

# find the FUN

When You're  
**MOVING,**  
You're Living!



find  
the  
fun **now**

Tampa Bay  
**Times**  
**NIE**  
newspaper in education  
[tampabay.com/nie](http://tampabay.com/nie)

## Newspaper in Education

The Tampa Bay 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, each year, more than 5 million newspapers and electronic licenses are provided to teachers and students free of charge thanks to generous sponsors.

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). Follow us on Twitter, [Twitter.com/TBTimesNIE](https://twitter.com/TBTimesNIE).

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## Credits

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# When you're moving, you're feeling good!

- Dance to your favorite song
- Shoot hoops with your friends
- Bowl on your Wii
- Score a few bicycle kicks on the soccer field
- Bike on the Pinellas Trail

## Just move

The media is full of bad news about how Americans — kids and their parents and grandparents — are getting heavier and developing conditions such as diabetes, heart disease and cancer.

It can seem hopeless sometimes, but the good news is there is something you can do to stay healthy and fit.

## Have fun!

For kids and teens (that's anyone between 6 and 17 years of age), your goals are to be active 60 minutes a day, at least five days a week in activities you like to do.

If you're having fun, you're more likely to stay with a fitness program, whether it means you enjoy doing it or you forget you're doing it because you're having so much fun.

## Eat healthy and have fun!

Healthy foods can be fun to prepare and fun to eat. The quality of the fuel you put in your body helps you run at your best!

- Use your creativity to create a colorful salad for your family.
- Try a new fruit or vegetable every week.
- Go meatless one day a week to sample new foods.
- Eat a variety of fruits and vegetables every day.

Thanks to a Communities Putting Prevention to Work (CPPW) grant, the Pinellas County Health Department's Find the Fun Now campaign is helping everyone find places for active fun and good food. Go to [FindtheFunNow.com](http://FindtheFunNow.com) to find hundreds of things to do — right in your neighborhood or anywhere in Pinellas County.

If you have an iPhone, you can download an app that will even give you directions to the nearest fun place.

You'll find lots of tips to help you stay fit and healthy here, but go to [FindtheFunNow.com](http://FindtheFunNow.com) to find lots more.

Remember, when you're moving and eating healthy, you're feeling good!



# Find the fun now



Fun is in short supply these days. Let's blame all the "to dos" that happen in between the time the alarm clock rings in the morning and when we brush our teeth and go to bed.

We are spending less time outdoors, less time together with family and friends, and less time being active in any way. Between school, work, homework and chores, we don't spend much time focusing on our health, being active and having fun.

FindtheFunNow.com is a tool to help you trade sedentary dead time for active fun — the kind that leaves you more relaxed and more energized. Do you have 20 minutes? An hour? All day? Want to bring a pet? Your friends? Your parents? Find the Fun Now helps you find activities that fit your life.

## Keeping children strong

Did you know that the academic success of young people is strongly linked with their health? It is true. Health-related factors such as hunger, physical and

emotional abuse, and chronic illness can lead to poor school performance. In turn, academic success is an excellent indicator for the overall well-being of children and is a primary forecaster and determinant of adult health outcomes. Leading national education organizations recognize the close relationship between health and education, as well as the need to foster health and well-being within the educational environment for all students.

Source: Centers for Disease Control and Prevention



## Word scramble

Unscramble these fun activities

[Hint: Go to Findthefunnow.com and click on "Family Fun"]

INGWSMIM \_\_\_\_\_

NADCGNI \_\_\_\_\_

KOCOIGN \_\_\_\_\_

GINRNUN \_\_\_\_\_

GNITBOA \_\_\_\_\_

GNIEREXSCI \_\_\_\_\_

HSFGNIIG \_\_\_\_\_

IKHNGI \_\_\_\_\_

VIDGNI \_\_\_\_\_

GNIDALBRELLOR \_\_\_\_\_

Answers: (1)Swimming (2)Dancing (3)Cooking (4)Running (5)Boating (6)Exercising (7)Fishing (8)Hiking (9)Diving (10)Roller Blading

## Find the Fun partners

Communities Putting Prevention to Work (CPPW) Pinellas is one of 50 such initiatives across the nation. The program is funded nationwide by the U.S. Department of Health and Human Services to address the nation's two leading causes of death and chronic disease: obesity and tobacco.

The Pinellas County program is focused on encouraging physical activity and healthy eating. Led by the Pinellas County Health Department and the Health and Human Services Council of Pinellas County, partners in the initiative include Pinellas County Schools; the county government; St. Petersburg, Clearwater, Dunedin, Largo and the county's 20 other municipalities; the Early Learning Coalition of Pinellas County; the YMCA of the Suncoast; the YMCA of Greater St. Petersburg; R'Club Child Care; Pinellas County Extension; the Tampa Bay Times; Clear Channel Communications; Bright House; and the faith community.

Like most of the nation, two-thirds of Pinellas residents are overweight or obese. The result is an alarming uptick in diabetes (even among children), heart disease and other obesity-related health conditions. Preventing obesity will save lives and help reduce the nation's skyrocketing healthcare costs.

And here's the funny thing: It turns out the best prescription for change is good old-fashioned active fun!



## Learning with the Times

### Exercise your brain

When you study new things, you can

come up against some tough vocabulary words. Most vocabulary words are learned from context clues or good old-fashioned dictionary work. While you read this publication, be sure to highlight or circle words you don't know. Try to figure out their meanings by looking for clues in the sentences around these unknown words. Write down your best guess, and then look the words up in a dictionary. As a group activity, make a list of the words your classmates identified and see which ones stumped the class. Use the print or electronic editions of the *Tampa Bay Times* to search for articles using these words. Make a chart showing how often these words were used in today's *Times*. Create a vocabulary game to share with your class.



# Find the Fun helps you sleep better

## The importance of sleep

Humans spend approximately eight hours a day sleeping. That amounts to 56 hours a week, 240 hours a month and 2,920 hours every year with our eyes closed. In other words, we spend approximately one-third of our lives doing nothing. Right? Well, not exactly. When we are sleeping, our

eyelids may be closed, but our brains are still active. According to the National Sleep Foundation, sleep affects our appearance, our behavior and our effectiveness. Sleep or lack of sleep can have a major impact on our overall quality of life.

## Sleep, an essential part of your health

The amount of sleep needed changes as children grow older. While teenagers need at least 8½ hours of sleep, newborns sleep approximately 16 to 17 hours a day, and preschoolers need only about 12 hours a day.

Normal sleep has two parts: rapid eye movement (REM) and non-rapid eye movement (NREM). REM sleep is an active form of sleep that is not as deep as NREM sleep. During REM sleep, your brain is very active and dreams often occur. NREM sleep is a deep sleep. There is less tossing and turning, and you breathe at a more regular rate.

While you are sleeping, your body follows a pattern of alternating REM and NREM sleep throughout a typical night in a cycle that repeats itself about every 90 minutes.

*Sources: All Children's Hospital and National Sleep Foundation*

## NREM sleep

There are four stages of NREM sleep:

**Stage 1:** Light sleep is the stage between being awake and falling asleep.

**Stage 2:** Onset of sleep is when you become disengaged from your surroundings. Your breathing and heart rate are regular and your body temperature drops.

**Stages 3 and 4:** During the deepest and most restorative sleep, your blood pressure drops, breathing becomes slower, muscles are relaxed, blood supply to muscles increases, and tissue growth and repair occurs. During this stage, your energy is restored.

*Source: National Sleep Foundation*

## REM sleep

REM sleep occurs about 90 minutes after falling asleep and recurs about every 90 minutes. This sleep stage is important because it provides energy to the brain and body and supports daytime performance. During this time, the brain is active and dreams occur. Your eyes dart back and forth, and your body becomes immobile and relaxed, as muscles are turned off. In addition, levels of the hormone cortisol dip at bedtime and increase through the night to promote alertness in the morning.

*Source: National Sleep Foundation*

## In a nutshell

Sleep is just as important to our waking selves as our resting selves. Sleep helps us succeed and grow by contributing to a healthy immune system and also can balance our appetites by helping to regulate levels of the hormones ghrelin and leptin, which play a role in our feelings of hunger and fullness.



So when we're sleep deprived, we may feel the need to eat more, which can lead to weight gain. When we are sleep deprived, our immune system is not operating at its optimum level and we may become sick.

Lack of sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity and depression. Not only is insufficient sleep associated with the onset of these diseases, but it also poses important implications for their management and outcome. In addition, insufficient sleep is responsible for motor vehicle crashes and machinery-related accidents, not to mention sluggish work behaviors and poor performance at school.

As the National Sleep Foundation points out, "the one-third of our lives that we spend sleeping, far from being 'unproductive,' plays a direct role in how full, energetic and successful the other two-thirds of our lives can be."

Sources: Centers for Disease Control and National Sleep Foundation

## Insomnia

Insomnia is trouble falling asleep or staying asleep through the night. Insomnia can come and go, or it can be a long-term condition. In either case, it can be disruptive to your life and health.

Many things, including poor sleep habits, can cause insomnia. Sleep habits we learned as children may affect our sleep behaviors as adults. When we repeat these behaviors over many years, they become habits. Poor sleep or lifestyle habits that may cause insomnia or make it worse include the following:

- Going to bed at different times each night
- Daytime napping
- Poor sleeping environment, such as too much noise or light
- Spending too much time in bed while awake
- Working evening shifts
- Not getting enough exercise
- Using the television, computer or smart-phone in bed

In addition, physical, social and mental health issues can affect sleep patterns, including:

- Anxiety disorders
- Bipolar disorder
- Certain medical conditions, such as thyroid disease
- Feeling sad or depressed
- Physical pain or discomfort
- Stress

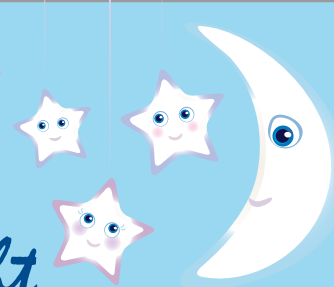
Source: U.S. Library of Medicine

## Tips for sleeping more soundly

We all have trouble sleeping from time to time, but you can make getting a good night's sleep a regular occurrence with these suggestions from WebMD:

- Cut out caffeine at least four hours before bedtime.
- Relax before bedtime.
- Exercise at the right time for you.
- Keep your bedroom quiet, dark and comfortable.
- Eat right, sleep tight. Try not to drink fluids after 8 p.m.
- Avoid napping.
- Avoid watching TV, eating, and discussing emotional issues in bed.

## Lullaby and good night



According to the National Sleep Foundation, "Every living creature needs to sleep. It is the primary activity of the brain during early development. Circadian rhythms, or the sleep-wake cycle, are regulated by light and dark and these rhythms take time to develop, resulting in the irregular sleep schedules of newborns. The rhythms begin to develop at about 6 weeks, and by 3 to 6 months, most infants have a regular sleep-wake cycle. By the age of 2, most children have spent more time asleep than awake and, overall, a child will spend 40 percent of his or her childhood asleep."



## Learning with the Times

### It's all about sleep

Keep a sleep chart for two weeks. Keep track of the time you went to bed every night and the time you got up the next morning. How many hours of sleep did you average for the entire two-week period? Do you think you're

getting enough sleep? How can you tell? Find advertisements in the *Tampa Bay Times* for sleep-related products. What techniques do the advertisers use to sell their products? Do they present facts, appeal to your emotions or use some other method? How effective do you think their advertising is?

Create a graphic organizer to display the information you have gathered. Discuss and share your ideas with your class.



## Critical thinking corner Think about it

Teens need at least 8½ hours of uninterrupted sleep each night, so their minds and bodies are rejuvenated for the next day. According to the National Sleep Foundation, "If sleep is cut short, the body doesn't have time to complete all of the phases needed for muscle repair, memory consolidation and the release of hormones regulating growth and appetite. Then we wake up less prepared to concentrate, make decisions or engage fully in school and social activities."

# Find the Fun that relieves Stress



## Test? What test?

The morning starts out okay, but you slept through the alarm, so you have to rush to get ready for school. You get dressed, but you seem to be sweating a bit. You grab your breakfast and just make it to the school. Whew ... crisis averted. You take your seat and eat your breakfast bar. Just then, you notice the two people in the seat behind you who are asking each other questions in preparation for the history test today. Wait, what history test? Oh, no! You forgot all about it.

You get a sinking feeling in the pit of your stomach as you reach for your book bag. Your book bag! Oh, no ... When you rushed out of the house this morning, you left it on the kitchen table. That sinking feeling is now a full-blown stomachache. Your head starts to pound and your heart races. Stress sometimes comes on slowly, while at other times it hits you hard like a ton of bricks.

## Distressing stress

According to the Centers for Disease Control, "Stress is caused by internal and external influences that disrupt an individual's normal

state of well-being. These influences are capable of affecting health by causing emotional distress that leads to a variety of physiological changes. These changes include increased heart rate, elevated blood pressure and a dramatic rise in hormone level." Stress puts a strain on your body and brain, and although it cannot be avoided completely, it is possible to keep it at a minimum.

## Stress management

- Keep a positive attitude.
- Accept that there are things beyond your control in your life: at home, at school, at work.
- Be assertive instead of aggressive. Speak out about your feelings, opinions or beliefs instead of becoming angry, defensive or passive.
- Learn and practice relaxation techniques, such as meditation, yoga or tai chi.
- Exercise on a regular basis. Not only does the act of exercise relieve stress, being fit helps to fight off the onset of stress.
- Vigorous exercise, such as hitting a punching bag, boxing and running, is good for relieving stress.
- Eat healthy, well-balanced meals.
- Learn to manage your time effectively.

- Make time for enjoyable hobbies and relaxing activities, such as reading a book, building model airplanes or playing soccer.
- Get plenty of rest and sleep. Sleep is the best way to recover from and prepare for stressful events.
- Seek out social support. In other words, spend time with your family and friends.

*Source: WebMD and Stress Management Tips.com*

## Recognizing stress

Parents and teachers can help children and young adults manage stress by watching for behavioral signs and keeping the lines of communication safe and open. Here are some behaviors/symptoms that parents and teachers may find to be indicators:

- flu-like symptoms, including headache, stomachache and even nausea
- clinging
- frequent crying or whining
- normally active children becoming either listless or hyperactive
- docile children having temper tantrums or fits of anger or acting out
- drastic changes in mood or behavior

*Source: StressManagementTips.com*

## Did you know?

Although stress is a normal part of daily life, large amounts can affect a person's health. Stress can affect people of any age, especially children and young adults. Stress can be the result of pressure at school or at home. If you are experiencing stress because of bullying, abuse, a change in your family dynamic (divorce, remarriage, parent deployment, death), it is important to talk to someone about it. A teacher, counselor or trustworthy adult can help you. You do not have to face the stress alone.

## Helping children reduce stress

Children primarily learn by example. Teachers and parents, you can help children recognize and reduce their stress, which, in turn, will reduce your stress. Here are some tips from the Stress Management Tips website.

The best way to teach your child how to manage stress is by using the tools and articles at Stress Management Tips to learn to effectively manage your stressors. In addition, you can develop skills and child-oriented stress management techniques to help your kids recognize and manage their stressors.

- Encourage children to eat healthy and to not skip meals. Schedule regular meals and snack times.
- Just like adults, kids need time to unwind. If your kids are bound to video games, television or a computer, get them on their feet by providing and encouraging the use of active toys such as balls, punching bags and bikes.
- Be clear in setting rules and consistent with discipline.
- When your child wants to talk about his or her problems, listen and try not to criticize.
- Teach your kids that everyone (including you) makes mistakes.
- Teach your kids stress-relieving exercises and help them find stress-reducing games they can play such as bouncing a stress ball or slinky, playing darts or even doing crossword puzzles.

## Stress management exercises

It is true that a healthy body is a formidable weapon for combatting stress. Although you cannot just get up and run out of school if



you are feeling stressed out, there are some exercises you can do to take the edge off.

- Just breathe. Deep breathing is an excellent stress reducer. Breathe in while tucking in your tummy and feel the air as it expands your lungs and your chest. Breathe in while you count to four and hold it for two counts. Then exhale while you silently count to four.
- Stretch away the stress. Use your imagination to visualize the stress flooding from your back, legs and shoulders to pour out of your fingertips and toes. Stretch out your fingers and toes to let the stress flow out to the floor.
- Take a break. Take a walk and enjoy nature.
- Squeeze a lemon. Dale Carnegie said, "When fate hands us a lemon, let's try to make lemonade." Squeezing a lemon, tennis ball or stress ball is a good way to keep your fingernails from cutting into your palms.

Source: StressManagementTips.com  
*How to Stop Worrying and Start Living*

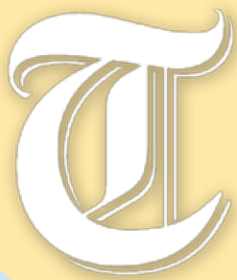
## Cut the tension

At the end of a long day at school, your couch or bed may be calling your name. But zoning out in front of the TV can actually stress you out more, especially if you have school or home responsibilities that need your attention. Getting things done that are necessary gives one a feeling of relief and accomplishment. Also, enjoying some relaxing and enjoyable activities before bedtime will zap harmful stress chemicals and leave you relaxed and refreshed. Need motivation? Make plans with a friend or your family earlier in the day. And remember that it is not nice to break a promise!

## Take a brain break

Brain clogged up? Mixed up? Can't get clarity? Clear things up with a walk along the Pinellas Trail. Scientists agree that your brain benefits from physical activity. They're just not sure why. It may be the way active fun oxygenates your brain and enhances the production of noggin (seriously, that's what it's called), a key protein that helps your brain generate new neurons. That makes you smarter right now, and can cut your risk of developing dementia by half.

For more tips, check out [Findthefunnnow.com](http://Findthefunnnow.com).



## Learning with the Times

### Journaling about the issues

Keeping a journal or writing a blog is a great way to learn more about yourself and how you stand

on issues such as health. Throughout your study of health, look in the *Tampa Bay Times* for articles on health issues. These may

include articles on medical research, healthcare laws, new treatments, and such. Keep your articles in a journal or folder. Write about which issues you think are most important in your community, state and country. To begin your journal, write about something health-related that you have read in the *Times* that directly affects your life.



# Find the Fun through nutrition

## Mmmm ... fruits and veggies

Fruits and vegetables can be a lot of fun to eat. Be daring and try some items you have never tasted. You and your taste buds will be in for a pleasant surprise. Try some of these friendly recipes:

**Smoothie creations** – Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned and even overripe fruits.

**Delicious dippers** – Whip up a quick dip for veggies with yogurt and seasonings, such as herbs or garlic. Serve with raw vegetables, such as broccoli, carrots or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.

**Caterpillar kabobs** – Assemble chunks of melon, apple, orange and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables, such as zucchini, cucumber, squash, sweet peppers or tomatoes. (Just don't use any caterpillars.)

**Personalized pizzas** – Use whole-wheat English muffins, bagels or pita bread as the crust. Have tomato sauce, low-fat cheese and cut-up vegetables or fruits for toppings.

**Fruity peanut butterfly** – Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

**Frosty fruits** – Just put fresh fruits such as melon chunks in the freezer (rinse first). Make popsicles by inserting sticks into peeled bananas and freezing.



**Bugs on a log** – Use celery, cucumber or carrot sticks as the log and add peanut butter. Top with dried fruit, such as raisins, cranberries or cherries, depending on what bugs seem most tempting.

**Homemade trail mix** – Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts or sunflower seeds mixed with dried apples, pineapple, cherries, apricots or raisins. You also can add whole-grain cereals to the mix.

**Potato person** – Decorate half a baked potato. Use sliced cherry tomatoes, peas and low-fat cheese on the potato to make a funny face.

Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more suggestions and ideas.

Source: United States Department of Agriculture

## Build a healthy plate

It is true that you are what you eat! Before you eat, think about what goes on your plate. Foods such as vegetables, fruits, whole grains, low-fat dairy products and lean-protein items contain the nutrients you need without too many calories. Try some of these options.

- Make half your plate fruits and vegetables.
- Drink skim or 1 percent milk.
- Make at least half your grains whole.
- Vary your protein food choices.
- Cut back on foods high in solid fats, added sugars and salt.
- Eat the right amount of calories for you.

Source: United States Department of Agriculture

## Parent tip

Parents – remember that you are your children's most important role model. Your children pay attention to what you do more than what you say. You can do a lot to help your children develop healthy habits for life by providing and eating healthy meals and snacks. For example, don't just tell your children to eat their vegetables, show them that you eat and enjoy vegetables every day. Take your children with you to the grocery store and farmer's markets to show them ways to make the best choices. Model for them how to choose, purchase, fix and enjoy nutritional foods.





## Parent Tip: Healthy food on a budget



It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. Check out [findthefunnow.com](http://findthefunnow.com) to find the best places to shop in your neighborhood. Here are some shopping tips:

- Use fresh vegetables and fruits that are in season.
- Check the *Tampa Bay Times*, [Tampabay.com](http://Tampabay.com) and the store for sales, coupons and specials.
- Plan out your meals and make a grocery list. You will save money by buying only what you need.
- Don't shop when you're hungry.
- Try canned or frozen vegetables and fruits, as they may be less expensive per serving than fresh. Be sure to choose fruit in 100 percent fruit juice and vegetables with "low sodium" or "no salt added" on the label.
- Buy in bulk when items are on sale.
- Choose store brands when possible.
- Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat and processed foods are convenient, but often cost much more than when purchased in their basic forms.
- Start a garden — in the yard or a pot on the deck — for fresh, inexpensive, flavorful additions to meals.
- Prepare and freeze vegetable soups, stews or other dishes in advance.

Source: United States Department of Agriculture



## Uncovering water's wow factor

Colorless, odorless and calorie-less! Wow, it's hard to conceive how water is full of goodness for our bodies and our minds. However, you need to believe everything you hear about the benefits of water. It offers a lot of benefits for your body. It is much more healthful than soda, which slows you down and increases your risk of diseases such as obesity and type 2 diabetes. Remember, your health is No. 1!

### YOU + WATER = MORE FUN

Water helps you keep fit.

Water helps you save money.

Water helps you stay cool.

Water helps you move smoothly.

Water helps you heal more quickly and remain healthy.

Source: Find The Fun Now



## Fruit and veggie scavenger hunt



Try to find some of these vegetables in the *Tampa Bay Times*. You can look for pictures or words. Be sure to check the news articles as well as the advertisements. The Taste section should be a good place to begin.

Tomato	Broccoli	Lettuce
Potato	Kiwi	Blueberry
Carrot	Strawberry	Mushroom
Apple	Grape	Avocado
Pea	Melon	Onion



## Learning with the Times

### Eating healthy

Look through the articles and recipes in the Taste section of the *Tampa Bay Times* (in Wednesday's newspaper). Find a recipe that sounds good to you, and split apart the ingredients according to the food pyramid. Place each ingredient in a section of the pyramid. Do you have a well-rounded meal? If not, what do you need to add to enhance the nutritional value? Are there high-calorie or high-fat ingredients in the recipe? How can you modify the recipe to be more healthful?

Your friends don't always eat healthy meals. You need to design an ad to convince your friends to eat a healthy but unpopular food (pick one). What information will you use to persuade your audience? Use the ads in the *Tampa Bay Times* as models for your ads. Share your finished ad with your class.

# Find the Fun through nutrition

## Dining healthy on the go

Try these tricks to keep feeling good — even after a restaurant meal

- Ordering a sandwich? Skip the mayo. Opt for mustard instead.
- Switch up your sides. Swap out the fries and choose coleslaw or a side salad instead.
- Drink the beverages of champions. Yep, that would be water.
- Banish the breadbasket. If carbs are calling your name, ask for French bread or whole-wheat rolls. (Pass on the butter, please).
- Save some for later. Get a to-go container with your meal and before you dig in, pack half away for tomorrow's lunch.
- Avoid buffets. With all-you-can-eat specials, you get what you pay for — the post-pig-out, feel-bad blahs.
- Ordering Italian? Try pasta dishes with a tomato base. They'll leave you feeling lighter than heavy sauces like Alfredo, Béarnaise or Mornay.
- Swap sugary drink mixes for reduced-calorie versions.
- Ordering pizza? Pile on the veggies but just say no to extra meat and cheese.
- When meat is a must and you're eating steak, choose filet, flank or London broil (they're the lightest cuts). Trim off the fat and skip the sauces and gravy.

For more tips, go to [findthefunnow.com](http://findthefunnow.com).

## Nutrition Facts

Amount Per Serving		% Daily Value*	
Serving Size 1 cup (228g)			
Servings Per Container about 2			
Calories 250		Calories from Fat 110	
<b>Total Fat</b> 12g		<b>18%</b>	
Saturated Fat 3g		<b>15%</b>	
Trans Fat 3g			
<b>Cholesterol</b> 30mg		<b>10%</b>	
<b>Sodium</b> 470mg		<b>20%</b>	
<b>Total Carbohydrate</b> 31g		<b>10%</b>	
Dietary Fiber 0g		<b>0%</b>	
Sugars 5g			
<b>Proteins</b> 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

### 1 Serving Size

This section is the basis for determining number of calories, amount of each nutrient and % DVs of a food. Use it to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount; e.g., number of grams.

### 2 Amount of Calories

If you want to manage your weight (lose, gain or maintain), this section is especially helpful. The amount of calories is listed on the left side. The right side shows how many calories in one serving come from fat. In this example, there are 250 calories, 110 of which come from fat. The key is to balance how many calories you eat with how many calories your body uses. **Tip:** Remember that a product that's fat-free isn't necessarily calorie-free.

### 3 Limit These Nutrients

Eating too much total fat (including saturated fat and trans fat), cholesterol or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers or high blood pressure. The goal is to stay below 100% DV for each of these nutrients per day.

### 4 Get Enough of these Nutrients

Americans often don't get enough dietary fiber, vitamin A, vitamin C, calcium and iron in their diets. Eating enough of these nutrients may improve your health and help reduce the risk of some diseases and conditions.

### 5 Percent (%) Daily Value

This section tells you whether the nutrients (total fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet.

The % DVs are based on a 2,000-calorie diet. Each listed nutrient is based on 100% of the recommended amounts for that nutrient. For example, 18% for total fat means that one serving furnishes 18% of the total amount of fat that you could eat in a day and stay within public health recommendations. Use the Quick Guide to Percent DV (% DV): 5% DV or less is low and 20% DV or more is high.

### 6 Footnote with Daily Values (DVs)

The footnote provides information about the DVs for important nutrients, including fats, sodium and fiber. The DVs are listed for people who consume 2,000 or 2,500 calories each day.

– The amounts for total fat, saturated fat, cholesterol and sodium are maximum amounts. That means you should try to stay below the amounts listed.

## Parent tip

Are you looking for ...

- great new recipes?
- tips for swapping out high-calorie ingredients for more healthful choices?
- places to shop inexpensively for healthful food?

Check out [findthefunnow.com](http://findthefunnow.com)!



## Snack suggestions

### Sweet Snacks

- Dry cereal with low-fat or skim milk
- Fresh fruit
- Frozen fruit (grapes, melon balls, berries, bananas)
- Applesauce or canned fruit in light syrup
- Non-fat or low-fat yogurt
- Graham crackers, ginger snaps, animal crackers or fruit bars

### Crunchy Snacks

- Raw vegetables with low-fat dip
- Popcorn, microwave light or air popped
- Pretzels or fat-free chips
- Trail mix made with popcorn, pretzels, dry cereal and dried fruit
- Celery sticks spread thinly with peanut butter

### Savory Snacks

- Bagel with low-fat melted cheese
- English muffin topped with pizza sauce and low-fat cheese
- Carrot-raisin salad with pineapple chunks
- Soft tortilla with low-fat melted cheese

Source: [Fit4AllKids](http://Fit4AllKids)

# Get moving while you cook

Turn meal making into an energy-boosting mini-workout right in your kitchen with these Find the Fun Now exercises:

## Plate-ates

**Strengthen your calves as you put the dishes away:**

- As you reach for an overhead cupboard, rise up on your toes.
- Pull your belly in tight, and squeeze your butt and thigh muscles.
- Slowly lower onto your heels.
- Repeat ... until all the dishes are put away or you've done three sets of 12.

## Milk carton curls

**Build your biceps when putting the groceries into the fridge:**

- Stand with your feet hip-width apart.
- Hold a container of milk or juice in each hand and let your arms hang at your sides. (This works better with jugs that have a handle.)
- If you're using open containers, make sure the lids are sealed tight.
- Squeeze your elbows into your sides and don't let them move.
- Slowly lift the containers up toward your shoulders. (If you only have one carton, do one arm at a time.)
- Lower the containers back to the starting position.
- Repeat for three sets of 12.

## Sink extensions

**Tone your butt while doing dishes by hand:**

- Stand facing the sink with your legs hip-width apart.
- Slowly lift one leg straight behind you. Tighten your butt and thigh muscles and suck in your gut.
- Count to 3 and slowly return your leg to the floor.
- Repeat with the other leg.
- Do it again on each side ... till the dish water goes cold or you've done three sets of 12.

## Towel stretch

**Dry up back pain and improve your posture:**

- Stand with your legs hip-width apart and your knees slightly bent.
- Hold a dish towel on each end and pull to create tension in your arms.
- Squeeze in your stomach and (still pulling on the towel) raise your arms out in front of you and then over your head.
- Stretch as high as you can toward the ceiling without lifting your feet off the floor.
- Bend to your right. Hold for 10 seconds.
- Bend to your left. Hold for 10 seconds.
- Repeat 12 times on each side.



For more exercise ideas, go to [findthefunnow.com](http://findthefunnow.com).



## Learning with the Times

### Food for thought: Body image

It's important to pay attention to what you eat and to be sure to exercise, but it is possible to become too concerned with these things. Two eating disorders sometimes seen in teenagers are anorexia nervosa and bulimia. Both are serious illnesses.

Remember, a healthy diet helps you maintain the weight that's right for you. Eating healthy on a daily basis is not the same thing as starving yourself. Your body needs fuel. If you are planning to start a diet aimed at causing you to lose weight, it is a good idea to talk to your family doctor. Your goal should be to be healthy and fit. Focusing on body image can be dangerous.

Be alert to body images presented on television, in movies and in magazines and newspapers. Do the media images portray an ideal body type? Evaluate the body types and images you are seeing and your thoughts about these types. Do you have a preconceived notion of a person's personality based on the image presented to you? How realistic or unrealistic are these images? Discuss these ideas with your classmates and teacher.



### Critical thinking corner

## Think about it

A pound of body fat equals 3,500 calories. If you cut out 500 calories a day, you would lose one pound a week. If you add 500 calories a day, you would gain one pound a week.

A medium soft drink with lunch	= 210 calories
An 8-ounce energy drink mid-afternoon	= 115 calories
Fast food hamburger, small, plain	= 250 calories
Small fries	= 230 calories
Grilled, stuffed steak burrito	= 630 calories
1 slice of stuffed-crust supreme pizza	= 410 calories

Source: Consumer Reports

# Get up and move!

## On your own

- Take a few turns around the shopping mall
- Ride your bike through the park or around the neighborhood
- Take your dog for a brisk walk
- Shoot some hoops
- Practice tennis shots against a backstop
- Turn on music and dance around
- Ride a stationary bike or walk on a treadmill
- Walk around the house while you talk on the phone

## With a friend

- Enjoy a hike together at a park
- Try something new: yoga, line-dancing, kayaking
- Take a family vacation that includes physical activities such as canoeing, mountain biking, hiking

## With your family

- Play catch, toss a Frisbee or kick a soccer ball around in the yard
- Roller blade / roller skate / skateboard / boogieboard
- Ride bikes
- Swim laps in a swimming pool
- Swim at the beach
- Jump rope
- Participate in fundraising walks and runs
- Walk through parks while appreciating nature

Source: Fit4AllKids



# Finding the fun through physical activity

## Let's get physical

Physical activity is an essential part of a healthy lifestyle.

In combination with healthy eating, it can help prevent a range of chronic diseases, including heart disease, cancer and stroke, which are the three leading causes of death.

Physical activity helps control weight, builds lean muscle, reduces fat, promotes strong bones, supports muscle and joint development, and decreases the risk of obesity.

Source: Letsmove.gov

## Moving = living

Swap some inactive dead time for real live play and you'll ignite the pleasure center of your brain.

Scientists are still debating whether that happens because of endorphins (hormones that stimulate the brain's reward center) or serotonin (a compound found in the brain). In

study after study, people

report feeling better and more relaxed after physical activity. It may even slow aging and prevent Alzheimer's. What's not to like? Being active makes you feel better, and that is the bottom line.

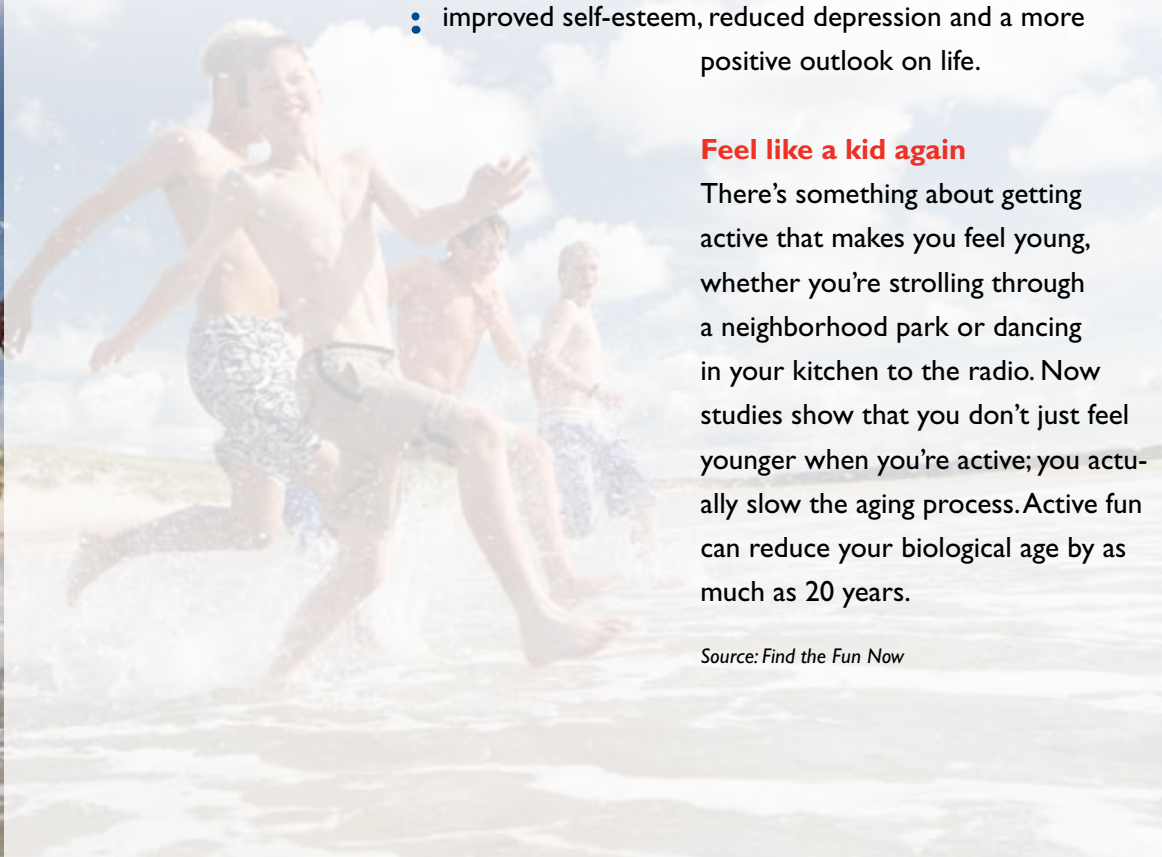
## That active 'high'

You know you've felt it. You know it's real because people almost always report feeling better and less stressed after physical activity. Physical activity also has been linked to improved self-esteem, reduced depression and a more positive outlook on life.

## Feel like a kid again

There's something about getting active that makes you feel young, whether you're strolling through a neighborhood park or dancing in your kitchen to the radio. Now studies show that you don't just feel younger when you're active; you actually slow the aging process. Active fun can reduce your biological age by as much as 20 years.

Source: Find the Fun Now



# Five fun kid things to do at the park

To a kid, 20,000 acres of park space is an entire universe. You are lucky you live in Pinellas County. Here, going to the park is a way of life and a wonderful way to stay active.

A little creativity can turn the same park into a different world, and a different adventure, each and every time you visit.

2

## Bring the binoculars:

Give your go-to park a new point of view with kid-sized binoculars. Look up for birds, bees, butterflies, airplanes, helicopters and UFOs. A spiral-bound notepad can be your field journal and you can draw what you see, bring it home to share at the dinner table or bring it for “show and tell” the next day at school.

3

## Pack a cape:

Even superheroes need exercise to maintain their superhuman physique. So let your little one go to the park as his or her favorite good guy. You can be the bad guy, or the trusty magic lasso holder. Ride your bikes to the park and give them added powers with a touch of tin foil around the handlebars. Kapow!

4

## Feed the ants:

No self-respecting youngster goes to the park empty-snack-cupped. Share your eats with little critters and watch them carry crumbs twice their size. See if they like sweet or salty. Bring a magnifying glass to see them up close.

5

## Car wash:

Don't let the heat keep you away. Bring a spray bottle full of cold water to cool off between activities. Kids love these things and they are only a buck at the drugstore. Buy a few. This way, you can spray your child — pretending he or she is a dirty car in a car wash.

Source: Find the Fun Now

1

## Use mulch for money:

Set yourself up under the steps of a slide or jungle gym — the space between the steps makes a great drive-through window. Kids can “drive” up and order their favorite foods. Using mulch, sticks or stones as currency, you can teach counting and why a pizza costs more wood chips than a juice box.



T

## Learning with the Times

### Getting fit

Keep a fitness journal for a two to three week period. Every day, record the activities you took part in. Include work around the house, walks to the store and other forms of activity. If you think you need more exercise, what changes can you make to increase your activity level?

Look through the *Tampa Bay Times* for advertisements and articles about sports and fitness equipment. Based on the articles and ads you find, determine what the most popular ways to stay fit in your area are. Make a list of these methods. Now think about each method, do some research about each method and decide the positive and negative attributes of each method. Create a list that shows the positive and negative points as well as your overall critique of the method. Share what you have learned with your class.

# Finding fun getting fit



## MEASURING UP

Ready to start a fitness program? It is a good idea to keep track of your daily activity with a chart. Of course, you need a place to begin. You should measure your fitness levels in order to set your goals and track your progress.

### Check your aerobic fitness

To assess your aerobic fitness, take a brisk one-mile walk. You can walk anywhere — on a trail, at the park, on your street, inside a shopping mall or on a treadmill. Before and after the walk, check and record your pulse on your chart.

To check your pulse, place your index and middle fingers on your neck to the side of your windpipe, or place two fingers between the bone and the tendon over your radial artery, which is located on the thumb side of your wrist. When you feel your pulse, look at your watch and count the number of beats in 10 seconds. Multiply this number by 6 to get your heart rate per minute.

After you've recorded your pulse, note the time on your watch and walk one mile. After you complete the walk, check your watch and record the time it took you to finish — in minutes and seconds. Then check and record your pulse once more.

*Source: Mayo Clinic*

### Measure muscular fitness

Push-ups can help you measure muscular strength. If you're just starting a fitness program, you can do modified push-ups on your knees. If you're already fit, you can do classic push-ups.

Lie face down on the floor with your elbows bent and your palms next to



your shoulders. Keeping your back straight, push up with your arms until your arms are extended. Lower your body until your chest touches the floor. Push your body upward, returning to the starting position.

Count each time you return to the starting position as one push-up. Do as many push-ups as you can until you need to stop for rest. Record the number of push-ups you complete on your chart

*Source: Mayo Clinic*

### Assess your flexibility

The sit-and-reach test is a simple way to measure in general fashion the flex-

ibility of the backs of your legs, your hips and your lower back. Place a yardstick on the floor. Secure it by placing a piece of tape across the yardstick at the 15-inch (38-centimeter) mark. Place the soles of your feet even with the mark on the yardstick.

Ask a helper to place his or her hands on top of your knees to anchor them. Reach forward as far as you can, holding the position for two seconds. Note the distance you reached.

Repeat the test two more times, and record the best of the three reaches on your chart.

*Source: Mayo Clinic*



## Critical thinking corner

### Think about it



Children and young adults need 60 minutes of moderate to vigorous activity every day to grow up to a healthy weight. Does that sound like a lot of time to you? Consider this: A person under the age of 18 spends an average of 7½ hours a day using entertainment media, including TV, computers, video games, cellphones and movies in a typical day. Only one-third of high school students get the recommended levels of physical activity.

To increase physical activity, the government recommends that youth with parental approval/supervision walk and bike ride to schools, parks, playgrounds and community centers to exercise, appreciate nature and have fun. Opportunities to participate in sports, dance or fitness programs should be taken advantage of whenever possible.

What do you think? What would it take for you to become more physically active? What kind of activities do you like to do? Are you looking for fun things to do and fun places to go? Check out the [findthefunnow.com](http://findthefunnow.com) website.

*Source: Letsmove.gov*



## Tampa Bay's fitness activities calendar

The popular Things-to-Do section of TampaBay.com now allows users to quickly find upcoming events that are fitness-related. Just look down the left-hand-side column of the Things-to-Do page on the site operated by the *Tampa Bay Times*. Then, under "Refine This Search," click on Fitness. For the exercise enthusiasts and healthy types among us, there are a number of categories besides fitness worth checking out, including:

- Health
- Yoga
- Outdoors
- Recreation
- Sports
- Parks

# Furry fun with your dog

Here's a simple equation: dog + park = fun ... maybe even more than you thought. You know man's best friend loves Pinellas County's many dog parks. Below are a few ideas on how to make that visit even more fun.



to teach your dog real-world manners. With distractions like other dogs, ducks and squirrels, you'll see what your dog is really made of. Bring your leash, some treats and your patience.

### Act their age

Let your dog bring out the kid in you. Roll in the grass, splash in puddles, wrestle and chase each other around. Find a new park to explore and take the time to stop and smell the roses (and fire hydrants). Dogs need to work, but they also like to have

fun. Give them a chance to let their fur down. Just remember that if you're hot, your dog is hotter. Bring plenty of water for both of you and a small trash bag for waste.

### Take your dog out for a ball game

If your dog loves to fetch, all you need to play outside is a stick. Other dogs take a little coaxing to get in the game. If yours is a reluctant fetcher, try using different kinds of balls or even cubes. Some dogs like balls that rattle, other like squeaky toys. Or get one of those big inflatable exercise balls and teach your dog to herd it. This is great for all breeds and all ages.

Source: Find the Fun Now

### Tossing discs to your dog

All you need: Your dog, a disc, a park. Soon your dog will be flying through the air, impressing everyone around you with catch after perfect catch. Start with a disc that fits your pup's mouth — small and soft for the little guys. Next, roll it on the ground and practice catching that way.

### Harnessing doggie energy

Too tired for a long walk? Let your dog do the work. Get a body harness from any pet store, grab your bike, skateboard or roller blades, and let your pooch pull you down the path. Dogs need a job, and you need a break — just make sure they're not pulling from the neck. If your dog is a real tugboat, try a pooch-friendly path.

### Outdoor etiquette for dogs

So you've taught your dog to sit and stay perfectly ... in the living room. Now it's time for a real-world test. A park is a perfect place

## Learning with the Times

### Getting informed and getting fit

Issues concerning health and fitness are often in the news. Politicians, scientists, health-care workers and parents are just some of the people with an interest in keeping young people healthy. Stay informed by reading the *Tampa Bay Times* and watching for articles and editorials about health and health-related issues. Create a health-focused bulletin board with your articles. Identify the main points of each article before posting it. Share the articles and issues with your classmates.

Look in the *Tampa Bay Times* for articles or advertisements about non-traditional ways of exercising — for example, yoga, tai chi, hiking or rock climbing. Pick one activity and find out more about it. Share your findings with your class in an oral or written report.



# PRESS PLAY

 *Fun to do*

### ROCK THE BEACH AT THE CLEARWATER NETS

10 PIER 60 DRIVE,  
CLEARWATER BEACH, FL 33767

Grab some friends, get the parents to drive and head to the Clearwater Beach volleyball nets for a day of fun. Take a canoe or kayak out for a spin and when you're done, turn the paddle into a limbo stick. See if you can beat the world record - just 8½ inches high!

### SHRED THE SKATE PARK AT THE ROSS NORTON COMPLEX

1426 S. MARTIN LUTHER KING JR. AVE.,  
CLEARWATER, FL 33756

Skateboarders and BMXers hit the Ross Norton Recreation Complex to master an ollie or 720. Looking to try something new? This is a great place to get your start, too. When you've got some momentum under your wheels, swap tips and tricks with other riders.

### SHOW YOUR SPIRIT AT CHEERLEADING CLASSES

5801 22ND AVE. N.,  
ST. PETERSBURG, FL 33705

Two, four, six, eight! Dance and shout your way through the routines at the J.W. Cate Recreation Center's Wednesday night cheer classes. Or maybe Zumba, hip-hop, ballet or jazz is more to your taste. Not a dancer? Learn to defend yourself with karate classes for all levels.



When you're moving, you're living.

[FindTheFunNow.com](http://FindTheFunNow.com)