List of Materials and Handouts- Lesson 1

For Presenter’s Use:

Packing List – Lesson 1

My Mini=Max Plan Guidelines

For Duplication:

Fabulous Facials Placemat

Teen Health Spa Recipe Packet

Pre-test

People Bingo

Water Handout (Water: What Your Body Really Needs/Water: No sugar ...No calories... It’s free!)

Calcium Handout

My Mini=Max Plan

“Healthy is beautiful”
TO BUY (perishables)
- Cucumber
- Tomatoes
- Yogurt, plain and vanilla

TO PREPARE
- Make Oatmeal-Egg White Mask**
- Make Sweet Potato Supreme**

General Supplies
- Scissors
- Masking tape
- Extension cord
- Gloves (for food handling)

Set-up Materials
- Tablecloths
- Fabulous Facials Placemats*
- Teen Health Spa Recipe packets*
- Flowers
- Garbage tins
- Coconut shells
- Wall decorations
  - Inspirational quotes*
- Pens or pencils
- Mirrors
- Stereo/speakers
- Music
- Name tags
- Sign-in Sheet
- Folders for participants
- Lesson agenda (use whiteboard in room, or prepare poster ahead of time)

Food Materials
- Blender
- Extra cups
- Spoons
- Knife
- Cutting Board
- 4-6 oz cups, 1/person
- Frozen mangoes
- Frozen pineapple
- Vanilla yogurt
- Snacks (optional)

Lesson Materials
- Make Cleansing Face Wipes**
- Cut Tomato wedges
- Slice Cucumber for water and eyes
- Snacks (optional)

Activity 2: Water
- 1-2 Pitchers
- Plastic water cups, 1/person
- Water Handout* (Water: What your Body Really Needs/Water: No Sugar... No Calories.. It’s Free!)

Activity 3: Facials
- Aloe Vera
- Witch Hazel
- Thick, soft paper towels/pre cut
- Soufflé lids, 2/person (see photo in Appendix)
- 1 oz cups, 1/person
- Cleansing Face Wipes*
- Cucumber slices, 4/person
- Tomato wedges, 1/person
- Plain yogurt
- Calcium Handout*
- Oatmeal-Egg White Masks**
- Sweet Potato Supremes**
- Jojoba oil (found in most supermarkets or drug store in the cosmetic section)

Activity 4: Behavior Change
- 2-4 large blank posters
- Markers
- My Mini=Max Plan*

Room set-up
- Set up room and tables to give the setting a “spa” feel. Use tablecloths, flowers in coconut shells, Fabulous Facials Placemats*, Teen Health Spa Recipe Packets*, prepared facials, mirrors, pens/pencils, and folders on table; hang wall decorations; play music. See photos in the Appendix.

* Handout included in Materials and Handouts– Lesson 1 Section
** Recipe can be found in Teen Health Spa Recipe Packet
**Fabulous Facials**

- **Oatmeal Egg-white Cucumber Yogurt**
  For normal skin

- **Sweet Potato Supreme Honey**
  For Sensitive skin

- **Mango Pineapple Non-fat yogurt**

- **Cucumber slices**
  Place cucumbers on your eyes

- **Coconut Oil Scrub**
  For hands

- **Yogurt Exfoliant**
  Deep cleaning for For sensitive skin

- **Tomato or Pineapple Smoothie**
  Deep cleaning: 2-3 minutes for oily to normal skin
Teen Health Spa
Recipe Packet

Healthy = Beautiful

Developed by San Mateo County
January 2011
## Featured at the Program

### Teen Health Spa Agenda for the Face

1) Use the **Cleansing Face Wipes** to clean your face.
2) Use **tomato** to break down whiteheads and blackheads.
3) Apply **yogurt** to exfoliate. Allow to sit on face for 5 minutes.
4) Apply the **mask of your choice**.
5) After leaving the mask on for appropriate amount of time, wipe it off with a warm, damp towel.
6) Finally, use **jojoba oil** to moisturize the skin.
7) Cool your eyes by placing raw **cucumber slices** on your eyes and sit back and relax!

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**Disclaimer:** These recipes and treatments are generally safe and effective. Because food allergies are very common, it is not possible to predict an individual’s reaction to a particular recipe or treatment. It is recommended that all treatments be tested on a small area of the skin (patch test) before using as a facial mask. A patch test is performed on the neck between the jawbone and top of the neck or on the inside of the forearm. Neither the County of San Mateo Healthy Services Agency nor the employees accept responsibility for any effects that may arise from following the recipes or treatments offered above.
Oatmeal-Egg White Mask
★ For normal to oily skin – prepares 3 applications. May be stored in refrigerator for up to a week or freeze. The mask gently cleans and moisturizes skin while clearing blackheads. Use once a week.

Ingredients:
• 1 tablespoon uncooked oatmeal, grinded
• 2 thin slices of cucumber
• 1 egg white
• 1-2 teaspoons plain nonfat/low fat yogurt

Directions:
1. Blend grinded oats with egg white, yogurt and cucumber to make a thick paste.
2. Apply to face and allow the mask to dry.
3. Rinse well with warm water and pat skin dry.

Eat oatmeal for fiber which helps prevent constipation and remove waste from the intestines.

Cleansing Face Wipes
★ For all skin types – prepares 8 wipes
The two inexpensive ingredients can be found at your local grocery store. It may be used every day to clean your skin.

Ingredients:
2 tablespoons aloe vera
2 tablespoons witch hazel
4 tablespoon warm water

Directions:
1. Mix ingredients together and pour over soft paper towels.
2. Use to cleanse face or hands.
3. Store in plastic bag or sealed container.

Oatmeal-Egg White Mask
★ For normal to oily skin – prepares 3 applications. May be stored in refrigerator for up to a week or freeze. The mask gently cleans and moisturizes skin while clearing blackheads. Use once a week.

Ingredients:
• 1 tablespoon uncooked oatmeal, grinded
• 2 thin slices of cucumber
• 1 egg white
• 1-2 teaspoons plain nonfat/low fat yogurt

Directions:
1. Blend grinded oats with egg white, yogurt and cucumber to make a thick paste.
2. Apply to face and allow the mask to dry.
3. Rinse well with warm water and pat skin dry.
Moisturizing Beauty

Sweet Potato Supreme
★ For sensitive skin.

The mask leaves your face clean and lightly moisturized. Use once a week. Prepares 4 applications. Store in freezer or refrigerate for up to one week.

Ingredients:
• 1 small sweet potato
• ¼ cup pineapple or papaya, chopped (optional)
• 5 tablespoons honey

Directions:
1. Poke holes in sweet potato with a fork and microwave for 8-10 minutes. Mash flesh of sweet potato.
2. Mix together pineapple or papaya pieces with sweet potato and honey.
3. When mixture has cooled off, apply to face. Leave on for 10 minutes.
4. Rinse mask off with warm water. Pat dry.

Eat sweet potatoes for potassium and magnesium to relieve menstrual cramp pain and fiber to feel full longer. Rich in vitamin A for healthy skin.

Jojoba Aloe Moisturizer
★ For all skin types

The two inexpensive ingredients can be found at your local grocery store. It may be used every day to moisturize and soften skin.

Ingredients:
• ¼ cup jojoba oil
• ¼ cup aloe vera

Directions:
1. Stir ingredients together and pour into small spray bottle.
2. Spray and rub onto skin.

To quickly moisturize your hands and soften cuticles, soak hands in warm olive oil for 5 minutes.
Refreshing Your Hands and Feet

Coconut Oil Scrub

This scrub removes dead skin, dirt, and oil while softening your hands and feet. Use it as needed.

Ingredients:
- ½ cup white sugar
- ½ cup coconut oil

Directions:
1. Mix together all ingredients in a bowl.
2. Massage mixture into hands.
3. Rinse with warm water and pat dry.
4. Store leftover scrub in an airtight container in the refrigerator.

Coconut oil is a healthy fat providing quick energy. Good for cooking.

Minty Foot Soak

This soak refreshes and soothes feet. Use it as needed.

Ingredients:
- Warm tap water
- 3 herbal mint tea bags

Directions:
1. Place the tea bags in the basin. Then fill it about halfway with warm water. Ideally, the water should come up to your ankles.
2. Soak your feet in the warm water for 5-10 minutes. Pat dry.
Hair Care

Simply Coconut Oil

Coconut oil enriches your hair’s natural color and gives your hair more shine. Use once a week.

Ingredients:
- 1-2 teaspoons of coconut oil

Directions:
1. Work coconut oil into hair and scalp.
2. Allow coconut oil to stay in hair for at least 15 minutes. The results will be better if you leave the oil in longer.
3. Wash hair as usual and rinse with cold water.

Avocado Mask

This leaves hair soft and smooth. Use once a week.

Ingredients:
- 1 medium avocado
- 1 teaspoons coconut oil

Directions:
1. In a small bowl, mash together the avocado and coconut oil until a smooth paste.
2. Massage the paste into wet hair.
3. Leave for 20-30 minutes and wash hair as usual.

Avocado Lemon Hair Paste

This conditioner moisturizes hair and adds body and shine. Use once a week.

Ingredients:
- 1 avocado
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1 tablespoon aloe juice or gel

Directions:
1. Mash avocado in a bowl.
2. Add the rest of the remaining ingredients to the mashed avocado.
3. Apply paste to damp hair and leave on for a few minutes.
4. Shampoo hair.

Eat avocados for vitamin E to have healthy hair and skin.

Splash lemon juice into your water for a fruity drink and for vitamin C which repairs the skin and protects it from sun damage.
Beauty from Within

“Beauty Smoothie”
This smoothie is rich in vitamins A and C to nourish your skin. Vitamin E from mangos helps prevent scarring. Makes 6 servings.

Ingredients:
- 1 cup low-fat milk (1%), or yogurt
- 5 baby carrots, cooked in microwave for 1-2 minutes
- 2 cups mango or papaya chunks
- 1 orange, peeled and cut into chunks
- Ice
- 1-2 teaspoons of sugar
- Cinnamon (optional)

Directions:
1. Blend all ingredients together until smooth.
2. Add sugar to taste.
3. Sprinkle cinnamon if desired.
4. Enjoy!

Mangos contain the three “beauty vitamins”

Watermelon ‘Otai
Get calcium from milk to strengthen nails and lycopene from watermelon to keep skin healthy.

Ingredients:
- 1 seedless watermelon, halved and sliced
- 1 (20 oz) can of crushed pineapple
- ½ cup of shredded coconut
- 1 (12oz) can of non-fat evaporated milk
- Sugar to taste
- Water: 2 cans (12oz cans)
- Ice cubes

Directions:
1. In large bowl, grate watermelon with a fork, so that the melon is not in huge chunks.
2. Add entire can of pineapples, including the juice, to the bowl of watermelon. Add coconut, evaporated milk, and two cans of water, using the can of milk. Stir.
3. Add sugar to taste and add ice cubes.
4. Enjoy!

Healthy Skin Smoothie
This smoothie is rich in vitamins A and C to nourish your skin. Makes 6 servings

Ingredients:
- 1 cup low-fat milk (1%), or vanilla yogurt
- 2 cups mangos
- 1-2 cups pineapple

Directions:
1. Blend all ingredients together until smooth.
2. Enjoy!

Eat yogurt for calcium to build strong bones and to help reduce nervous tension.
For beautiful and healthy hair and nails, eat a variety of nutritious food.

### Nourishment for Hair

<table>
<thead>
<tr>
<th>Nutrient for Hair</th>
<th>Function for Hair</th>
<th>Good Sources of Nutrient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zinc</td>
<td>Helps hair strands stay attached to the scalp; strands break off without this nutrient</td>
<td>Red meats, poultry, shellfish, nuts</td>
</tr>
<tr>
<td>Omega-3 fatty acids</td>
<td>Healthy scalp</td>
<td>Avocados, tuna, salmon</td>
</tr>
<tr>
<td>Water</td>
<td>Prevents scalp from being dry</td>
<td>Water, fruit, vegetables</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>Helps grow healthy hair</td>
<td>Carrots, sweet potato</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Provides strength and structure to hair</td>
<td>Oranges, taro, mango, papaya, broccoli</td>
</tr>
<tr>
<td>Protein</td>
<td>Helps hair grow and maintain a rich color</td>
<td>Lean meats, eggs, fish</td>
</tr>
<tr>
<td>Iron</td>
<td>Helps transport oxygen needed to grow hair</td>
<td>Red meat, pumpkin seeds, taro leaves, iron-fortified cereals</td>
</tr>
</tbody>
</table>

### Nourishment for Nails

<table>
<thead>
<tr>
<th>Nutrient for Nails</th>
<th>Function for Nails</th>
<th>Good Sources of Nutrient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>Prevents brittle nails</td>
<td>Milk, yogurt, broccoli, taro leaves</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>Needed for nails to grow</td>
<td>Beans, taro leaves, oranges</td>
</tr>
<tr>
<td>Protein</td>
<td>Prevents white spots and cracking or breaking</td>
<td>Lean meats, eggs, fish</td>
</tr>
<tr>
<td>Iron</td>
<td>Strengthens nails by preventing formation of ridges and spoon-shaped nails</td>
<td>Taro leaves, red meats, iron –fortified cereals</td>
</tr>
</tbody>
</table>
Acne Prevention Plan

1. **Nourish your skin from the inside!** Eat lots of **fruits and vegetables** high in vitamins A, C, and E every day. These vitamins are needed for healthy skin, since they help heal your skin and reduce pimples.

   - **Vitamin A**: Heals pimples; found in papaya, sweet potatoes, carrots, spinach, taro leaves, nectarines, apricots, and mangos

   - **Vitamin C**: Repairs your skin and protects the skin against the sun; found in oranges, tangerines, papaya, strawberries, broccoli, and mangos

   - **Vitamin E**: Prevents discoloration and scarring; found in avocados, mangos, wheat germ, almonds, and sunflower seeds

2. **Drink water**: Your skin is 80% water, so drink 6-8 glasses of water daily to keep your skin healthy.

3. **Sleep 8-9 hours**: During sleep, your skin recovers and repairs itself from the day’s damage.

4. **Exercise regularly**: 60 minutes of exercise each day provides oxygen-rich blood flow to the skin, giving it a healthy glow.

5. **Keep skin clean**: Wash your face twice a day and remove makeup before going to sleep. Use gentle natural products such as jojoba oil to moisturize.

6. **Prevent breakouts**: Hold the phone away from your chin since excessive contact to skin can cause breakouts. Keep oily hair away from the face. Use less make-up or oil-free make-up.

7. **Maintain a healthy weight**: Excess weight gain may affect your hormones, causing your skin to break out.

8. **Consume a diet low in sugar**: Eating lots of sugar may increase the hormones that cause acne.
Acne Treatment

Throughout the day, dirt, oil, and make-up build up on your skin, causing pores to be irritated and clogged. If the buildup is left on the skin overnight, pimples will form.

Wash your face every night before you go to bed. Also, use one or a combination of the following treatments in order to keep your skin free of dead skin cells and excess oil.

Weekly Treatments

Oatmeal Mask
- Gently cleans and moisturizes skin while clearing blackheads

**Ingredients:**
- 3 tablespoons uncooked oatmeal
- 2 tablespoons water or honey

**Directions:**
1. Mix oats with enough water or honey to make a soft paste.
2. Apply to face and allow mask to dry.
3. Rinse well with warm water and pat skin dry.

Papaya Cleanser
*(Not for sensitive skin)*
- Breaks down dead skin and acts as an exfoliant.

**Ingredients:**
- 1 small piece of papaya

**Directions:**
1. Rub juice part of papaya into face.
2. Let the papaya juice work for about 3-5 minutes before rinsing off with warm water.

Everyday Treatments

Extra Gentle Polishing Scrub
- Reduces pimples and blackheads and leaves the skin soft and clean

**Ingredients:**
- 1 teaspoon of baking soda
- A little warm water

**Directions:**
1. Pour the baking soda into the palm of your hand.
2. Mix in enough water to make a paste.
3. Apply to face and gently scrub for 1 minute before rinsing off with warm water. If burning sensation occurs, remove immediately.

Basic Cleanser
- Clears and softens the skin

**Ingredients:**
- 1 teaspoon non-fat yogurt
- ½ teaspoon honey

**Directions:**
1. Mix together and massage into face.
2. Rinse well with warm water and pat skin dry.

TIP Apply cucumber slices or aloe vera on your skin to reduce redness and inflammation.
Vitamins and minerals are needed to develop and maintain a healthy body. The following foods are rich in nutrients needed for good health.

**Vegetables and Legumes**

**Taro leaves:** Vitamin E to prevent scars on the skin and to moisturize the skin. Vitamin B6 for a healthy brain.

**Taro Root:** Fiber to help control hunger.

**Purple cabbage:** Vitamin C to help fight infections

**Spinach:** Vitamin A for healthy eyes.

**Zucchini:** Potassium to help muscles work.

**Broccoli:** Vitamin K to maintain healthy blood.
Calculated for healthy bones.

**Dark green lettuce:** Vitamin A for good eyesight. Folic acid for healthy hair

**Tomatoes:** Vitamin A to keep the skin healthy.

**Carrots:** Vitamin A to fight infections.

**Peas:** Protein to help control the appetite.

**Sweet potatoes:** Vitamin A and C protects your cells from damage.

**Beans:** Folic acid and protein to help nails and hair grow.
Fruits

**Banana:** Potassium to help muscles work.

**Mango:** Vitamins A, C, and E to maintain beautiful skin. Vitamin E reduces scarring and blotches.

**Pineapple:** Vitamin C for healthy skin.

**Strawberries:** Vitamin C to prevent colds and other infections.

**Papaya:** Vitamin A for good eyesight and healthy skin.

**Oranges:** Vitamin C to help heal cuts, wounds and pimples.

**Guava:** Vitamin C to fight infection. Lycopene to protect skin.

Grains and Healthy Fats

**Oats:** Fiber to help keep your digestive track healthy. Lowers cholesterol.

**Brown Rice:** Fiber to prevent constipation.

**Coconut:** Fiber and healthy fat.

**Almonds:** Protein to control the appetite. Calcium to help maintain strong bones.

**Macadamia Nuts:** Healthy fats and Vitamin B1 vitamins to keep the skin and nervous system healthy.

**Peanuts:** Healthy fats to maintain a strong heart. Folate (folic acid) for healthy skin and hair.

**Walnuts:** Healthy fats such as omega-3 fatty acids to keep the brain and skin healthy.

**Avocado:** Vitamin E and folate (folic acid) to maintain healthy skin.
### Pre-Test

**Birthday:**

**Directions:** This pre-test is to measure what you do and what you know about health! All of your answers will be confidential; please do **NOT** put your name on this paper.

1. How many times last week did you eat breakfast?
   - 0 times
   - 1-2 times
   - 3-5 times
   - 6-7 times

2. How many times did you eat fruit yesterday?
   - 0 times
   - 1-2 times
   - 3-5 times
   - 6 or more times

3. How many times did you eat vegetables yesterday?
   - 0 times
   - 1-2 times
   - 3-5 times
   - 6 or more times

4. How many cans or bottles of regular soda (not diet) did you drink yesterday?
   - 0 times
   - 1-2 times
   - 3-5 times
   - 6 or more times

5. How many sugary drinks (punch, sports drinks, juice, etc) did you drink yesterday?
   - 0 times
   - 1-2 times
   - 3-5 times
   - 6 or more times

6. How many times did you drink water yesterday?
   - 0 times
   - 1-2 times
   - 3-5 times
   - 6 or more times

7. How many minutes did you exercise yesterday?
   - 0-20 min
   - 21-40 min
   - 41-60 min
   - 60 or more min

8. How many hours of sleep do you usually get at night?
   - 0-2 hours
   - 3-5 hours
   - 6-8 hours
   - 8+ hours

9. How much time do you spend in front of a TV and/or computer each day?
   - 0-2 hours
   - 3-5 hours
   - 6-8 hours
   - 8+ hours
10. How much sugar is in one can of soda? ______ teaspoons of sugar

11. Name two reasons why exercise is good for you.

__________________________       _____________________________

12. Name two reasons why sleep is good for you.

__________________________       _____________________________

13. Check off how many times in a normal week you usually eat/drink these items:

<table>
<thead>
<tr>
<th>Food/Drink</th>
<th>6 or more times a week</th>
<th>3 – 5 times a week</th>
<th>1 - 2 times a week</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheetos</td>
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<tr>
<td>Potato chips</td>
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<tr>
<td>Pizza</td>
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<td>French Fries</td>
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<td>Donuts</td>
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<tr>
<td>Spam/Corn beef</td>
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<td>Cookies</td>
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<td>Candy</td>
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<td>Ice cream</td>
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<tr>
<td>Soda</td>
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<td>Kool aid, punch, juice</td>
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<td>Energy drinks (Monster, Red Bull, etc)</td>
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<tr>
<td>Food/Drink</td>
<td>6 or more times a week</td>
<td>3 – 5 times a week</td>
<td>1 - 2 times a week</td>
<td>Never</td>
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<tr>
<td>Sports Drinks (Gatorade, Vitamin Water, etc)</td>
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<td>Fast foods (McDonalds, Carls Jr, Taco Bell, etc)</td>
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<tr>
<td>Bread</td>
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<tr>
<td>Rice</td>
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<tr>
<td>Sugary Cereal (Fruit Loops, Lucky Charms, Captain Crunch, etc)</td>
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<tr>
<td>Mangoes</td>
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<tr>
<td>Papaya</td>
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<tr>
<td>Low-sugar cereal (Cheerios, Wheaties, etc)</td>
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<tr>
<td>Oatmeal</td>
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<tr>
<td>Pele/Taro Leaves</td>
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<tr>
<td>Bananas</td>
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<tr>
<td>Oranges</td>
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<tr>
<td>Coconut (milk or cream)</td>
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<td>Cassava</td>
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<td>Eggs</td>
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<td>Fish</td>
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<tr>
<td>Sweet potato/Yam</td>
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<tr>
<td>Taro</td>
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</tbody>
</table>
## People BINGO

Find someone who…

<table>
<thead>
<tr>
<th>Ate breakfast this morning</th>
<th>Got 8 hours of sleep last night</th>
<th>Can name 5 different vegetables</th>
<th>Likes their hair</th>
<th>Ate at least 2 servings of vegetables today</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ate a piece of fruit yesterday</td>
<td>Exercised for at least 60 minutes yesterday</td>
<td>🌟</td>
<td>Washed their hands today</td>
<td>Likes fruit smoothies</td>
</tr>
<tr>
<td>Has already had 6 or more glasses of water today</td>
<td>Likes to cook</td>
<td>Drinks less than 1 soda a week</td>
<td>Can name 5 different fruits</td>
<td>Likes to play sports</td>
</tr>
</tbody>
</table>
Water is the most important nutrient your body needs. It may be possible to live without food for weeks, but without water, you would die within days!

The human body and brain is mostly made of water. Water helps digest your food, transport waste products, and support your metabolism. As a result, your body needs plenty of water each day.

Water: What Your Body Really Needs

- Helps transport waste products
- Helps maximize your metabolism
- Helps you think clearly
- Helps maintain healthy skin
- Helps you feel good
- No caffeine, zero calories, no sugar

Tips for Drinking Water

- Carry a bottle of water and refill it throughout the day
- Start and end your day with a glass of water
- Drink water with each meal
- Each time you pass a water fountain, take a sip
Water: 
No sugar...No calories...It's free!

The most important nutrient our body needs is water (H₂O). Our body is 60% water. **Increase your daily H₂O intake by:**

- Eating lots of **fruits and veggies** each day. They are mostly water!
- Drinking sweetened alternatives (see recipe below)
- Adding slices of lemon or cucumber to your water
- Drinking 1% or non fat milk

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**Melon Cooler**

Make 2 servings.
1 ½ cups per serving.

**Prep time:** 10 minutes

**Ingredients**
2 cups chopped melon (cantaloupe, watermelon, honeydew or your favorite fruit)
2 cups cold water

**Preparation**
1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

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**Nutrition information per serving:**
Calories 54, Carbohydrates 14g, Dietary Fiber 2g, Protein 2g, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0 mg, Sodium 30mg.

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<table>
<thead>
<tr>
<th>Water</th>
<th>40 ounces</th>
<th>0 calories</th>
<th>VS</th>
<th>Soda</th>
<th>40 ounces</th>
<th>485 calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>No weight gain</td>
<td></td>
<td></td>
<td></td>
<td>Possible weight gain</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

It's possible to lose up to 51 pounds in a year by replacing the extra calories with water!
Calcium

It is very important that your body gets enough calcium. The body uses calcium to:

- Make and maintain strong bones and teeth
- Help muscles to contract and stretch properly
- Carry messages from the brain to the body through nerves
- Prevent cramps
- Burn fat
- Help calm your nerves

Best Sources of Calcium:

- Low-fat dairy products like milk, yogurt and cheese
- Orange juice fortified with calcium
- Vegetables such as broccoli, spinach, taro leaves, hibiscus leaves

DID YOU KNOW:
Sodas and other carbonated drinks actually remove calcium from your body.

The sun helps your skin make Vitamin D, also known as “the sunshine vitamin”.

Your body needs Vitamin D to help absorb the calcium that you eat and drink.

So make sure to expose your skin to sunshine for a few minutes every day.
My Mini = Max Plan
Mini Steps = Maximum Results

Changes to consider:
Eat more fruits and vegetables  Drink More Water  Eat breakfast every day
Increase amount of sleep  Exercise More  Other_____________________

1. What change do I want to make?  Be specific by including times per day or amounts
   I will ____________________________________________________________
   ____________________________________________________________

2. Why do I want to make this change?
   I want to make this change because I ________________________________
   ________________________________

3. What will I do to make this happen?  Be specific…list actions
   I will ____________________________________________________________
   ____________________________________________________________

4. What might get in the way?  How will I prepare for this?
   Problem                     Solution
   ____________________________                     ____________________________
   ____________________________                     ____________________________

5. Who can I talk to for support?
   I will talk to ____________________________________________________

6. What will happen if I do NOT make this change?
   I will ____________________________________________________________

7. Think about your plan. Can I follow this plan? (Circle one)
   No   I might   I can   Yes, I will!
# My Mini=Max Plan Guidelines

## Question 1

**What change do I want to make?**

- **It’s easier to make one small change at a time.**
  - If you have a big goal in mind, break it down into smaller steps. This way you can tackle one step at a time.

- **It’s easier to start a behavior than stop one.**
  - Choose something new you want to start doing. If you want to choose a habit to stop, think about what you can do instead to replace it. For example, instead of “stop drinking soda,” you might choose to “drink water.”

- **Be specific.**
  - Think about how often, how much, when, where, etc you will do the new behavior? Details about your goal will help you achieve it.

- **Set a goal that you think you can stick with!**
  - You are more likely to achieve your goal if it is realistic for you, so be honest with yourself. Even if the goal seems small, it is a step in the right direction.
  - It takes about 21 days to form a new habit, so choose something that you can do for at least that long.

  *Moving mountains begins first with moving small stones!*

## Question 2

**Why do I want to make this change?**

- **Think about what really motivates you to make this change.**
  - You are more likely to make a change if it is really important to you. Be really honest with yourself about why you want to change.

- **Be specific on why you want to make this change.**
  - If your reason is clear and important to you, you are more likely to be successful. For example, making a change to “be healthy” is vague and doesn’t really say why you want to change. Being healthy means different things to different people. Maybe you want to be less tired, live pain-free, or lose weight.

- **Keep your reasons positive.**
  - We are more motivated to move towards something we want than away from something we don’t.

## Question 3

**What will I do to make this happen?**

- **Think about the steps to making this change.**
  - The more details you think through, the more likely you will be able to follow them. Think about what you need to do to get ready to make the change, to remember to do the change, or to reward yourself when you are successful.
### What might get in the way? How will I prepare for this?

- **Plan for challenges**
  - Think about why you haven’t made this change before, or what got in your way last time you tried. These challenges and temptations may happen again. If you can identify exactly what was difficult before, you can be prepared in the future.

- **Avoid challenges**
  - Sometimes it is possible to avoid the situations that keep you from your behavior change. If you drink soda when it is in the house, don’t buy it, or keep it in a place that is less accessible.

- **Prepare for challenges**
  - If you can’t avoid a challenge, being prepared can help you keep your behavior change on track. For example, if you don’t drink water because it isn’t readily available, fill up a water bottle and keep it nearby so it is easy to get to.

*Failing to plan is planning to fail!*

### Who can I talk to for support?

- **Get support**
  - Think about people who will be supportive of your change. They can help remind you, encourage you, or just listen to you when you need them. You can do the same for them!

- **Tell people about your behavior change goal**
  - You are more likely to stick with your change when you have told people about it. It keeps you accountable.

- **Form a group**
  - Social support is a very important part of making changes. Find people who are also making changes and work together to help each other.

### What will happen if I do NOT make this change?

- **Look into the future**
  - If you don’t make this change, what might happen in the future? This will help remind you how important this goal is for you and motivate you to put your plan into action.

### Think about your plan. How likely are you to follow your plan?

- **Be honest!**
  - If you can’t say “I will!” be able to follow this plan, go back and revise! People who believe that they can make a change are more likely to follow through and have success. For every successful change, no matter how small, you will be encouraged to try another one.

For more information about ©Mini = Max Behavior Change Process, you may contact Shandra Guzman, MS, MFTI, NCC at shandraguzman@miniequalsmax.com