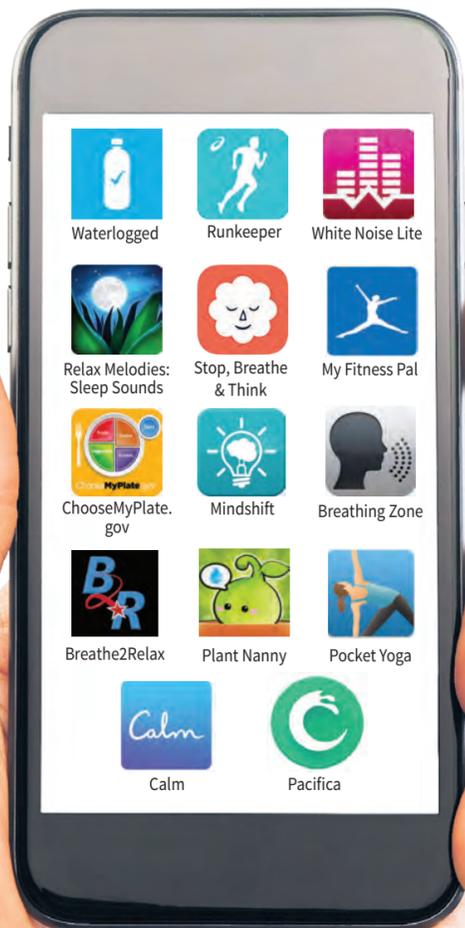


# HELPFUL RESOURCES

While screen time is something that should be limited, there are apps and websites that can help you meet your health goals. Here are some of the most popular for everything from hydration to coping skills, and there are many more available.



**Find the resource right for you at  
Johns Hopkins All Children's Hospital**

**Healthy Steps**  
A comprehensive clinic-based program created to help kids and teens be successful on their journey to a healthier lifestyle. 727-767-2014

**Fit4Allteens**  
A 12-week session of classes designed to help teens (13+ years) develop a healthier lifestyle. 727-767-2014 or [ach-fit4allkids@jhmi.edu](mailto:ach-fit4allkids@jhmi.edu)

**General Pediatric and Adolescent Medicine**  
Our primary care physicians can connect you with the right resources for your health needs. 727-767-8917

# THE SOCIAL STRUGGLE



Social media is a part of daily life for many people. It can be a great tool for learning new ideas, researching information and connecting with peers and events across the world. You might even use it to help with homework or group projects.

While social media can have many positive impacts, it can have negative aspects, too. Spending a lot of time in front of screens increases your risk of obesity and can disrupt sleep patterns, which can impact how well you do in school. Negative online behaviors, such as cyberbullying and sexting, can be damaging to self-esteem and overall mental health.

Using multiple social sites has been linked to increased risk of anxiety and depression. Negative experiences, such as cyberbullying

and online harassment, can amplify these feelings.

Responsible social media use is now an important life skill. Before you tweet, snap or share, take a moment to think if it is something you really want to be out there. Anything posted online has the potential to remain there forever for anyone to see and can't truly be deleted. A seemingly private message to a friend has the potential to be posted elsewhere, with far-reaching consequences. The things you post today may even affect a hiring manager's decision when you apply for a job later on.

It's always okay to disconnect from media if you start to feel overwhelmed. Try logging off a little earlier before bed and see what happens. If you feel like you may be a victim of bullying, talk with a trusted adult about the situation. Remember, you have the power to set your own limits on how you engage with the online world.

## Set A SMART Goal

Goal setting is an important step in making lifestyle changes. SMART goals make the process easier.

### For example:

By the end of the month, I will replace one sugary drink a day with a bottle of water.

- S**pecific: Simply define what you are going to do.
- M**easurable: How will you know you've accomplished your goal?
- A**ttainable: Can you realistically reach this goal?
- R**esults-focused: Goals should measure outcomes.
- T**ime-bound: Link your goal to a timeframe for a sense of urgency.

## Going beyond the text

### Under pressure

Teenagers often encounter peer pressure in which they feel pressured to do things that may be harmful to them. Social media can contribute to this pressure. What exactly is peer pressure? Discuss this term with your class. While social media can be a great way to keep in touch and share messages and photos with friends, the downside is that there appears to be a connection between social media use and depression in teens. Find an article in the *Tampa Bay Times* in which peer pressure of any form may have played a role. In your journal, write about the peer pressure you see, read and hear about at your school and in your community. Explore why it is important for people to be prepared for situations in which they may feel pressured to do something that may have negative effects on their lives. Be sure to use specific examples from the article to support your ideas.

**Florida Standards:** HE.912.B.4.1; HE.912.B.4.2; HE.912.B.4.3; HE.912.C.2.2; HE.912.C.2.3; LAFS.912.L.1.1; LAFS.912.L.1.2; LAFS.912.RI.1.1; LAFS.912.RI.1.2; LAFS.912.RI.2.6; LAFS.912.RI.3.7; LAFS.912.SL.1.1; LAFS.912.SL.1.2; LAFS.912.SL.1.3; LAFS.912.SL.2.4; LAFS.912.SL.2.5; LAFS.912.SL.2.6; LAFS.912.W.1.1; LAFS.912.W.1.2; LAFS.912.W.1.3; LAFS.912.W.2.4; LAFS.912.W.2.5; LAFS.912.W.2.6

### Critiquing the apps

Using the book and movie reviews in the *Tampa Bay Times* as models, write reviews for at least four of the apps on this page. Be sure to include positive and negative points about these apps in the review. Write the review as if it were going to be published in the newspaper and not just on a website.

**Florida Standards:** HE.912.B.3.1; HE.912.B.3.3; HE.912.B.6.3; HE.912.C.2.6; LAFS.912.L.1.1; LAFS.912.L.1.2; LAFS.912.RI.1.1; LAFS.912.RI.1.2; LAFS.912.RI.2.6; LAFS.912.RI.3.7; LAFS.912.W.1.1; LAFS.912.W.1.2; LAFS.912.W.1.3; LAFS.912.W.2.4; LAFS.912.W.2.5; LAFS.912.W.2.6; LAFS.912.W.3.7; LAFS.912.W.3.8; LAFS.912.W.3.9

# GET CONNECTED TO A HEALTHIER YOU





# EAT

## Does breakfast really matter?

Breakfast really is the most important meal of the day. Skipping breakfast can lead to overeating later in the day, which can ultimately lead to weight gain. Hunger can make it difficult to concentrate in school, but a breakfast with fiber and protein can keep you full and focused until lunchtime.

### Think about your drink ...

Sodas and soft drinks can contain a lot of sugars. Here are a few popular things to watch out for:

- 12 ounces of soda = 10 teaspoons of sugar
- 8 ounces of sweet tea = 8 teaspoons of sugar
- 8 ounces of fruit punch = 8 teaspoons of sugar

The best way to make healthy beverage choices is to aim for drinking half of your body weight in ounces of water and consuming fewer than 6 teaspoons (25 grams) of sugar every day.

### Why fruits and veggies?

Our bodies can only work properly if we fill them with the things they need. Vitamins, minerals and fiber keep us feeling full and our body's systems functioning at full potential. Fruits and vegetables contain these nutrients that are often lacking in processed meals and snacks. Try to incorporate three servings of vegetables and two servings of fruits into your daily meal plan.

## healthy breakfast recipes

### Egg Muffins Serves 12

#### Ingredients:

- 6 eggs
- 1 cup skim mozzarella cheese
- 3 cups vegetables (spinach, tomato, onion, etc.)
- Sliced deli meat (turkey, ham, etc.)
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- Salt

#### Directions:

1. Preheat oven to 350 degrees.
2. Line muffin tins with slices of deli meat.
3. Wash produce and dice into small pieces.
4. Crack eggs into medium bowl and whisk. Add spices and diced produce.
5. Pour egg and vegetable mixture into each muffin cup, filling only ¾ full.
6. Bake for 20-25 minutes or until the eggs are cooked through and the tops of the muffins are firm.



### Overnight Oats Serves 1

#### Ingredients:

- ½ cup rolled oats
- 1 cup liquid (skim or 1 percent milk, original unsweetened nondairy alternative or Greek yogurt)
- 1 teaspoon spice (cinnamon, vanilla or pumpkin pie spice)
- Fresh or frozen fruits (berries, apples, pumpkin, etc.) (optional)
- Nuts and/or seeds (optional)

#### Directions:

1. Place oats, liquid and spice in a screw-top jar, screw the lid on top and shake to combine.
2. Place mixture in refrigerator overnight.
3. Top with your favorite fruits, nuts and/or seeds.
4. Enjoy the next morning hot or cold.



### Smoothie Serves 1

#### Ingredients:

- 1 cup liquid (skim or 1 percent milk, original unsweetened nondairy alternative or water)
- 1 cup frozen fruit (berries, mixed fruits, banana, etc.) or 1 cup fresh fruit with added ice cubes to maintain frozen consistency
- 2 cups fresh spinach
- 1 tablespoon nut butter or ¼ cup plain Greek yogurt

#### Directions:

1. Mix all ingredients in blender.
2. Pour mixture in cup and enjoy.



# SLEEP

## Have you heard?



# RELAX



## How to get started on building your healthy pillars

1. **Set realistic goals:** Many people set a weight-loss goal as their priority. However, weight loss typically begins a week or two after changing behaviors. Initial goals may include to stabilize your weight, to improve your sleep schedule or to begin a focused walking routine. Once you have success in your initial goals, you can build toward more.
2. **Find a lifestyle buddy:** One of the most effective ways to keep yourself motivated is to begin a lifestyle journey with a friend, sibling or parent. Not only does it make your efforts more fun, but this has been shown to lead toward greater success in reaching your goals.
3. **Track your meals:** One of the only behaviors that has consistently been associated with long-term health and weight loss is tracking your daily meal and food intake. There are a variety of apps that can help make this fun and easy, but using a simple food journal or food log works just as well.
4. **Follow the 80/20 rule:** Don't make the mistake of setting yourself up for failure by expecting that you'll be on target with your choices 100 percent of the time. This is a quick way to discourage yourself when the first barriers come along. Be sure to allow yourself some flexibility and forgiveness when these moments arise.
5. **Ask for help:** If, at any time, you find making lifestyle changes challenging, reach out to your doctor or trained health professional for advice.

Sometimes, health issues may be getting in the way of your progress. It's important to make sure you are in good health to embark on a lifestyle journey.

## Creating a Coping Toolbox

A coping toolbox can help you initiate and use adaptive coping strategies.

This kit is a physical box (such as a shoebox or old package) that includes objects that help us use adaptive coping strategies. Everyone can benefit from a coping toolbox because each person individualizes their box to meet their specific needs.

### Ideas for your coping toolbox

1. **Items to provide sensory support**
  - a. Minimassager
  - b. Fuzzy socks
  - c. Small blanket
2. **Items to squeeze and keep hands busy**
  - a. Rubik's cube
  - b. Silly putty or therapy putty
  - c. Stress ball
  - d. Bubble wrap
3. **Items to support breathing and relaxation**
  - a. Bubbles
  - b. Pinwheels
  - c. A picture of a beautiful place
4. **Items to promote activity**
  - a. Jump rope
  - b. Book or paper with yoga poses
5. **Items for auditory support**
  - a. Headphones
  - b. Favorite CD/playlist
  - c. Audiobooks
6. **Items for taste (oral-motor) sensory support**
  - a. Chewing gum
  - b. Hard candies / lollipops
  - c. Snacks with a variety of textures
  - d. Whistle, harmonica, etc.
7. **Items that provide distraction**
  - a. Puzzle
  - b. Books to read
  - c. Coloring books
  - d. Blank notebook or drawing pad
  - e. Small dry erase board or chalk board
8. **Items that help with processing emotions**
  - a. Journal
  - b. Inspirational quotes
  - c. Religious book
  - d. Card with positive coping statements
9. **Additional ideas**
  - a. Candles
  - b. Recipe book
  - c. Video games
  - d. Movies

Use the coping toolbox any time you're feeling sad, anxious, stressed, upset, angry or another negative emotion. Using the coping toolbox when you are first starting to feel that emotion can help improve your mood.



## Ingredients: Make your own therapy putty

- 2 cups flour
- 2 cups water
- ½ cup salt
- ½ cup vegetable oil
- 1 tablespoon plus 1 teaspoon cream of tartar
- 8-10 drops essential oil (optional)
- Food coloring (optional)

#### Directions:

1. Whisk together all ingredients until no lumps remain.
2. Continuously whisk over medium heat until dough comes together into a ball.
3. Remove from heat and add essential oils and food coloring if desired.



# move

## Beginner 5K Training Schedule

| Week | Sun<br>Recovery Walk        | Mon<br>Cross Train                                                                      | Tue<br>Moderate                        | Wed<br>Cross Train                                                                      | Thur<br>Easy                           | Fri<br>Rest | Sat<br>Training Run                     |
|------|-----------------------------|-----------------------------------------------------------------------------------------|----------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------|-------------|-----------------------------------------|
| 1    | Easy Walk<br>20 minutes     | Optional Cross Training: 30 Minutes<br>Cross train = bike, swim, Zumba, boot camp, yoga | 30 minutes interval walk/run           | Optional Cross Training: 30 Minutes<br>Cross train = bike, swim, Zumba, boot camp, yoga | 30 minutes interval walk/run           | Rest        | 1-min. jog / 2-min. walk 2 miles        |
| 2    | Recovery Walk<br>20 minutes |                                                                                         | 2-min. jog / 2-min. walk x 8 = 32 min. |                                                                                         | 2-min. jog / 2-min. walk x 8 = 32 min. | Rest        | 2-min. jog / 2-min. walk 2.5 miles      |
| 3    | Recovery Walk<br>20 minutes |                                                                                         | 3-min. jog / 2-min. walk x 8 = 40 min. |                                                                                         | 3-min. jog / 2-min. walk x 8 = 40 min. | Rest        | 3-min. jog / 2-min. walk 3 miles        |
| 4    | Recovery Walk<br>20 minutes |                                                                                         | 4-min. jog / 2-min. walk x 8 = 42 min. |                                                                                         | 4-min. jog / 2-min. walk x 8 = 42 min. | Rest        | 4-min. jog / 2-min. walk 3.1 miles (5K) |

## Join the Run for All Children!

Races begin at 7 a.m. on May 18 in front of Johns Hopkins All Children's Hospital in downtown St. Petersburg to benefit patients and families.

The first 250 youth registrants will receive 50 percent off of the 1 Mile Fun Run. Learn more and register online at [runforallchildren.com](http://runforallchildren.com).



## 10-minute bodyweight workout you can do ANYWHERE!

For this workout, you will do the following exercises for 20 seconds each, resting for 30 seconds to one minute in between exercises. Do as many repetitions of the exercise as you can, modifying however you need to make it more or less challenging. Repeat each exercise two to four times, depending on time.

- Push-ups
- Squats
- Mountain climbers
- Burpees
- Lunges

For more workout and health inspiration, check out @Fit4Allteens on Instagram.

### UP NEXT

- Start low and go slow. If you haven't been doing any exercise, start easy and build your way into it.
- Exercise can help boost your performance in school AND can improve your mood!
- Incorporate muscle-strengthening exercises, such as squats and push-ups, and bone-strengthening exercises, such as jumping and climbing, for a functional body!
- Break up your physical activity into smaller 10 to 15 minute bouts throughout the day. Try not to sit for longer than one hour at a time.

## You are getting sleepy

Using the resources on these pages, research the importance of sleep for adolescents and teens. Gather your information to create a student awareness campaign. Using the advertisements and editorials in the Tampa Bay Times as models,

create a full page advertisement and write an editorial focusing on this issue. Your goal is to share the facts about this important issue in a creative manner. Share your advertisement and editorial with your classmates. Have your teacher email the editorials to [ordernie@tampabay.com](mailto:ordernie@tampabay.com).

- Florida Standards:** HE.912.B.3.1; HE.912.B.3.2; HE.912.B.3.3; HE.912.B.5.5; HE.912.B.6.1; HE.912.B.6.2; HE.912.B.6.4; HE.912.P.7.2; LAFS.912.L.1.1; LAFS.912.L.1.2; LAFS.912.L.1.3; LAFS.912.L.1.4; LAFS.912.L.1.5; LAFS.912.L.1.6; LAFS.912.L.1.7; LAFS.912.L.1.8; LAFS.912.L.1.9; LAFS.912.L.1.10; LAFS.912.L.1.11; LAFS.912.L.1.12; LAFS.912.L.1.13; LAFS.912.L.1.14; LAFS.912.L.1.15; LAFS.912.L.1.16; LAFS.912.L.1.17; LAFS.912.L.1.18; LAFS.912.L.1.19; LAFS.912.L.1.20; LAFS.912.L.1.21; LAFS.912.L.1.22; LAFS.912.L.1.23; LAFS.912.L.1.24; LAFS.912.L.1.25; LAFS.912.L.1.26; LAFS.912.L.1.27; LAFS.912.L.1.28; LAFS.912.L.1.29; LAFS.912.L.1.30; LAFS.912.L.1.31; LAFS.912.L.1.32; LAFS.912.L.1.33; LAFS.912.L.1.34; LAFS.912.L.1.35; LAFS.912.L.1.36; LAFS.912.L.1.37; LAFS.912.L.1.38; LAFS.912.L.1.39; LAFS.912.L.1.40; LAFS.912.L.1.41; LAFS.912.L.1.42; LAFS.912.L.1.43; LAFS.912.L.1.44; LAFS.912.L.1.45; LAFS.912.L.1.46; LAFS.912.L.1.47; LAFS.912.L.1.48; LAFS.912.L.1.49; LAFS.912.L.1.50; LAFS.912.L.1.51; LAFS.912.L.1.52; 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**Newspaper in Education**  
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**Credits**  
 Written by Johns Hopkins All Children’s Hospital staff  
 Curriculum activities by Jodi Pushkin, *Times* staff  
 Designed by Patricia A. Langgle, *Times* staff

**Florida Standards**  
 Reading this publication and completing the activities incorporate the following Florida Standards for high school students.  
**Health:** HE.912.B.3.1; HE.912.B.3.2; HE.912.B.3.3; HE.912.B.4.1; HE.912.B.4.2; HE.912.B.4.3; HE.912.B.5.1; HE.912.B.6.1; HE.912.B.6.2; HE.912.B.6.3; HE.912.B.6.4; HE.912.C.1.3; HE.912.C.2.2; HE.912.C.2.3; HE.912.C.2.5; HE.912.C.2.6; HE.912.P.7.1; HE.912.P.8.2; HE.912.P.8.3; HE.912.P.8.4  
**Language Arts:** LAFS.912.L.1.1; LAFS.912.L.1.2; LAFS.912.RI.1.1; LAFS.912.RI.1.2; LAFS.912.RI.2.6; LAFS.912.RI.3.7; LAFS.912.SL.1.1; LAFS.912.SL.1.2; LAFS.912.SL.1.3; LAFS.912.SL.2.4; LAFS.912.SL.2.5; LAFS.912.SL.2.6; LAFS.912.W.1.1; LAFS.912.W.1.2; LAFS.912.W.1.3; LAFS.912.W.2.4; LAFS.912.W.2.5; LAFS.912.W.2.6; LAFS.912.W.3.7; LAFS.912.W.3.8; LAFS.912.W.3.9

## Educators

Share 100 words about how you used this resource in your classroom for a chance to win a **\$15 gift card!** Visit [tampabay.com/nie](http://tampabay.com/nie) for details and to enter.

A pre/post survey for this curriculum supplement is available for your use at [surveymonky.com/r/ML6PLJG](https://surveymonky.com/r/ML6PLJG) or by scanning the QR code.



# CONSTRUCT YOUR HEALTHY LIFESTYLE HOME

Making a change for a healthier lifestyle can seem like a daunting task, but with the right support system, it doesn’t have to be. As a teen you’re probably busy juggling school, friends, family, possibly a job and many other challenges. By incorporating small changes into your daily routine, you can manage all of that and be more health conscious.

At Johns Hopkins All Children’s Hospital, we like the concept of building a healthy lifestyle “home” with the right “pillars” to support a healthy lifestyle. Think about how these pillars affect you: eating, moving, sleeping and relaxing.

When you struggle in one of these areas, it affects the balance of your whole body. Look at it this way: If the food you eat is making you feel sluggish, you probably aren’t going to be motivated to exercise. If you aren’t expending energy moving, you may not sleep well, and sleep deprivation may lead to stress in school or with friends and family.

A good guide to think about is 9-5-2-1-0. Every day we all need to aim for nine hours of sleep, five servings of veggies and fruits, less than two hours of screen time, at least one hour of physical activity and no sugar-sweetened drinks.

Maintaining the balance in these areas helps everyone be at their best. As you think about making changes in your routine, remember that you don’t

have to make large changes all at once. Start with small goals and build onto them little by little. Change takes time, with ups and downs along the way, so don’t give up!

**9 hours of sleep**

**5 servings of veggies & fruits**

**Less than 2 hours of screen time**

**At least 1 hour of physical activity**

**0 sugar-sweetened drinks**

## MEET OUR TEAM



Raquel Hernandez, M.D., M.P.H.



Kellie Gilmore



Janelle Garcia, Ph.D.



Sky Roberts



Melanie Newkirk, M.S., R.D.



Megan Armstrong, R.D.



Mallory Carteaux, M.S., C.S.C.S.



Jessica Reilly, M.D.



Sarah Stromberg, Ph.D.

## move

Getting active is a great way to turn around a bad day and keep your body healthy. Regular exercise can boost your mood and help with getting a good night’s sleep. Walk with friends, swim, ride a bike – as long as you get your heart pumping, there is no wrong activity to do. Choose an enjoyable activity and aim to get 60 minutes a day of exercise.

Beware of a common mistake: Many people try to overshoot with exercise and start with a really high-intensity activity. This can be discouraging or even cause an injury. Start with a practical goal, such as doing the activity for 20 minutes twice a week, and then think about expanding the times per week or duration. This can make it easy to keep the activity going and give a feeling of accomplishment.



## RELAX

Stress is a natural part of life, though it shouldn’t be completely life-consuming. Teens may experience stress from school, family life, extracurricular activities, social life, media, job or financial reasons, and it can be a lot to handle. While there is no on/off switch, there are things that can be done to reduce feelings of stress.

There are many ways to manage stress. Try taking a walk, doing arts or crafts, practicing yoga, journaling or dancing to a favorite song. When studying is the source of stress, set an alarm for every 15, 30 or 60 minutes to break for a few sets of jumping jacks, squats or push-ups to boost focus.

If feelings of stress, anxiety or sadness are long-lasting and impacting your ability to function, it may be a sign that a larger issue is at hand. Talking about these emotions with a parent, therapist or trusted adult can help.



## Going beyond the text

What relaxes you? In other words, what makes you tick? Keep a journal, either in a notebook or online, for a month. In addition to your general thoughts, include your thoughts about articles you read in the *Tampa Bay Times*. To begin your journal, write about something that you have read in the *Times* that directly affects your life. Use specific examples from the article as a basis for your journal entry or blog entry.

**Florida Standards:** HE.912.B.4.1; HE.912.B.4.2; HE.912.B.4.3; HE.912.B.5.1; HE.912.B.5.2; HE.912.B.5.5; HE.912.B.6.2; HE.912.B.6.3; HE.912.B.6.4; LAFS.912.L.1.1; LAFS.912.L.1.2; LAFS.912.RI.1.1; LAFS.912.RI.2.5; LAFS.912.RI.2.6; LAFS.912.W.1.1; LAFS.912.W.1.2; LAFS.912.W.1.3; LAFS.912.W.2.4; LAFS.912.W.4.10



## eat

Everyone knows that food is an essential part of life, but how often do people really stop to think about the choices they are making? Just like fueling up a car, everything works better when you put the right stuff in. Skipping meals or eating foods that have been highly processed or are high in sugar or fat can actually slow the body down, causing sluggishness and brain fog.

The right foods help everyone do their best, from the start of the day through school and extracurricular activities. Fruits and vegetables, whole grains, lean proteins and dairy are packed with the fiber, vitamins and minerals that bodies need to keep moving and brains need to be sharp and alert. For long-lasting energy, plan meals that are low in sugar and contain food from at least three food groups.

It’s not just what we eat that can affect our day – it’s what we drink, too. A soda or coffee drink may sound like a good afternoon pick-me-up, but all of the excess sugar can end up slowing our bodies down in the long run. Carry a reusable bottle and hydrate with water to be at your best.

## SLEEP

Snoozing while studying? Wishing nap time was a thing again? Teens are naturally wired to stay up all night and sleep through the day, making a full night of rest especially important. Sleep deprivation can lead to poor grades and low moods, and can even increase the risk of car accidents.

Get rested and ready to face the day by aiming for eight to 10 hours of sleep every night. Stick with a routine bed time and wake time, create a relaxing sleep environment and put away electronics at least one hour before bed. Taking the time to unplug and relax sends the brain the signal that it’s time to sleep.

