Add to that the modern conveniences and technology that we all enjoy. A trip to the library to research a term paper is now a simple mouse-click on the Internet. Video games have replaced outdoor activities for many people, young and old alike. Television was already the sedentary man's activity when it became even more so with the advent of the remote control.

Chronic stress is another likely factor adding to our expanding waistlines. Whether the stress is from trying to meet constant demands or a real danger, our bodies react as if we're about to be physically harmed and produce chemicals that help give us the burst of energy needed to run or fight. When we don't burn off these chemicals with physical activity, the chemicals react with our fat receptors, allowing fat cells to grow in size and number. People also tend to crave sweets and overeat when stressed.

Lack of adequate nighttime sleep increases the risk of obesity in children, according to several studies. Researchers suggest that lack of nighttime sleep may somehow affect the part of the brain that regulates tiredness and metabolism, but at this time, they are not exactly sure how. Scientists suggest that lack of sleep may alter hormones so that children end up consuming more food, as well as the wrong types of food. Sleepy children, because they are tired, also are less physically active during their waking hours. Previous studies have indicated that lack of sleep among adults can alter normal metabolism and raise the risk of becoming fat, developing insulin resistance, diabetes and cardiovascular disease.



Sleep is important, especially in growing children. Kids who get enough restful sleep are less prone to moodiness and behavioral problems and more likely to achieve optimal mental performance, including alertness and memory.

## So, with all of these things working against us, how do we achieve a healthy weight?

Simple changes in habit can work toward achieving a healthier weight.



- Keep moving – Walk whenever possible, even if it's just 15 minutes a day. If it's too hot to walk outside, put on your sneakers and head to the mall. Make a family habit of taking a walk after dinner. Go bicycle riding with friends on the weekends. Play. Whatever the activity – make it fun. If you live in a community where it's not safe to play outside, then play inside. If you are already overweight and have difficulty moving, exercising in water can give you the mobility you need without stressing your joints.

- Limit computer – video game and TV time. First Lady Michelle Obama doesn't allow her girls to watch TV during the school week and limits their TV time on the weekends, as well. Likewise, her girls know that the computer is just for schoolwork during the school week. Don't turn on the TV just for background noise, and don't plan your day around TV program schedules.

- Buy fruits, veggies and nuts as snacks – It's okay to snack during the day if the snacks are in moderate portions and healthy. Processed foods, fast foods and fattening sweets should be the occasional treat.

- Eat smaller portions and take your time – Give your body a chance to tell you that it's full. Don't eat something just because it's there. Reserve certain nights as family night, when everyone dines together and discusses the day's events. Don't eat in front of the TV.

- Drink plenty of water – Often, people mistake thirst for hunger. Not drinking enough water can cause dehydration, headaches and tiredness. Drinking water gives your body what it needs without all of the calories in sodas. It flushes toxins from your body, helps keep your skin clear and gives you energy.



- Turn boring chores into fun activities – Having a positive attitude can make even the dulllest chore fun. Why just mop the floor if you can crank up the music and make it a dance?

- Laugh. Dance. Sing. Breathe. – All of these things help relieve stress. Laughter actually increases the oxygen supply to your body and produces movement. Who doesn't enjoy a good belly laugh from a silly joke? If a situation is stressful, remember to breathe. You don't have to be a Michael Jackson or a fly-girl to dance, nor a Beyonce to sing. Just move to the beat and have fun.



And if there is some situation or fear that is causing you stress, talk about it with a trusted adult.

*Lastly...*

- Get a good night's sleep – According to the Centers for Disease Control and Prevention (CDC), children between the age of 3 and 5 should get 11 to 13 hours of sleep, children between 9 and 11 should get 9 to 11 hours of sleep and adolescents need 8½ to 9½ hours of sleep. The CDC indicates that inadequate amounts of sleep predispose us to a number of negative health consequences, including such conditions as diabetes, cardiovascular disease, depression and obesity.

Being healthier and feeling better about yourself can be as simple as making the right choices. Choose what you eat wisely, keep moving, drink plenty of water, find humor where you can and get enough sleep at night. If you are already overweight, it's never too late to alter your habits. Set goals. Your goals can start as simple as limiting colas to one 12-oz. soda per day on weekend days only (none during the school week). Increasing your water intake can be another goal, building up to eight glasses per day (64 ounces). Start walking every day. Write your goals down and follow through.



## Teaching with the Times

### Getting healthier

Knowing how to live healthier is vital because chronic diseases, including heart disease, cancer and stroke, are the leading causes of death. The good news is that most of the risk factors associated with these diseases, such as tobacco use, alcohol intake, poor nutrition and physical inactivity, may be controlled with changes in behaviors. Good nutrition and regular physical activity are the twin defenses against obesity and its health risks, including heart disease, diabetes, certain cancers and stroke. Using the *St. Petersburg Times* and the Internet as sources, research health or policy issues related to unhealthy lifestyles. What is the government's approach for shaping up American citizens? What strategies are fast food chains, restaurants and grocery stores using to attract customers who are MORE HEALTH-conscious? Compile the information you find into a report to share with your class and family.

# What is a 'Healthy Diet'?



By Terri McCarthy Davis

The U.S. Department of Agriculture (USDA) dietary guidelines describe a healthy diet as one that

- Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

When it comes to a healthy eating plan, one size doesn't fit all. That is why the USDA introduced the MyPyramid guidelines in 2005. The MyPyramid plan offers you a personal eating plan with the foods and amounts that are right for you.

## Inside the pyramid

### Orange: The grain group

Any food made from wheat, rice, oats, corn, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas and grits are examples of grain products. The amount of grains you need to eat depends on your age, gender and level of physical activity. At least half of all the grains eaten should be whole grains, which are foods made from the entire grain seed.

### Green: The vegetable group

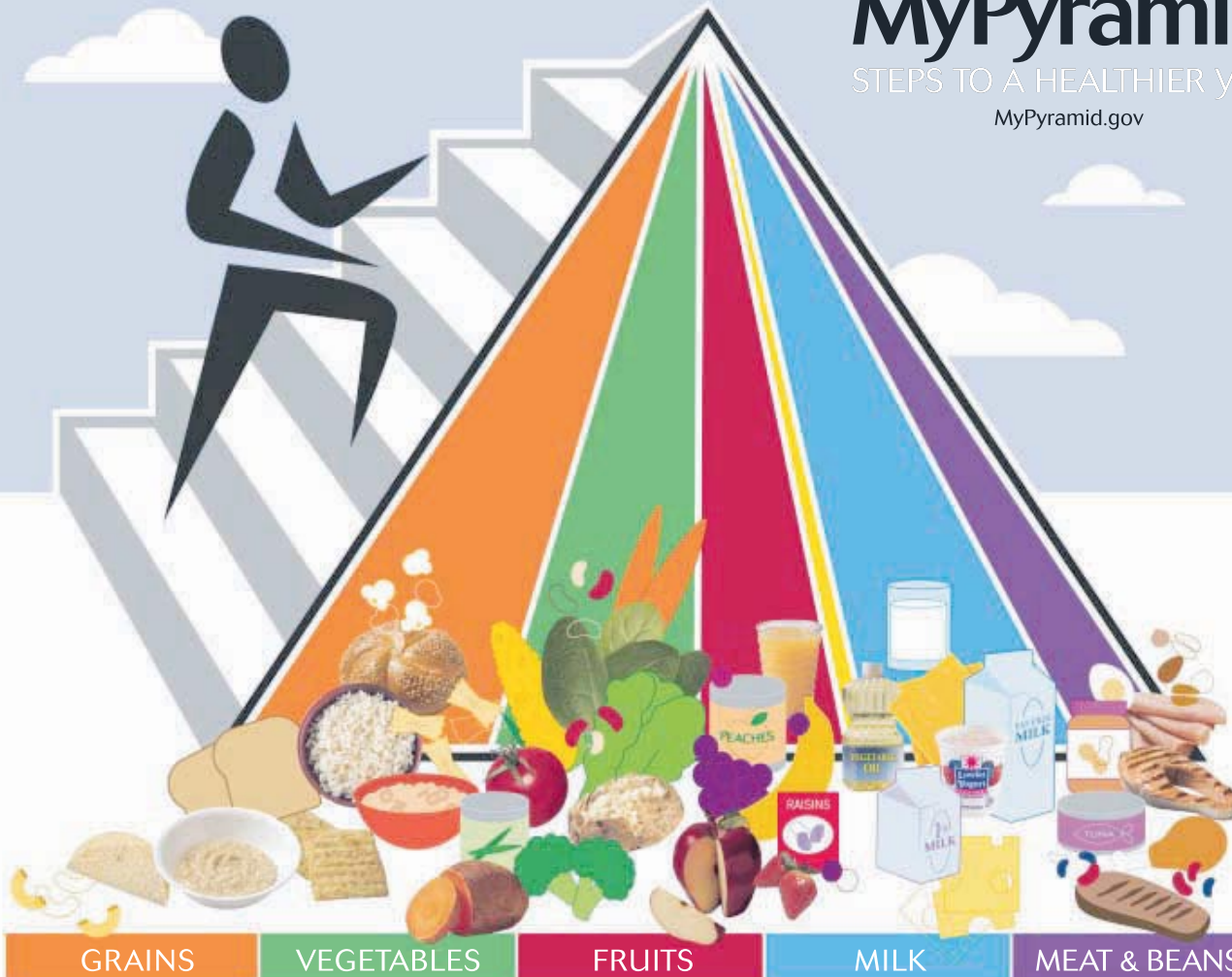
Any vegetable or 100 percent vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; may be fresh, frozen, canned or dried/dehydrated; and may be whole, cut up or mashed. Vegetables are organized into five subgroups based on their nutrient content: dark green vegetables, such as spinach and collard greens; starchy vegetables, such as potatoes and corn; orange vegetables, such as carrots and squash; dry beans and peas, such as lentils and black-eyed peas; and other vegetables, such as lettuce.

### Red: The fruit group

Any fruit or 100 percent fruit juice counts as part of the fruit group. Fruits, such as apples, pineapples, cherries or blueberries, may be fresh, canned, frozen or dried and may be whole, cut-up or pureed.

# MyPyramid

STEPS TO A HEALTHIER YOU  
MyPyramid.gov



GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS

### GRAINS

Make half your grains whole

Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice or pasta every day

1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal or pasta

### VEGETABLES

Vary your veggies

Eat more dark-green veggies, like broccoli, spinach and other dark, leafy greens

Eat more orange vegetables, like carrots and sweet potatoes

Eat more dry beans and peas, like pinto beans, kidney beans, and lentils

### FRUITS

Focus on fruits

Eat a variety of fruit

Choose fresh, frozen, canned, or dried fruit

Go easy on fruit juices

### MILK

Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt and other milk products

If you don't or can't consume milk, choose lactose-free products or other calcium sources, such as fortified foods and beverages

### MEAT & BEANS

Go lean with protein

Choose low-fat or lean meats and poultry

Bake it, broil it or grill it

Vary your protein routine — choose more fish, beans, peas, nuts and seeds

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day

Eat 2 1/2 cups every day

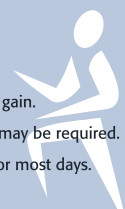
Eat 2 cups every day

Get 3 cups every day;  
for kids age 2 to 8, it's 2

Eat 5 1/2 oz. every day

### Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



### Know the limits on fats, sugars and salt (sodium)

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, margarine, shortening and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

## Tips and resources

Your food and physical activity choices each day affect your health — how you feel today, tomorrow and in the future. These tips and ideas are a starting point. Choose a change that you can make today and move toward a healthier you.

- Make half your grains whole.
- Vary your veggies.
- Focus on fruit.
- Get your calcium-rich foods.
- Go lean with protein.
- Find your balance between food and physical activity.

Source: U.S. Department of Agriculture

## Yellow: Fats and oils

Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Foods that are mainly oil include mayonnaise, certain salad dressings and soft (tub or squeeze) margarine with no trans fats.

Most oils are high in monounsaturated or polyunsaturated fats and low in saturated fats. Oils from plant sources (vegetable and nut oils) do not contain any cholesterol. In fact, no foods from plants sources contain cholesterol. A few plant oils, including coconut oil and palm kernel oil, are high in saturated fats and for nutritional purposes should be considered to be solid fats.

Solid fats are fats that are solid at room temperature, such as butter and shortening. Solid fats come from many animal foods and can be made from vegetable oils through a process called hydrogenation.

## Blue: The milk group

All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, while foods made from milk that have little to no calcium, such as cream cheese, cream and butter, are not. Most milk group choices should be fat-free or low-fat.

## Purple: Meats and beans

All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group. Most meat and poultry choices should be lean or low-fat. Fish, nuts and seeds contain healthy oils, so choose these foods frequently instead of meat or poultry.

## Mix it up

- Eat a variety of fruits.
- Vary your veggies. Eat more dark green and orange veggies, and beans and peas.
- Get your calcium-rich foods. Get three cups of low-fat or fat-free milk – or an equivalent amount of low-fat yogurt and/or low-fat cheese – every day.
- Make half your grains whole.
- Go lean with protein. Choose lean meats and poultry. Bake it, broil it or grill it. Vary your protein choices — with more fish, beans, peas, nuts and seeds.
- Know the limits on fats, salt and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars.

## Fruits and veggies

Eating at least five servings of fruits and vegetables each day will improve your health. The typical American diet is too high in fat and too low in fruits and vegetables. This unhealthy diet plan costs Americans nearly \$250 billion yearly in health care.

People who eat five or more servings of fruits and vegetables daily have half the risk of developing cancer as those who only eat one or two servings a day. Fruits and vegetables are important not only in reducing the risk of developing certain types of cancer, but also in reducing the risk of heart disease, diabetes, stroke, obesity and birth defects.

Here are some ways to add fruits and veggies to your diet:

- Add fruit to your breakfast cereal or oatmeal
- Drink 100 percent juice instead of soda for a snack
- Snack on mini-carrots or dried fruit at work instead of candy
- Supplement your take-out dinner with fruits and vegetables from home.
- Try a glass of 100 percent juice, a salad, steamed vegetables or some fruit for dessert.

Do yourself a delicious favor. Eat 5-a-day for better health!

Source: Pinellas County Health Department



## Teaching with the Times

### Making healthy choices

Eating at least five servings of fruits and vegetables daily will improve your health. This year in the United States, more than 1 million new cases of cancer will be diagnosed and more than 500,000 people will die from cancer. Of these 500,000 deaths, 30-70 percent will be related to diet. People who eat five or more servings of fruits and vegetables daily have half the risk of developing cancer as those who only eat one or two servings a day. Fruits and vegetables are important not only in reducing the risk of developing certain types of cancer, but also in reducing the risk of heart disease, diabetes, stroke, obesity and birth defects. You can help your family create a healthy menu, including the 5-a-day rule. Using the USDA food pyramid at [mypyramid.gov](http://mypyramid.gov), create a weekly menu that includes all of the proper nutrition (including fruits and veggies). Look in the *St. Petersburg Times* for pictures to illustrate your menu. Also, look for advertisements for healthful foods. List the cost of the foods next to the pictures on your menu. Share your menu with your class and family.



# NUTRITION

## Just the facts

Most packaged foods have a Nutrition Facts label. For a healthier you, use this tool to make smart food choices quickly and easily. Try these tips:

- Keep these low: saturated fats, trans fats, cholesterol and sodium.
- Get enough of these: potassium, fiber, vitamins A and C, calcium and iron.
- Use the % Daily Value (%DV) column when possible: 5 percent DV or less is low, 20 percent DV or more is high.

Check servings and calories. Look at the serving size and how many servings you are actually consuming.

Make your calories count. Look at the calories on the label and compare them with what nutrients you also are getting to decide whether the food is worth eating.

Don't sugarcoat it. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars include sucrose, glucose, high-fructose corn syrup, corn syrup, maple syrup and fructose.

Know your fats. Look for foods low in saturated fats, trans fats and cholesterol to help reduce the risk of heart disease (5% DV or less is low, 20% DV or more is high). Most of the fats you eat should be polyunsaturated and monounsaturated fats.

Reduce sodium (salt), increase potassium. Research shows that eating less than 2,300 milligrams of sodium (about one teaspoon of salt) per day may reduce the risk of high blood pressure.



## Teaching with the Times

### Making good choices

Though many of us know the difference between healthy and unhealthy food choices, we are often convinced by highly effective advertising to make poor eating choices. Look at the advertisements in the *St. Petersburg Times*, and select several examples of ads for foods and beverages that you think are nutritionally poor. Analyze your selections carefully, making brief notes on the arguments or techniques used to sell each of the foods of low nutrition and value. In a small group, discuss your findings. On a piece of construction paper or poster board, create an ad for a low-nutrition food that might convince the best-informed of readers to make this food choice. Next, create an ad for a high-nutrition food that might convince readers to make this food choice.

## Use the Nutrition Facts label to eat healthier

### Check the serving size and number of servings.

- The Nutrition Facts label information is based on ONE serving, but many packages contain more. Look at the serving size and how many servings you actually are consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.
- When you compare calories and nutrients between brands, check to see if the serving size is the same.

### Calories count, so pay attention to the amount.

- This is where you'll find the number of calories per serving and the calories from fat in each serving.
- Fat-free doesn't mean calorie free. Lower-fat items may have as many calories as full-fat versions.
- If the label lists that one serving equals three cookies and 100 calories, and you eat six cookies, you've eaten two servings, or twice the number of calories and fat.

### Look for foods that are rich in these nutrients.

- Use the label not only to limit fat and sodium, but also to increase nutrients that promote good health and may protect you from disease.
- Some Americans don't get enough vitamins A and C, potassium, calcium and iron, so choose the brand with the higher percent daily value for these nutrients.
- Get the most nutrition for your calories — compare the calories to the nutrients you would be getting to make a healthier food choice.

### The percent daily value is a key to a balanced diet.

The %DV is a general guide to help you link nutrients in a serving of food to their contribution to your total daily diet. It can help you determine if a food is high or low in a nutrient — 5 percent or less is low, 20 percent or more is high. You can use the %DV to make dietary trade-offs with other foods throughout the day. The \* is a reminder that the percent daily value is based on a 2,000-calorie diet. You may need more or less, but the %DV is still a helpful gauge.

## 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 3g

Cholesterol 30mg      10%

Sodium 470mg      20%

Potassium 700mg      20%

Total Carbohydrate 31g      10%

Dietary Fiber 0g      0%

Sugars 5g

Protein 5g

Vitamin A      4%

Vitamin C      2%

Calcium      20%

Iron      4%

\* 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

### Know your fats and reduce sodium for your health.

- To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fat, trans fat and cholesterol.
- Trans fat doesn't have a percent daily value, but consume as little as possible because it increases your risk of heart disease.
- The percent daily value for total fat includes all different kinds of fats.
- To help lower blood cholesterol, replace saturated and trans fats with monounsaturated and polyunsaturated fats found in fish, nuts and liquid vegetable oils.
- Limit sodium to help reduce your risk of high blood pressure.

### Reach for healthy, wholesome carbohydrates.

- Fiber and sugars are types of carbohydrates. Healthy sources, such as fruits, vegetables, beans and whole grains, can reduce the risk of heart disease and improve digestive functioning. Whole grain foods can't always be identified by color or name, such as multi-grain or wheat. Look for the "whole" grain listed first in the ingredient list,\* such as whole wheat, brown rice or whole oats.
- There isn't a percent daily value for sugar, but you can compare the sugar content in grams among products.
- Limit foods with added sugars (sucrose, glucose, fructose, corn or maple syrup), which add calories but not other nutrients, such as vitamins and minerals. Make sure that added sugars are not one of the first few items in the ingredients list.\*

### For protein, choose foods that are lower in fat.

- Most Americans get plenty of protein but not always from the healthiest sources.
- When choosing a food for its protein content, such as meat, poultry, dry beans, milk and milk products, make choices that are lean, low-fat or fat-free.

\* Ingredients are listed by weight from highest to lowest.



## Healthy choices

Reading nutrition labels is one step to a healthier you. Another step is learning to make healthy snacks.

### Monkey Milkshake

This is a meal in a glass. Even those who don't like milk will ask for more.

- 1 cup sliced strawberries
- 1 banana
- 1 cup nonfat (skim) milk
- 2 tsp. vanilla extract
- 3 ice cubes

Combine ingredients in a blender. Blend until smooth and fluffy. Makes 2 to 3 servings. Per serving: 117 calories, 5.2 grams of protein, 24.6 grams of carbohydrates, 0.8 grams of fat, 5 percent of calories from fat.

### Cinnamon Sicles

Eating these is just like eating frozen apple pie.

- 1 cup plain low fat yogurt
- 1 cup applesauce
- ½ tsp. cinnamon
- 1 tbs. honey, if desired

Blend yogurt, applesauce, cinnamon and honey, if using. Pour into paper cups. Cover cups with foil. Make a slit in the center of each foil cover and insert popsicle sticks. Freeze. Makes 2 to 3 servings. Per serving: 157 calories, 6.2 grams of protein, 30.9 grams of carbohydrates, 1.8 grams of fat, 10 percent of calories from fat.





## Teaching with the Times

### Distorted images

Obesity, just like bulimia and anorexia, is an eating disorder. According to *Parade* magazine, anorexia and bulimia affect approximately 1 million men and 10 million women, primarily teens and young people. Another 25 million suffer from binge eating. Do people with eating disorders usually recognize that they have a problem? What can you do if you have a friend with an eating disorder or if you suspect that you may have a problem yourself? Do media images reflect what ordinary people look like? Do these images contribute to eating disorders? What might be some other causes? Have your teacher split your class into small groups. Discuss these ideas with your group members. Look in the *St. Petersburg Times* for images in advertisements or pictures that glorify thinness. With your group, compile a list of movies and television shows that glorify thinness. Make a separate list of movies and television shows that celebrate body diversity. Look for ads and photos in the *Times* that celebrate body diversity. Write an editorial based on your findings.

## We need to make a change

During the past 20 years, obesity among adults has risen significantly in the United States. The latest data from the National Center for Health Statistics show that more than 60 million people are obese. The percentage of young people who are overweight has more than tripled since 1980. Among children and teens age 6–19 years more than 9 million are considered overweight.

These days, children spend more time in front of the television, computers or video screens. As a result, their physical activity levels have decreased while their body weights have increased. The rate of obesity in children has doubled in the last 20 years, according to the United States Surgeon General. Overweight kids tend to become overweight adults. These increasing

rates raise concern because of their implications for Americans' health. Being overweight or obese increases the risk of developing many diseases and health conditions:

- Hypertension (high blood pressure)
- Type 2 diabetes (hyperglycemia)
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast and colon)

Sources: Centers for Disease Control and Prevention, Division of Nutrition and Physical Activity, National Center for Chronic Disease Prevention and Health Promotion



## Improve your outlook!

Physical activity can be your solution to feeling tired, bored and out of shape. With more physical activity, you may feel less stressed! Physical activity also can

- make you feel more energetic
- help you lose weight and control your appetite
- help you sleep better
- lower your chance for developing diabetes
- lower your chance for having a stroke
- lower your blood pressure
- improve your blood cholesterol levels

For more information, visit [healthier.us.gov/dietaryguidelines](http://healthier.us.gov/dietaryguidelines).

## Move your body!

Change your habits by adding activity to your daily routine. Any movement you do burns calories. The more you move, the better. Check out some of these simple activities to get started today.

- Get up 15 minutes earlier in the morning and stretch.
- Jog in place.
- Ride your stationary bike while watching TV.
- Work out along with an exercise video.
- Use the stairs instead of the elevator.
- Walk to the bus or train stop.
- Walk to each end of the mall when you go shopping.
- Park your car a few blocks away and walk.
- Jump rope or play tag with your kids or grandkids.
- Use hand-held arm weights during a phone conversation with a friend.

## Being more active = feeling more energetic

People of all ages who are generally inactive can improve their health and well-being by becoming active at a moderate-intensity rate on a regular basis. Being physically active helps to control weight; contributes to healthy bones, muscles and joints; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits and medications.

Physical activity does not need to be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week. Adding activity to your daily routine will make you feel more energetic.

Children and adults should do 30 minutes or more of moderate physical activity each day. You can do 30 minutes all at once or 10 minutes at a time, three times a day. If you are not used to being active, start out slowly and work up to 30 minutes a day. Add more activities for longer periods of time as you begin to feel more fit, or add some vigorous activity.

Source: Centers for Disease Control and Prevention, Division of Nutrition and Physical Activity, National Center for Chronic Disease Prevention and Health Promotion

# Exercise at your desk

## Do the funky chicken!

You can do this in a sitting or standing position. Place your fingertips on your shoulders, elbows pointing out to the sides. Pull your elbows back as far as you can. Push your elbows forward and try to touch them together. Repeat 10 times. Now, keeping your fingertips on your shoulders, lift your elbows up and then push them down to your sides, as if you are trying to fly. Repeat 10 times.

## The apple picker

Stretch your arms up, one at a time, as high as you can, as if you were trying to pick an apple from a tree. Repeat 10 times, alternating sides.

## Kangaroo

Sit erect in a chair. Raise your arms so that your elbows are flared in an outward position and your hands are at shoulder level in front of your body. Keep your hands at shoulder level and push your elbows as high as you can, isolating the pressure on your shoulders. Repeat 10-15 times. Perform the first few slowly and smoothly; the next few faster and more intensely; and then slow the pace again.



# Adding physical activity in your daily life

## At home

- You can combine exercise with other activities, such as watching TV. If you buy exercise equipment, it's a one-time expense and other family members can use it.
- Do housework.
- Work in the garden or mow the grass.
- Go out for a short walk before breakfast, after dinner or both.
- Walk or bike to the corner store instead of driving.
- Stand up while talking on the telephone.
- Walk the dog.
- Park farther away at the shopping mall and walk the extra distance.

## At play

- Plan family outings and vacations that include physical activity (hiking, backpacking, swimming, etc.)
- See the sights in new cities by walking, jogging or bicycling.
- Play your favorite music while exercising.
- Dance with someone or by yourself. Take dancing lessons.
- Join a recreational club that emphasizes physical activity.
- At the beach, sit and watch the waves instead of lying flat, or get up and walk, run or fly a kite.
- When golfing, walk instead of using a cart.
- Play singles tennis or racquetball instead of doubles.
- At the lake, rent a rowboat instead of a canoe.

Source: American Heart Association



## Teaching with the Times

### Becoming healthier

With the trend toward increasing physical exercise and changing lifestyles to be a healthier nation, it is likely that there is an increase in advertising by physical fitness spas, clubs and weight-loss centers. This advertising provides a great deal of information about the services available and allows someone who is seeking help with an exercise or weight-loss program to see what is available to him or her. Select two advertisements from the *St. Petersburg Times* for health/fitness spas or weight-loss programs. Clip or print the advertisements for closer inspection. Compare the information in the two ads: What type of business is represented, what are the advantages and disadvantages, what are the operating hours, where are the facilities located, what are the costs, which ad appeals to readers the most? Based on this information, develop a list of questions that you would want to have answered before signing any contracts or agreements to participate in the program. Create a Venn diagram showing the similarities and differences in the facilities.

## What's the best type of physical activity for you?

The best type is the one or two that you will do! Pick an activity that you enjoy doing and one that will fit into your daily routine. Start with moderate levels of activity and work your way up!

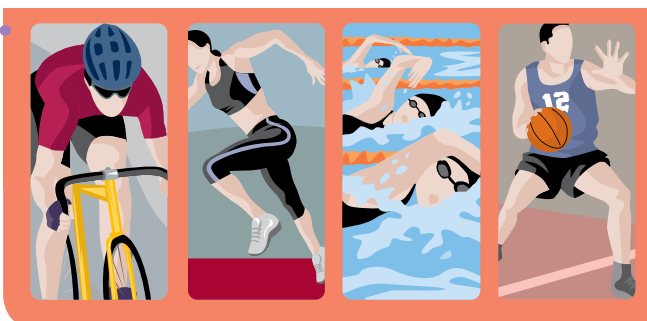
### Moderate level of activity

- walking
- gardening
- dancing
- vacuuming
- raking leaves
- climbing stairs
- bowling



### Vigorous level of activity

- bicycling
- jogging/running
- swimming
- marching in place
- doing aerobics
- playing sports (basketball, football, soccer, baseball)



Sources: U. S. Department of Health and Human Services Public Health Service; National Institutes of Health National Heart, Lung and Blood Institute



## The signs of diabetes are

- being very thirsty
- urinating often
- feeling very hungry or tired
- losing weight without trying
- having sores that heal slowly
- having dry, itchy skin
- losing the feeling in your feet or having tingling in your feet
- having blurry eyesight

## Two types of diabetes

### Type 1 diabetes

Type 1 diabetes, formerly called juvenile diabetes or insulin-dependent diabetes, is usually first diagnosed in children, teenagers or young adults. In this form of diabetes, the beta cells of the pancreas no longer make insulin because the body's immune system has attacked and destroyed them. Treatment for type 1 diabetes includes taking insulin shots or using an insulin pump, making wise food choices, being physically active and controlling blood pressure and cholesterol.

### Type 2 diabetes

Type 2 diabetes, formerly called adult-onset diabetes or non-insulin-dependent diabetes, is the most common form of diabetes. People can develop type 2 diabetes at any age — even during childhood. This form of diabetes usually begins with insulin resistance, a condition in which fat, muscle and liver cells do not use insulin properly. At first, the pancreas keeps up with the added demand by producing more insulin. In time, however, it loses the ability to secrete enough insulin in response to meals. Being overweight and inactive increases the chances of developing type 2 diabetes. Treatment includes using diabetes medicines, making wise food choices, being physically active, taking aspirin daily and controlling blood pressure and cholesterol.

Source: National Diabetes Information Clearinghouse

# Diabetes: A silent killer

According to the American Diabetic Association, “Diabetes (pronounced *dī ă-bē'tēz*) is a disease in which the body does not produce or properly use insulin.” Insulin is a hormone produced by your pancreas. Insulin is needed to convert food into energy. If your pancreas is not producing enough insulin, or if your cells are not absorbing the glucose (sugar) in your bloodstream (this is known as insulin resistance), the glucose will remain in your blood. That results in your glucose being too high. Your blood always has some glucose in it because your body needs glucose for energy to keep you going. But too much glucose in the blood isn't good for your health.

# Preventing type 2 diabetes

Take your first step. The National Diabetes Education Program (NDEP) is urging people who are at risk for type 2 diabetes, or have a condition called pre-diabetes, to increase their physical activity to prevent diabetes. Losing a small amount of weight, by getting 30 minutes of exercise five days a week and eating healthfully, will prevent diabetes. Check with your health care provider to learn if you are at risk and what steps you can take to prevent type 2 diabetes.

## ***Here are some tips to help you get started:***

**Walking is one of the best ways to increase your activity.** Start slowly by walking five minutes more each day. Build up to 30 minutes five days a week.

**Eat more fruits, vegetables, dried beans and whole grains.** Buy at least one new fruit or vegetable every time you shop.

**Pick an activity that you enjoy that will keep you moving.** Try soccer, bike riding or swimming, or take a dance class.

**Read food labels.** Choose foods with less fat, calories and salt. Cut down on fried foods.

**To get in more steps,** get off the bus one stop early or park the car farther away from the entrance to stores, movie theaters or your office.

**Eat smaller portions.** You still can eat the foods you enjoy. Keep meat, poultry and fish servings down to three ounces – that's about the size of a deck of cards.

**Choose healthy snacks.** Replace fattening snacks with fruits, veggies or nuts. Drink plenty of water.

**Cook ahead and freeze food portions.** You will have healthful and easy meals ready for days when you are too busy to cook.

For more information about preventing diabetes, call 800-438-5383, or log on to [ndep.nih.gov](http://ndep.nih.gov).

## Managing your diabetes

Once you have been diagnosed with diabetes, management is the key to maintaining your health.

- See your doctor regularly.
- Take medication as prescribed.
- Eat healthfully and exercise.
- Know your HbA1C (glycohemoglobin) number.
- Get your cholesterol checked.
- Don't smoke.
- Have good dental hygiene.

## Barbecue Chicken Pizza

Here is a diabetes-friendly recipe from the Mayo Clinic.

Serves four people.

### Ingredients

- 1 cup pizza sauce
- 1 12-inch Italian pizza crust
- 8 green pepper rings
- 1 tomato, sliced
- 1 cup mushrooms, sliced
- 4 ounces cooked chicken breast, sliced about 1-inch thick, with all visible fat removed
- 2 tablespoons barbecue sauce
- 1 cup reduced-fat mozzarella cheese, shredded

### Directions

- Preheat the oven to 400 degrees Fahrenheit.
- Spread the pizza sauce evenly over the pizza crust.
- Add the pepper, tomato, mushrooms and chicken.
- Drizzle barbecue sauce over the pizza.
- Sprinkle cheese on the top of the pizza.

- Bake about 12 to 14 minutes.
- Cut the pizza into eight slices and serve immediately.

### Nutritional analysis

(per serving – two slices)

- Calories: 333
- Cholesterol: 35 milligrams
- Protein: 23 grams
- Sodium: 961 milligrams
- Carbohydrate: 44 grams
- Fiber: 3 grams
- Total fat: 8 grams
- Saturated fat: 3 grams
- Monounsaturated fat: trace



Source: National Diabetes Education Program

## Test your blood glucose often

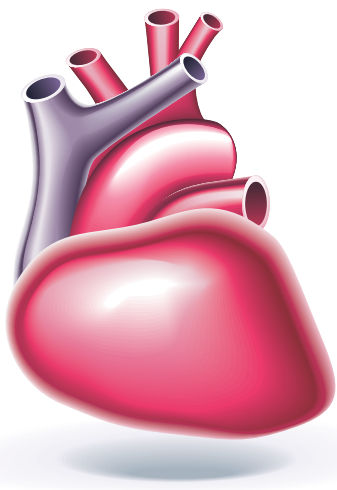
Individual blood glucose checks are like pieces of a puzzle — you need a lot of them before you can see the big picture. The way to put them together is in a logbook. You can get a logbook from the doctor or diabetes educator. Every time you check your blood glucose, write down the result in the logbook. Don't forget to include the date and time of the check. By looking at how blood glucose levels change (or don't change) from check to check, you and the doctor can fine-tune your diabetes care.



## Teaching with the Times

### Learning about diabetes

According to the American Diabetes Association, diabetes is the seventh-leading cause of death in the United States, which means one out of every three persons born in the United States is at risk for developing diabetes. Research diabetes in your school media center or local library. As part of your research, look for articles in the *St. Petersburg Times* about people dealing with diabetes or any news related to diabetes. Are there any workshops or support groups for diabetics being announced in your area? Is a local group holding a fundraiser to donate more money to research? In what ways are medical facilities helping to raise public awareness about diabetes? Summarize the information you find. Read about the disease and think about how it would affect you if you were to be diagnosed with this illness. If you were diagnosed with diabetes, what aspects would you find the most difficult to deal with on a daily basis? What things would be the most supportive and helpful? In what ways do you think things would change at home and at school? Do you know someone with diabetes? If so, what could you do to support your friend? If you have diabetes, in what ways do you take care of yourself? In what ways do your friends and family provide support?



# Being heart healthy

## How healthy is your heart?

Your pulse is the rate your heart is moving blood through your arteries. It is measuring the contractions of your heart muscle.

Try this ...

- Put two fingers on the side of your wrist and try to find your pulse.
- Start counting your pulse. (Time for six seconds.)
- Take the number and multiply it by 10 and that gives you a “resting heart rate” number.
- Now jog in place for two minutes.
- Take your pulse again.

You can see how much faster your heart was pumping blood after a little exercise.

When we exercise, our heart muscle gets stronger. A strong heart muscle keeps our whole body healthy!

## How can you keep your heart healthy?

- Be active for 60 minutes every day.
- Eat nutritious food, such as fruits, vegetables and whole grains.
- Avoid alcohol, drugs and tobacco.

Source: MORE HEALTH

## Having healthy habits

Dr. Nucci notes that getting enough sleep is very important to having a healthy heart, body and mind. Getting enough sleep can help prevent chronic diseases and promote overall health.

Take a few minutes to assess your sleeping habits with the checklist below.

- ✓ Are you going to bed at the same time each night and rising at the same time each morning?
- ✓ Are you sleeping in a quiet, dark and relaxing environment which is neither too hot nor too cold?

- ✓ Have you made your bed comfortable?
- ✓ Do you use the bedroom only for sleeping and not for other activities, such as reading, watching TV or using the computer?
- ✓ Do you avoid physical activity within a few hours of bedtime?
- ✓ Do you avoid caffeine, nicotine and alcohol within a few hours of bedtime?
- ✓ Do you avoid large meals and liquids before bedtime?

Source: Centers for Disease Control and Prevention



## Give me a break

In addition to getting enough sleep, you also need to take breaks in your day. Taking five-minute breaks from sitting at your desk, especially if you work with a computer, can have several benefits. Short breaks can help increase your concentration, alertness and work speed. Taking breaks can help lower stress and is linked to having a smaller waistline, lower a body mass index (BMI) and lower triglyceride levels.

- Take several short breaks throughout the day and make sure they include some movement.
- Take a short walk away from your workstation.
- Stand up and stretch or walk in place at your desk without looking at your computer monitor.
- Get out of your chair whenever you take phone calls at your desk.
- Change positions at your workstation.
- Have a drink of water or a light snack.

Source: Centers for Disease Control and Prevention

## Heart facts

The heart is a muscle.

The heart acts like a pump to move blood through your body.

The blood carries oxygen to all the cells in the body.

The blood also carries nutrients from food we eat to all the cells in the body.

There are four chambers (rooms) in your heart and the chambers are separated by heart valves (doors).

The sound of your heart-beat is the sound of the heart valves opening and closing.



Teaching with  
the Times

## Making good choices

Though many of us know the difference between healthy and unhealthy food choices, we are often convinced by highly effective advertising to make poor eating choices. Look at the advertisements in the electronic edition of *St. Petersburg Times* and select several examples of ads for foods and beverages that you think are nutritionally poor. Analyze your selections carefully, making brief notes on the arguments or techniques used to sell each of the foods of low nutritional value. In a small group, discuss your findings. On a piece of construction paper or poster board, create an ad for a low-nutrition food that might convince the best-informed of readers to make this food choice. Next, create an ad for a high-nutrition food that might convince readers to make this food choice.



BAM! Body and Mind:

**bam.gov**

Learn what you need to know to make healthy lifestyle choices.

Choose Respect:

**chooserespect.org**

Learn how to build healthy relationships to stop dating abuse before it starts.

Diabetes and Healthy Living: The Eagle's Nest:

**cdc.gov/diabetes/eagle**

Learn from the wise eagle in this book series about how to use balance, courage, healing, strength and wisdom to prevent diabetes and grow safe and strong.

Environmental Health for Kids:

**cdc.gov/neh/kids/**

Learn how the Center for Disease Control works to help you stay healthy wherever you live, work and play.

Express Your Health: Fun Pages for Kids:

**cdc.gov/family/kidexpress**

Learn safe and healthy habits with these fun pages, including an activity book, puzzles and coloring pages.

Kids' Quest on Disability and Health:

**cdc.gov/ncbddd/kids/kidhome.htm**

Learn the answers to some of your questions about kids with disabilities.

Best Bones Forever!:

**bestbonesforever.gov**

Learn how you can build strong bones with these quizzes, games, recipes and fun activities.

FDA Kids' Page:

**fda.gov/oc/opacom/kids**

Learn about food safety, medicines and other health issues.

Girls' Health:

**girlshealth.gov**

Choose a topic and learn how girls can stay safe and healthy.

Healthfinder: Kids' Sites:

**healthfinder.gov/scripts/SearchContext.asp?topic=14314**

Learn how to be healthy and have fun!

HHS for Kids:

**dhhs.gov/kids**

View links to health information for kids and teens.

Kids.gov:

**kids.gov**

View links to health, fitness, safety and other topics by grade level.

The President's Challenge:

**presidentschallenge.org/**

Jump rope, play catch, race a friend and more! Win awards for staying active and track your progress along with kids across America.

Source: U.S. Department of Health and Human Services and Centers for Disease Control and Prevention



Teaching with  
the Times

### Journaling to self discovery

Knowing who you are is the first step in being healthy and taking charge of your life. Keeping a journal is a great way to learn more about yourself. Who are you? Why do you do what you do? Do you have strong convictions? Are you able to stand up to others when your ideas are questioned? While you are keeping your journal, read the *St. Petersburg Times* to test yourself.

What are your thoughts about the things you read in the news? To begin your journal, write about something that you have read in the *Times* that directly affects your life. Share some of your journal entries and thoughts with your peers.

# Call for your child... and yourself.



**Huntington**  
LEARNING CENTER®

*Individually Owned and Operated*

Palm Harbor 727-784-1114 • Tampa 813-908-1000 • Brandon 813-681-1500

Lakeland South 863-709-9600 • Lakeland North 863-647-3890

**Reading • Math • Study Skills • SAT/ACT Prep**



## Win AMC Theaters movie tickets in the Healthy Kids Crossword Puzzle Contest, from Huntington Learning Center

### Healthy Kids Crossword Puzzle Contest Rules

The Healthy Kids Crossword Puzzle Contest will begin on Jan. 28, 2011 and end at midnight on Feb. 25, 2011.

To participate in the contest, clip the Healthy Kids Crossword Puzzle Contest Page from the back page of this publication distributed through the St. Petersburg Times Newspaper in Education program on Jan. 28, 2011 and fax to 727-784-5712 by midnight on Feb. 25, 2011.

Incomplete entries will be disqualified.

Contest sponsor is not responsible for late, lost, stolen, misdirected, misaddressed, incomplete or illegible entries. Sponsor is not responsible for technical or computer failures, errors or data loss of any kind, lost or unavailable fax or phone connections, or failed, incomplete, garbled or deleted computer or network transmissions, or any other error or malfunction, or late, lost, illegible or misdirected entries. Entry materials that have been tampered with or altered are void. If the judges determine, in their sole discretion, that there is any suspected or actual electronic tampering with the Contest or if technical difficulties compromise the integrity of the Contest, the judges reserve the right to void the entries at issue and/or terminate the Contest and conduct a random drawing to award the prize among all eligible entries received as of the termination date. If the Contest is terminated due to tampering or technical difficulties prior to its expiration date, notice will be posted at Huntington Learning Center in Palm Harbor, FL. If, for any reason, the Contest is not capable of running as planned, including

bugs, tampering, unauthorized intervention, fraud, technical failures, or any other causes beyond the control of Sponsor which corrupt or affect the administration, security, fairness, integrity or proper conduct of the Contest, Sponsor reserves the right at its sole discretion to cancel, terminate, modify or suspend the Contest. Sponsor reserves the right to disqualify any entrant that tampers with the operation of the Contest or website or violates the Official Rules of the Contest.

Odds of winning depend on number of eligible entries received.

### 5. Eligibility Restrictions:

(a) The contest is open to Florida residents who are 10 years of age or older. Employees of Huntington Learning Centers and their affiliates, subsidiaries and advertising agencies and their immediate family members or persons living in the same household are ineligible to participate or win.

(b) All entries become the sole property of Huntington Learning Center Palm Harbor, FL, and will not be returned. By entering, entrants agree to abide by these rules and warrant and represent that their entry is their original work.

### 6. Prizes:

(a) First prize is family four pack of tickets/passes to AMC Theaters, \$25 AMC Gift and prize pack.

(c) Tickets will not be show specific and can be used for other movies. Second prize will be a family four pack of tickets/passes to AMC

Theater. Third prize will be two tickets/passes to AMC Theater Tickets (d) All prizes or prize certificates may be picked up at Huntington Learning Center in Palm Harbor or mailed to contest winner with written mailing instructions. Any prize or prize certificate not claimed within 7 days of notification will be forfeited by the winner. In the event that a prize or prize certificate is mailed to the winner, it will be with the prior written consent of the winner and therefore, winner assumes the risk of its arrival. Huntington Learning Center Palm Harbor, FL is not responsible for the safe arrival of a prize or prize certificate.

(e) Contest prizes are not transferable. Prizes may not be substituted for or redeemed for cash.

### 7. Selection of Winners:

(a) Decisions of contest sponsors with respect to the contest are final. (b) (a) Entries will be received via fax to Huntington Learning Center in Palm Harbor, FL, 727-784-5712, and winners will be chosen in a random drawing of crossword puzzles with all crossword clues answered correctly. The drawing will take place the week of Feb. 28th and winners will be notified on or before March 7th, 2011.

### 8. Conditions:

(a) By participating in the contest, the winners agree to have their name, voice or likeness used in any advertising or broadcasting material relating to this contest and to sign a publicity release, affidavit of eligibility and release of liability prior to acceptance of the prize. All

expenses on receipt and use of prize are the sole responsibility of winner. Winners, by acceptance of their prizes, agree to release Huntington Learning Centers, their respective parents and subsidiaries and their respective advertising, promotion and production agencies from any and all liability, claims or actions of any kind whatsoever for injuries, damages or losses to persons and property which may be sustained in connection with the receipt, ownership or use of the prize or while preparing for, participating in and/or traveling to any prize-related activity.

9. Contest sponsors reserve the right to make changes in the rules of the contest, which will become effective upon announcement.

10. No purchase necessary. The contest is void where prohibited by law.

11. Failure to comply with the contest rules may result in a contestant's disqualification.

12. To obtain a copy of the official rules and/or winner's list, please write by March 30, 2011 to:

Huntington Learning Center

ATT: Contest Rules

33223 US Highway 19 North

Palm Harbor, FL 34684

## Exercise your way to health

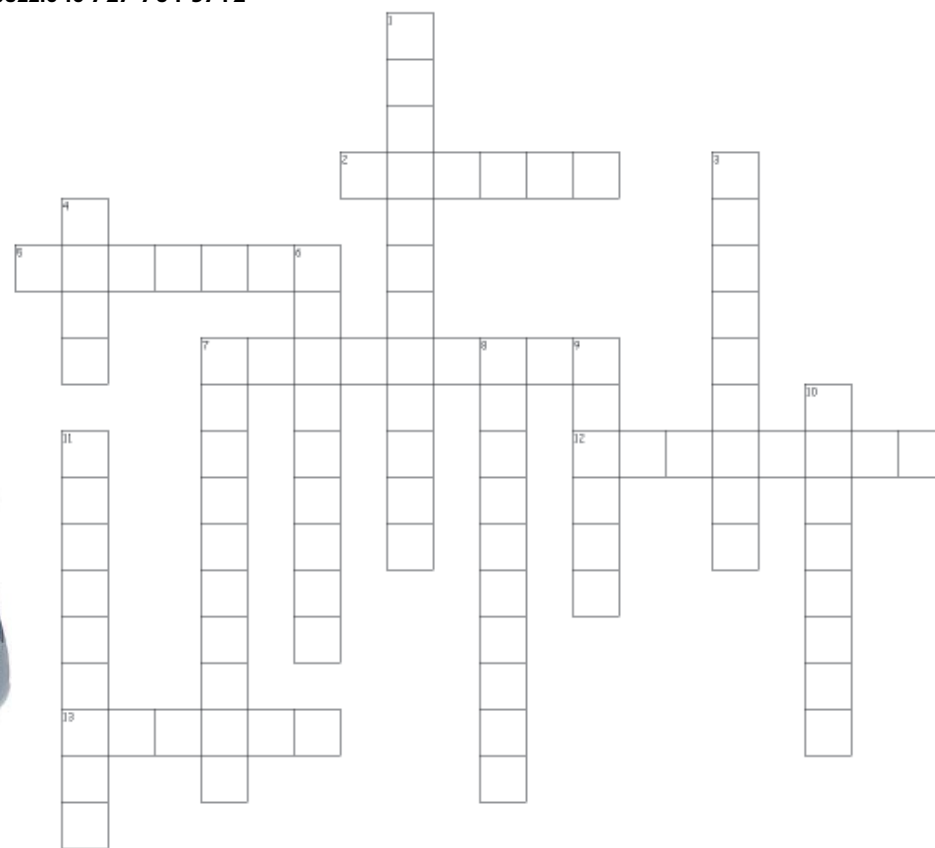
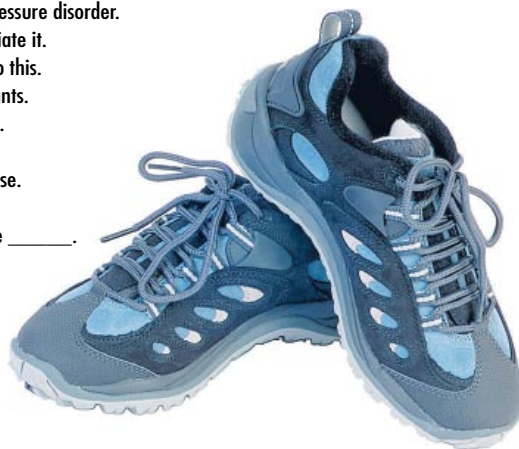
Fax your completed puzzle to 727-784-5712

### Across

- Raking these will keep you physically fit in the fall.
- This is a great activity to do while listening to your favorite music.
- Physical activity does not need to be this.
- Change your habits by adding this to your daily routine.
- Children and adults should do at least this many minutes of moderate physical activity daily.

### Down

- Exercising can decrease your risk of this blood pressure disorder.
- This is a good activity and your floors will appreciate it.
- Before breakfast and dinner are good times to do this.
- This outdoor activity is good for you and your plants.
- Ride this type of bicycle while watching television.
- Overweight kids tend to become \_\_\_\_\_ adults.
- Using these instead of the elevator is good exercise.
- Aerobics is considered this form of activity.
- Being more active will result in your feeling more \_\_\_\_\_.



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_