

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



Teen Health Spa Packing List- Lesson 1

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TO BUY (perishables)

- Cucumber
- Tomatoes
- Yogurt, plain and vanilla
- Eggs
- Sweet potato
- Frozen mangoes
- Frozen pineapple
- Snacks (optional)

TO PREPARE

- Make *Cleansing Face Wipes***
- Make *Oatmeal-Egg White Mask***
- Make *Sweet Potato Supreme***
- Cut Tomato wedges
- Slice Cucumber for water and eyes
- Snacks (optional)

General Supplies

- Scissors
- Masking tape
- Extension cord
- Gloves (for food handling)
- Zip lock bags
- Garbage bags
- All-purpose cleaner
- Paper towels for easy clean up

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

Activity 1: Introduction

- Items to preview (will vary depending on what you choose)
- Pre-test**
- People Bingo**

Lesson Materials, cont.

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

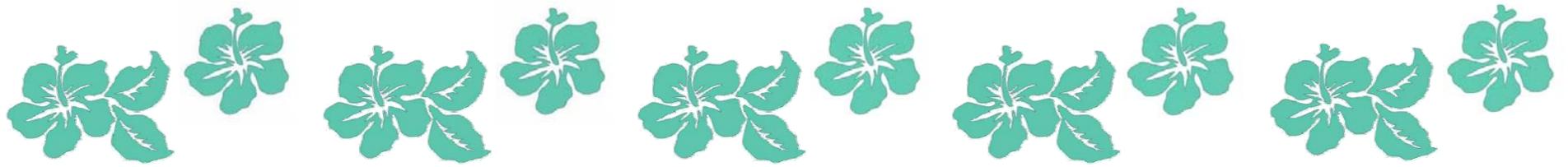
- Set up room and tables to give the setting a “spa” feel. Use tablecloths, flowers in coconut shells, *Fabulous Facials Placemats**, *Teen Health Spa Recipe Packets**, prepared facials, mirrors, pens/pencils, and folders on table; hang wall decorations; play music. See photos in the Appendix.

* Handout included in Materials and Handouts– Lesson 1 Section

** Recipe can be found in *Teen Health Spa Recipe Packet*

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Fabulous Facials

Oatmeal
Egg-white
Cucumber
Yogurt

Oatmeal Egg-white
For normal skin

Sweet Potato
Honey

Sweet Potato Supreme
For Sensitive skin

Mango
Pineapple
Non-fat yogurt

Healthy Skin
Smoothie

Cucumber slices

Cucumber Slices
*Place cucumbers on
your eyes*



Coconut oil
White sugar

Coconut Oil Scrub
For hands

Yogurt

Yogurt Exfoliant
*Deep cleaning for
For sensitive skin*

Tomato
or
Pineapple

Tomato or Pineapple
*Deep cleaning:
2-3 minutes for
oily to normal skin*



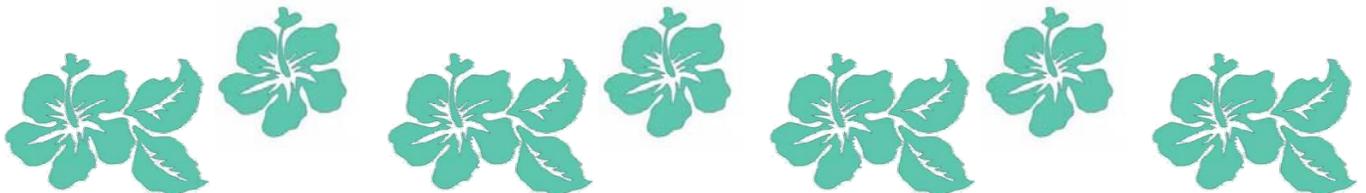


Teen Health Spa Recipe Packet



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!

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.*





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



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

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.

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

Avocado Lemon Hair Paste

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

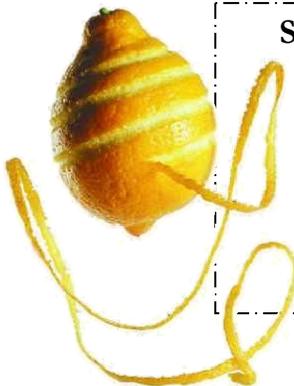


Ingredients:

- 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.



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!



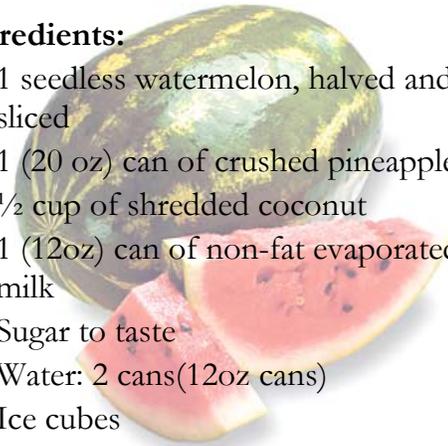
Mangos contain the three “beauty vitamins”

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.





Food for Your Hair and Nails

For beautiful and healthy hair and nails, eat a variety of nutritious food.

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



Nourishment for Nails		
Nutrient for Nails	Function for Nails	Good Sources of Nutrient
Calcium	Prevents brittle nails	Milk, yogurt, broccoli, taro leaves
Folic Acid	Needed for nails to grow	Beans, taro leaves, oranges
Protein	Prevents white spots and cracking or breaking	Lean meats, eggs, fish
Iron	Strengthens nails by preventing formation of ridges and spoon-shaped nails	Taro leaves, red meats, iron –fortified cereals





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

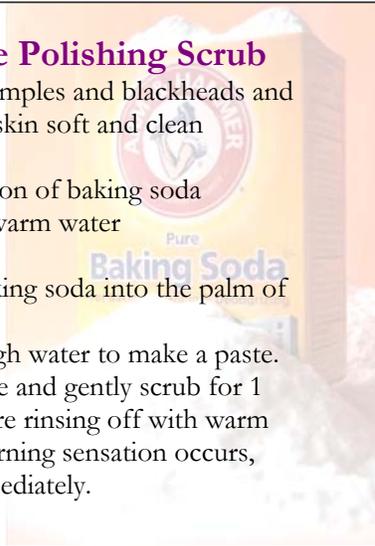
- ❖ Reduces pimples and blackheads and leaves the skin soft and clean

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.





Benefits of Various Foods

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.
Calcium 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



Pre-Test



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:

Food/Drink	6 or more times a week	3 – 5 times a week	1 - 2 times a week	Never
Cheetos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potato chips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pizza	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
French Fries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Donuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spam/Corn beef	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cookies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Candy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ice cream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soda	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kool aid, punch, juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Energy drinks (Monster, Red Bull, etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Pre-Test



Food/Drink	6 or more times a week	3 – 5 times a week	1 - 2 times a week	Never
Sports Drinks (Gatorade, Vitamin Water, etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fast foods (McDonalds, Carls Jr, Taco Bell, etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sugary Cereal (Fruit Loops, Lucky Charms, Captain Crunch, etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mangoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Papaya	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low-sugar cereal (Cheerios, Wheaties, etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oatmeal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pele/Taro Leaves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bananas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oranges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coconut (milk or cream)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cassava	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweet potato/Yam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taro	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



People BINGO

Find someone who...

Ate breakfast this morning	Got 8 hours of sleep last night	Can name 5 different vegetables	Likes their hair	Ate at least 2 servings of vegetables today
Ate a piece of fruit yesterday	Exercised for at least 60 minutes yesterday		Washed their hands today	Likes fruit smoothies
Has already had 6 or more glasses of water today	Likes to cook	Drinks less than 1 soda a week	Can name 5 different fruits	Likes to play sports



Water: What Your Body Really Needs

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.



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



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.

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.

Water



= 40 ounces
0 calories

No weight gain

Soda



= 40 ounces
485 calories

Possible weight gain

VS

**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	<p style="text-align: center;">What change do I want to make?</p> <ul style="list-style-type: none">• It's easier to make one small change at a time.<ul style="list-style-type: none">• 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.<ul style="list-style-type: none">• 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.<ul style="list-style-type: none">• 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!<ul style="list-style-type: none">• 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. <p style="text-align: center;"><i>Moving mountains begins first with moving small stones!</i></p>
Question 2	<p style="text-align: center;">Why do I want to make this change?</p> <ul style="list-style-type: none">• Think about what really motivates you to make this change.<ul style="list-style-type: none">• 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.<ul style="list-style-type: none">• 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.<ul style="list-style-type: none">• We are more motivated to move towards something we want than away from something we don't.
Question 3	<p style="text-align: center;">What will I do to make this happen?</p> <ul style="list-style-type: none">• Think about the steps to making this change.<ul style="list-style-type: none">• 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.

Question 4	<p style="text-align: center;">What might get in the way? How will I prepare for this?</p> <ul style="list-style-type: none"> • Plan for challenges <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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. <p style="text-align: center;"><i>Failing to plan is planning to fail!</i></p>
Question 5	<p style="text-align: center;">Who can I talk to for support?</p> <ul style="list-style-type: none"> • Get support <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • You are more likely to stick with your change when you have told people about it. It keeps you accountable. • Form a group <ul style="list-style-type: none"> • Social support is a very important part of making changes. Find people who are also making changes and work together to help each other.
Question 6	<p style="text-align: center;">What will happen if I do NOT make this change?</p> <ul style="list-style-type: none"> • Look into the future <ul style="list-style-type: none"> • 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.
Question 7	<p style="text-align: center;">Think about your plan. How likely are you to follow your plan?</p> <ul style="list-style-type: none"> • Be honest! <ul style="list-style-type: none"> • 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.