



BOUNCE
Lace Up & Move

A Healthy Lifestyle **Workbook on** Nutrition & Exercise

BOUNCE
To Build Healthy Families

UNIVERSITY of
HOUSTON
COLLEGE OF EDUCATION

Decorate this page!
Make it yours!

This booklet belongs to:

Write your name here!

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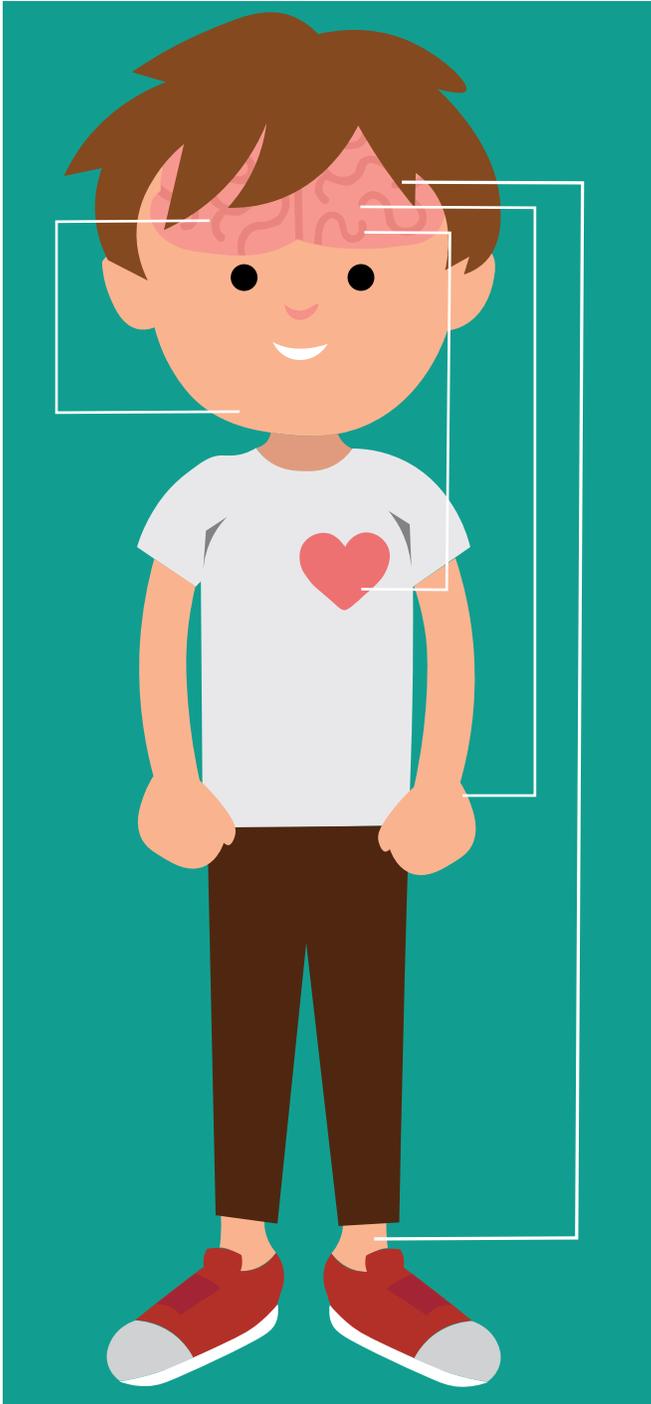
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Nutrition



Mind-body Connection



The brain is the organ that controls the body's daily functions, as well as thoughts and feelings.

- The brain and the body are connected. Thoughts, feelings, and attitudes directly influence physical health.
- Negative thoughts and feelings can cause strain and lead to diseases.
- A sedentary lifestyle and poor eating habits can have a negative effect on your brain.

A healthy mind in a healthy body!

Food Functions

Food is the fuel that makes the body move.



We find nutrients that are essential for the body to function in food.

Carbohydrates

The body's main energy source.

Sources



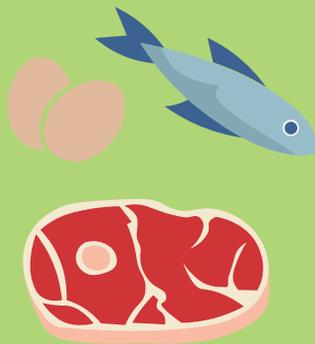
Fruits, vegetables, greens, legumes, and cereals.

Eat fiber!

Proteins

Helps with muscle build-up. Essential for body growth and repair.

Sources



Egg, lean meat, fish, tofu, and nuts.

Eat lean meat!

Lipids(Fats)

An energy source that helps the body absorb vitamins.

Sources



Oils (olive, canola, corn, etc.), avocado, nuts (peanuts, almonds, pecans).

Limit the consumption of animal fats!

Vitamins and Minerals

Essential for health and well-being.

Sources



Fruits and vegetables.

Eat a variety of fruits and veggies!

The Kitchen Detective



Instructions: Use your detective skills to find the healthy and unhealthy foods in your home. In the matching boxes, write where in your home you found the food, and whether it is healthy or unhealthy.

Healthy Foods

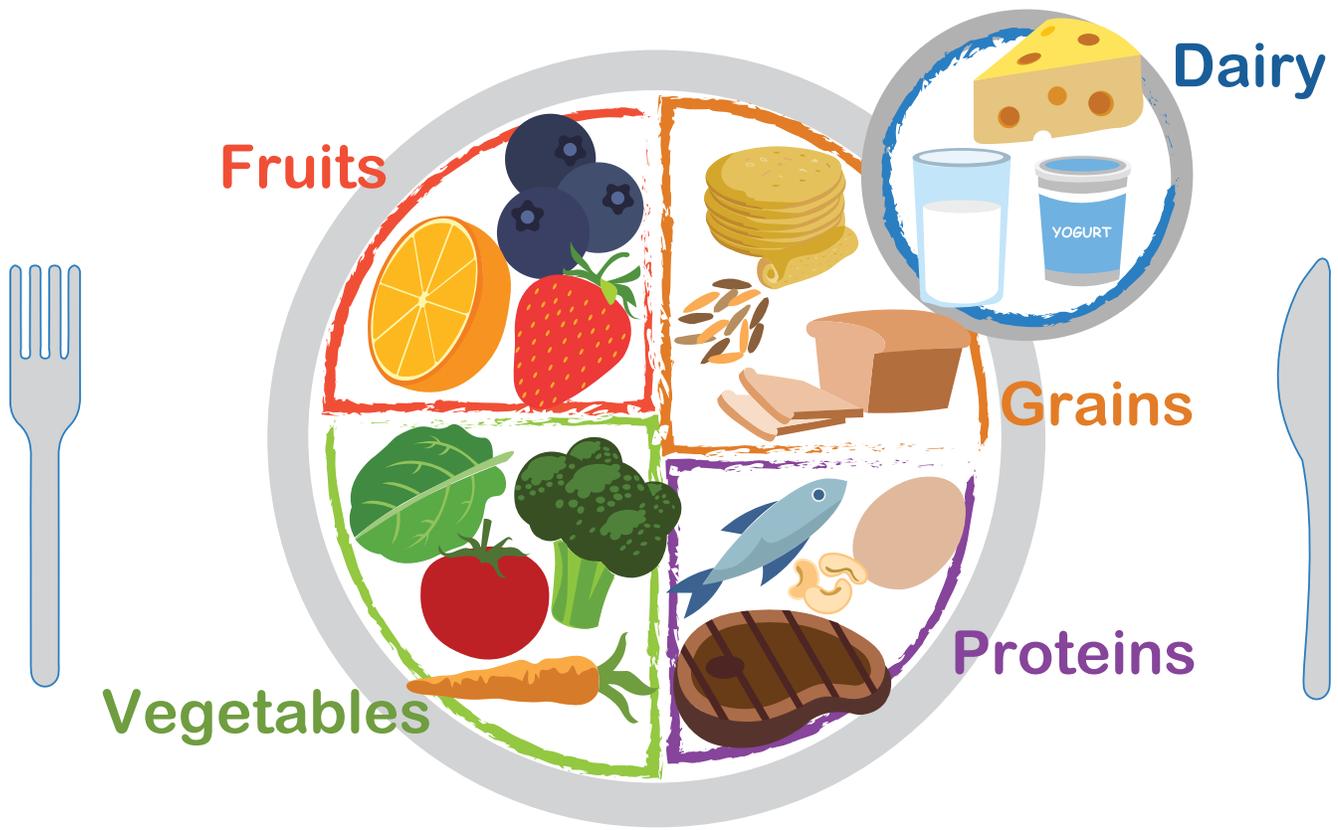
Unhealthy Foods

Refrigerator

Pantry

Cabinets &
Countertops

MyPlate

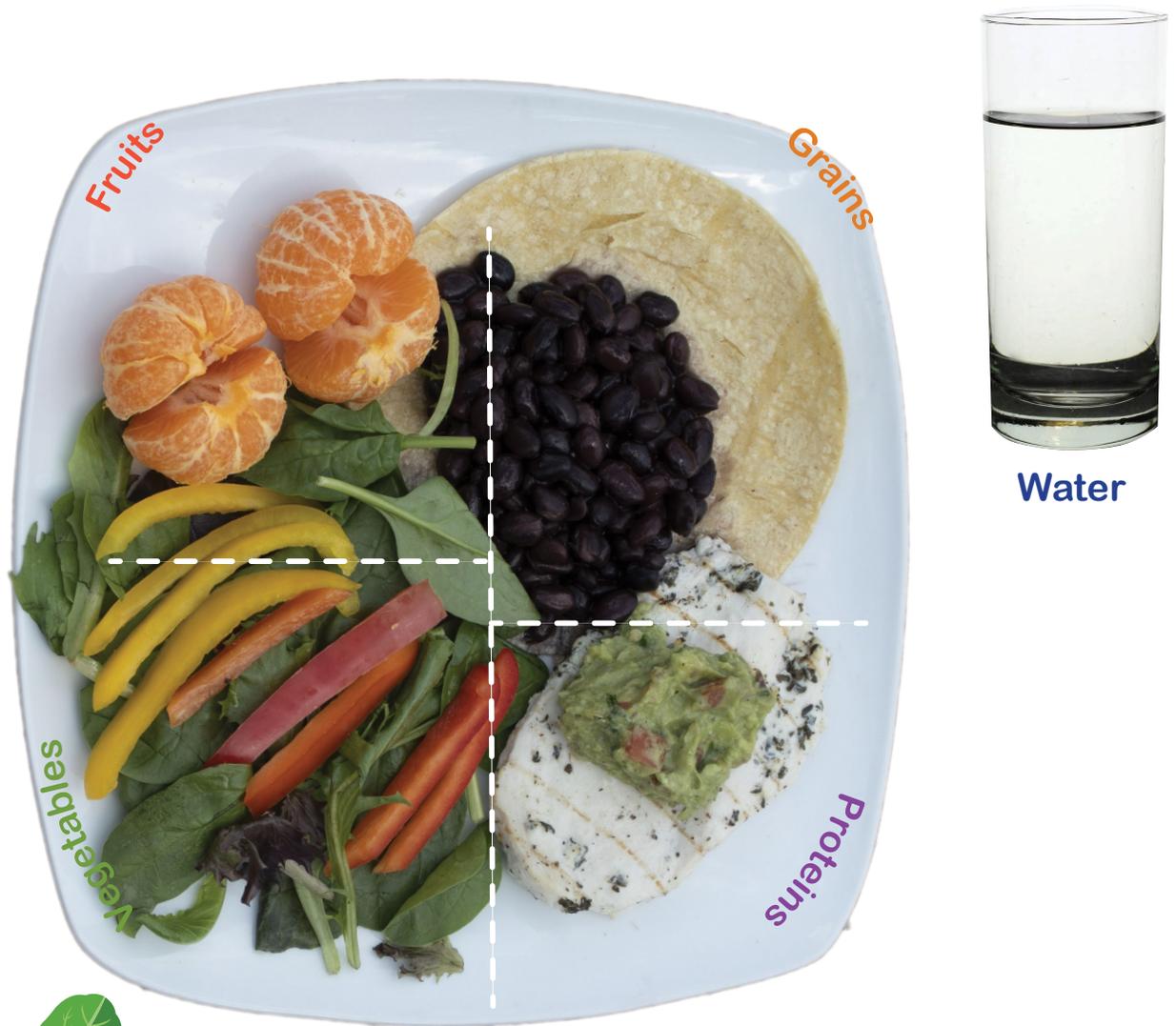


Fruits	Vegetables	Dairy	Grains	Proteins
<p>Choose fresh, whole fruits.</p> <p>Any fruit or 100% fruit juice. Fruits can be fresh, canned, frozen or dry, whole, cut or mashed.</p> 	<p>Consume a variety of vegetables.</p> <p>Any greens or 100% vegetable juice. Vegetables can be fresh, canned, frozen or dry, cooked, whole, cut or mashed.</p> 	<p>Consume fat-free dairy.</p> <p>Milk, yogurt, and cheese. Also, include calcium enriched soymilk.</p> 	<p>Half or more should be consumed as whole grains.</p> <p>Foods made from wheat, rice, oat, corn, barley, or other cereals. Bread, pasta, cereals for breakfast, cookies, tortillas, and popcorn.</p> 	<p>Choose lean proteins.</p> <p>Includes all food products made with beef, chicken, seafood, legumes, egg, soy products, nuts and seeds. Legumes are part of the vegetable group as well.</p> 

Source: <https://www.choosemyplate.gov/>

The quantity of recommended daily calories depends on your age, height, gender, and physical activity. Consult with a healthcare professional to receive a nutritional plan that is right for you.

My BOUNCE Plate



Eat a variety of fruits and vegetables. Fill half of your plate with vegetables.



Half of the cereals consumed should be whole grains. Count legumes and potato as part of this group.



Vary/diversify your proteins. Include fish two times per week.

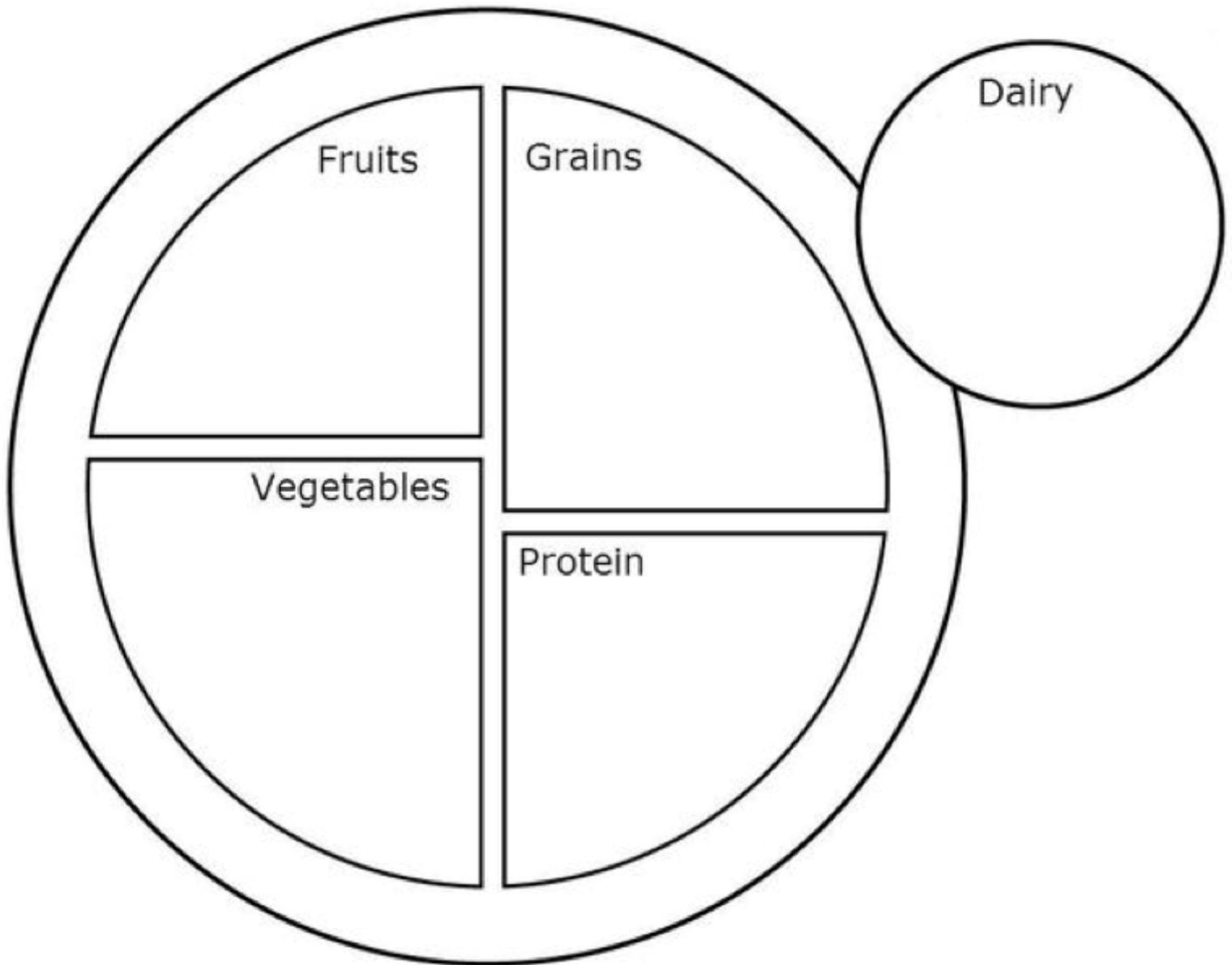


Drink water instead of sodas or other sugary drinks.

You can create your own healthy plate every day.

My Plate Activity

Instructions: Place each of your different food sticker in the correct MyPlate food group.



Everything you eat and drink matters! Use MyPlate to practice the healthy eating habits you will use for a lifetime.

Include Fruits and Vegetables to Add Color to Your Plate!

Red

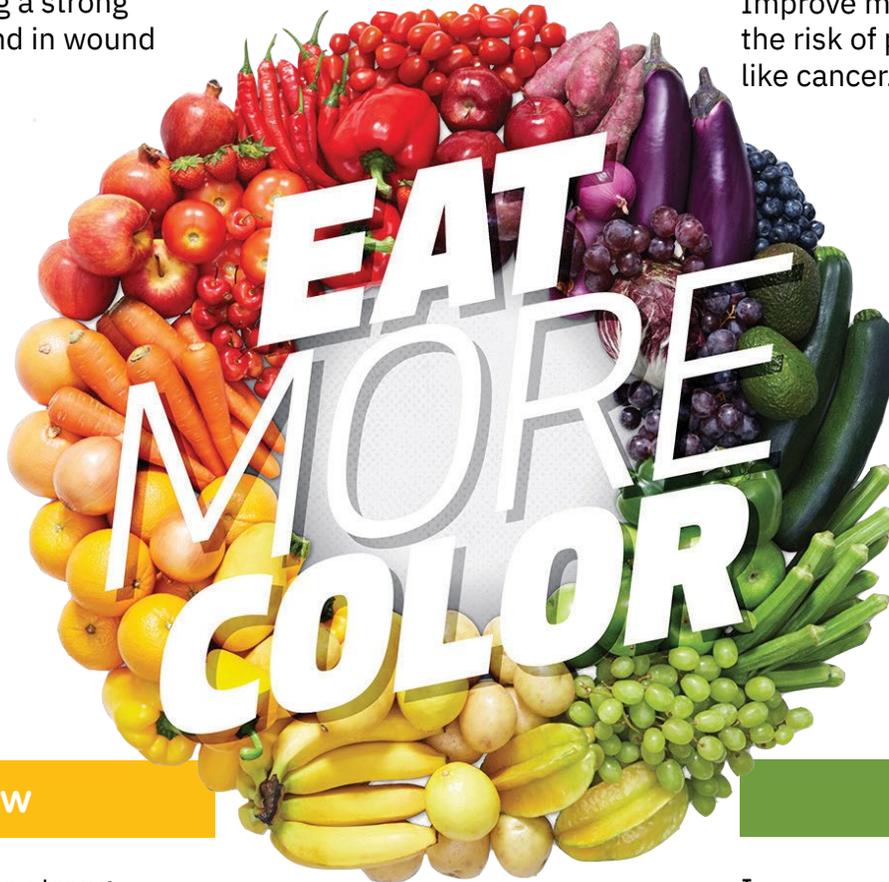
They aid in keeping a strong immune system and in wound healing.

Apple
Beet
Grape
Grapefruit
Pepper
Pomegranate
Radish
Strawberry
Tomato
Watermelon

Blue and Purple

Improve memory and decrease the risk of presenting diseases like cancer.

Blackberry
Blueberry
Date
Fig
Grape
Plum
Raisin



Yellow

They aid in keeping a strong immune system and in wound healing.

Apple
Cantaloupe
Carrot
Corn
Lemon
Mango
Orange
Papaya
Peach
Pumpkin
Sweet Potato

Green

Improve cell, tissue and blood functioning.

Asparagus
Avocado
Brussel Sprouts
Broccoli
Celery
Cucumber
Grape
Green Bean
Kale
Kiwi
Lettuce
Lime
Pear
Peas
Pepper
Spinash
Squash
Watercress

White and Brown

Help improve your heart's health and decrease the chances of developing certain types of cancer.

Garlic
Onions
Mushrooms
Cauliflower
Potato
Platain

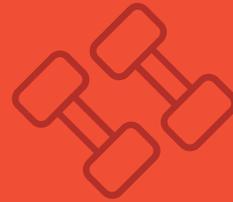
Source: American Heart Association

<https://www.heart.org/en/healthy-living/healthy-eating/add-color/eat-more-color>

Add color to your plate with fruits and veggies everyday!



Exercise



Benefits of Physical Activity

Physical activity is any movement the body does that spends energy. Exercise is a physical activity that is used regularly.

Benefits



You will feel calm and with more energy. Exercise reduces anxiety, depression and stress.



You will feel stronger. Exercise increases muscle mass and prevents osteoporosis.



You will be able to make new friends. Exercise allows you to socialize with your friends in a healthy environment.



You will sleep better. Exercise will improve quality and time of sleep.



You will have better health. Exercise will reduce risks to develop diseases such as diabetes.



You will have a better memory. Exercise helps to maintain mental health.



You will be able to achieve and maintain ideal weight.



Type of Physical Activities



Moderate Intensity

Walk

Exercises in the pool
(Aquagym)

Dance

Gardening



Vigorous Intensity

Spinning

Running

Zumba

Soccer

Swimming



Strength Exercise

Repetitions with light weights

Repetitions with own body weight



Flexibility and Stretching Exercises

Yoga



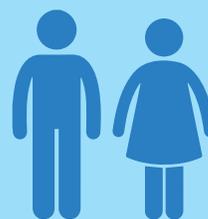
Children ages 4-17



60 minutes daily

of moderate to vigorous physical activities

Adults ages 18+



30 minutes daily 5 times a week

of moderate to vigorous physical activities

Remember to start with small steps. If you've been inactive for a long time or if you are affected by a chronic disease, ask your doctor before starting.

Energy and Balance

What is energy?

Energy is the fuel that helps our body to move during the day. It is found as calories in foods or beverages. We spend energy as we move.

Weight Gain



Consumption of foods is **GREATER** than the energy spent during physical activity.

Weight Maintenance



Consumption of foods is **EQUAL** to the energy spent during physical activity.

Weight Loss



Consumption of foods is **LESS** than the energy spent during physical activity.

Getting F.I.T.T!

Follow the F.I.T.T. and your exercise program should keep you healthy.

F

F is for **Frequency**, or how many times exercise is done. Daily exercise is recommended.

I

I is for **Intensity**, or the difficulty to do exercise. For adults, the recommendation is to exercise 150 minutes of moderate physical activity, or 75 minutes of vigorous physical activity = 30 minutes daily 5 times a week.

T

T is for **Time**, or duration of exercise. For children and young adults, recommendation is 60 minutes of moderate or vigorous exercise every day.

T

T is for **Type**, or the type of physical activity used. There are many types of exercises focused on strength, resistance or flexibility.

Example: I will complete 30 minutes of intense walk 6 times a week.

Calories Spent with Physical Activity

List of activities and the number of calories spent in physical activities done for 10 minutes for one person of 100 lbs. and another one with 250 lbs.

	Activity	100-lb Person	150-lb Person
	Walking 2 MPH	23	24
	Dancing	28	42
	Swimming	32	48
	Running 5.5 MPH	72	107
	Volleyball	34	52
	Making the bed	26	39
	Shopping at Supermarket	27	41
	Cooking	30	33
	Sweep/Mop	34	51
	Mow the grass	36	54
	Using Stairs	68	102
	Walking the dog	33	50
	Watching TV	8	12

Source: National Institute of Health and Calorie Control Council

<https://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/healthy-weight-basics/maintain.htm>

<https://www.caloriecontrol.org/healthy-weight-tool-kit/lighten-up-and-get-moving>

Tips to Increase Physical Activity

You can increase physical activity during the day without going to the gym.



Leave your car parked far from supermarket.



Take the stairs instead of the elevator.



Do enjoyable activities.
Dancing is a good exercise.
Gardening is a great hobby.



Do activities outside with family. Play at the park.



2 hours

Limit the time spent watching TV, or screens for less than 2 hours a day.



Walk more! Walking is easy and healthy.

Brainstorming Exercise Goals

Exercise Goals



What do I need?



Who can help me?



What will stop me?



I plan to finish my goal in...



My reward will be...



Acknowledgements

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