Health Steps
A comprehensive clinic-based program created to help kids and teens be successful on their journey to a healthier lifestyle. 727-767-2014 or ach-fitalkids@jhmi.edu

General Pediatric and Adolescent Medicine
Our primary care physicians can connect you with the right resources for your health needs. 727-767-9317

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

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 also 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 sexting, can be damaging to self-esteem and overall mental health.

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 water.

Specific: Simply define what you are going to do.
Measurable: How will you know you’ve accomplished your goal?
Achievable: Can you realistically reach this goal?
Relevant: Are you setting a goal that makes sense to you?
Time-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 and anxiety. Teenagers who spend a lot of time on social media may be more likely to experience depression and anxiety. There are many reasons for this, including the pressure to present a perfect image online and the fear of missing out (FOMO). To help counteract these pressures, it’s important for kids and teens to learn how to set boundaries and manage their online presence.

Find the article to support your ideas. Discuss this term with your class. While social media can have many positive impacts, it can also 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.

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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 your 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.1.1; HE.912.B.4.2; HE.912.B.4.3; HE.912.C.2.2; HE.912.C.2.3; LAFS.912.1.1; LAFS.912.1.2; LAFS.912.R1.1; LAFS.912.R1.2; LAFS.912.R2.2; LAFS.912.R3.7; 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.SL.2.11; LAFS.912.W1.2; LAFS.912.W2.1; LAFS.912.W2.2; LAFS.912.W2.3; LAFS.912.W2.4.

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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.

Florida Standards: HE.912.B.1.1; HE.912.B.4.2; HE.912.B.4.3; HE.912.C.2.2; HE.912.C.2.3; LAFS.912.1.1; LAFS.912.1.2; LAFS.912.R1.1; LAFS.912.R1.2; LAFS.912.R2.2; LAFS.912.R3.7; 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.SL.2.11; LAFS.912.W1.2; LAFS.912.W2.1; LAFS.912.W2.2; LAFS.912.W2.3; LAFS.912.W2.4.

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Egg Muffins

Ingredients:
- 6 eggs
- 1 cup skim/mozzarella cheese
- 3 cups mixed vegetables (spinach, tomato, onion, etc.)
- 2 tsp vegetable oil
- 2 tsp Miracle Whip
- 1 tsp salt
- 1/2 tsp pepper

Directions:
1. Preheat oven to 350 degrees.
2. Place mixture in refrigerator overnight.
3. Bake for 20-25 minutes or until eggs are cooked through and the tops of the muffins are firm.

Overnight Oats

Ingredients:
- 1/4 cup rolled oats
- 1/2 cup milk
- 1/4 cup blueberries
- 1 tsp honey
- 1/2 tsp cinnamon

Directions:
1. Place 1/2 cup of rolled oats, 1/2 cup of milk and 1/4 tsp cinnamon to a mason jar.
2. Top with your favorite fruits, nuts and/or seeds.
3. Enjoy the next morning hot or cold.

Smoothie

Ingredients:
- 1 cup milk (or 1 percent milk, original unsweetened nondairy alternative)
- 1 cup frozen fruit berries, mixed fruits, bananas, etc.
- 1/2 cup fresh fruit with added cubed to maintain frozen consistency
- 2 spoon fresh spinach
- 1 tablespoon nut butter or 1/2 cup plain Greek yogurt

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

Serves 2

1. Serves 12

Directions:
1. Preheat oven to 350 degrees.
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Making a change for a healthier lifestyle can seem like 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 style. 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 you eat a lot of unhealthy food, you are probably going to feel sluggish. 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!

CONSTRUCT YOUR HEALTHY LIFESTYLE HOME

GETTINGActive is a great way to turn around a bad day and keep your body healthy. Regular exercise can boost your mood and help give you 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.

Be aware of a common mistake: Many people try to overexert 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, 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.

STRESS 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 for.

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

EAT

Everyone knows that food is an important component of life, but how do people really stop to think about the choices they make? Just like fueling up a car, time and context plays a role when you put the right stuff in. Skipping meals, 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 be at 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. You 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 those sugar-laden drinks can end up slowing your body down in the long run. Carry a reusable bottle and hydrate with water be at your best.

SLEEP

Snuggling while studying? Wasting nap time was a thing again? Teens are naturally wired to stay up all night and sleep through the day; it’s 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 9 to 10 hours of sleep every night. Stick with a routine bedtime and wake time, create a relaxing sleep environment and put away electronics at least one hour before bed. Taking time to unwind and relax sends the brain the signal that it’s time to sleep.

EDUCATORS

Share 100 words about how you used this resource in your classroom or for a chance to win a $15 gift card! Visit tampabay.com/for-teachers for more details and ideas.

Before you submit your response, here are a few questions to think about:

- How did you use this resource in your classroom?
- How did you share this resource with students?
- What feedback did you receive from teachers or students?
- What suggestions do you have for improving this resource?

Submit your response by email to edu@tampabay.com. One winner will be selected each month, and the winning submission will be featured on the Education section of tampabay.com.

SUGGESTED READING

Eating

- "How to Eat" by Mark Bittman
- "The Food Sweep" by Al Yarrow
- "The New Yoga of Eating" by Dr. Nho Chieh

Sleeping

- "The Power of When" by Charles Czeisler
- "The Sleep Revolution" by Matthew Walker
- "The Sleep Solution" by Matthew Walker

Exercising

- "Run Your Life" by Martin Gibala
- "The 40-Day Revolution" by Dr. Michael Mosley
- "The 40-Day Revolution" by Dr. Michael Mosley

Relaxing

- "The Power of Now" by Eckhart Tolle
- "Mindfulness in Plain English" by Bhante Henepola Gunaratana
- "The Power of Now" by Eckhart Tolle

JOURNALING

- "The Five-Minute Journal" by Ryder Carroll
- "The Art of Journaling" by Miranda Selby
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