



Materials to help support dissemination of The Healthy Lifestyles Initiative.

MESSAGE CARD (4.5" X 11")



This is the overview of the 12345 Fit-tastic! message campaign which includes each of the individual messages, 1 hour or more of physical activity, 2 hours maximum of screen time, 3 servings of low or nonfat milk or yogurt, 4 servings of water not sugary drinks, 5 servings or more of fruits and vegetables. It's great for distributing at meetings or making them available in common waiting areas. It can also be given to patients at – risk for chronic disease, during annual health screenings. Great to share with other community partners to maximize reach.

MESSAGE POSTERS (11" X 17")

These posters are great for lunchrooms, bulletin boards, hallways, exam rooms, waiting areas and can be strategically placed to help remind us what the 5 healthy habits are to being Fit-Tastic! There are 6 variations, one for each individual message and an overall poster that matches the message card.



These medical posters are great for those wanting to focus on chronic disease prevention associated with unhealthy habits.





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ASSESSMENT

The Healthy Weight Assessment (HWA) is made up of measuring weight status (Height, Weight, BMI, BMI percentile) and asking lifestyles behavior questions. This overall handout includes tips on how to improve healthy habits and the lifestyles questions on the back. These 5 lifestyle questions can be used in primary care, education, preventative and treatment programs.

CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

HEALTHY HABIT	BENEFITS	TIPS
1 HOUR OF PHYSICAL ACTIVITY	Be active 60 minutes or more each day. Being active can help you keep your energy up and reach or stay at a healthy weight.	<ul style="list-style-type: none"> You don't have to get 60 minutes in all at once. Break it up into smaller chunks throughout the day. Anything that makes you breathe harder and your heart beat faster is a good activity. Plan active family time like going to the park or to a friend's house. Be active with a friend.
2 HOURS OF SCREEN TIME	Less time spent watching TV, playing video games or texting means more time being active. Kids should have less than two hours a day.	<ul style="list-style-type: none"> Start by cutting out 15 minutes a day each week to get down to less than 2 hours. Come up with fun activities to do as a family instead of screen time. Start at family game nights or go to a nearby park or playground. Make screen time a reward, not a daily routine.
3 SERVINGS OF MILK OR YOGURT	Drinking milk helps make bones and teeth strong. Some low-fat or nonfat milk or yogurt to have with meals. Include three servings each day.	<ul style="list-style-type: none"> Serve milk to drink at each meal. Keep milk for lunch. Kids who move easily to drink. Use flavored fruit flavored yogurt as dip for fruit. Make your own smoothies by blending your favorite frozen fruit with yogurt and nonfat milk. Layer fruit and yogurt in a tall glass to make your own parfait! Top with a sprinkle of whole grain cereal.
4 GLASSES OF WATER	Water is best to keep your body running well and for when you are thirsty. Drink at least four glasses of water a day.	<ul style="list-style-type: none"> Serve water between meals instead of sugary drinks. Fill reusable water bottles to bring in the car or on the go. Drink a cup when you brush your teeth in the morning. Keep a pitcher of water in the fridge. Put in a splash of orange, lemon or lime to add flavor.
5 SERVINGS OF VEGETABLES	Fresh, frozen or canned fruits and vegetables are full of important vitamins, minerals, water and fiber that help keep your body healthy! Be sure to include five or more servings each day.	<ul style="list-style-type: none"> Keep fruits and vegetables in sight in the refrigerator or on the counter. Plan your meals to include fruits and vegetables. Use them to fix fast your pasta. Wash and cut fruits and vegetables ahead of time for a quick snack. Keep canned, frozen, and dried fruit on hand.

FIT-TASTIC FEEDBACK FORM: CHECK IT OUT!

- Physical activity:** On a typical day, how many minutes do you (does your child) spend in active play/exercise (breathing harder or sweating)?
 - Less than 15 min
 - 15 min
 - 30 min
 - 45 min
 - 60 min (1 hour)
 - 90 min (1 1/2 hours) or more
 - None
 - N/A
- Screen time:** On a typical day, how many hours are you (is your child) in front of a screen (TV, computer, video game, cell phone)?
 - 1 hour or less
 - 1.5 hours
 - 2 hours
 - 2.5 hours
 - 3 hours
 - 3.5 hours
 - 4 hours
 - 4.5 hours
 - 5 or more hours
 - None
 - N/A
- Milk and yogurt:** On a typical day, how many times do you (does your child) drink milk (check one)?
 - Once/day or less (1 cup or less)
 - Twice/day (2 cups)
 - Three times/day (3 cups)
 - None
 - N/A

A. What type of milk does your child drink? (check all that apply)

 - Skim milk
 - Low fat (1%)
 - Reduced fat (2%)
 - Whole
 - Goat's milk
 - Rice or almond milk
 - Soy milk
 - Other: _____
- Water and beverages:** On a typical day, how many times do you (does your child) drink plain water (check one)?
 - Once/day or less (1 cup or less)
 - Twice/day (2 cups)
 - Three times/day (3 cups)
 - None
 - N/A

A. What other beverages do you (does your child) drink in a typical day? Check all that apply:

 - Juice (100%)
 - Soda, bubble or sports drink (such as Kool-Aid™, Capri Sun™, Sunny Delight™, Gatorade™, PowerAid™, sweetened tea)
 - Diet pop/soda or unsweetened coffee/tea
 - Other: _____

B. On a typical day, how many times do you (does your child) drink sodas, bubble or sports drinks (check one)?

 - Once/day or less (1 cup or less)
 - Twice/day (2 cups)
 - Three times/day (3 cups)
 - Many times/day (4 cups or more)
 - None
 - N/A
- Fruits and vegetables:** On a typical day, how many times do you (does your child) usually eat fruits or vegetables?
 - 1 or less
 - 2
 - 3
 - 4
 - 5 or more
 - None
 - N/A

CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!
Learn more at www.12345Fit-Tastic.org

MY GOAL: _____

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EDUCATIONAL HANDOUTS

These 5 handouts provide educational content on each individual message to help families and individuals with behavior change. Each handout offers benefits, tip and facts about the specific Fit-Tastic habit. Each handout offers a place to write down the SMART goals that are made. These are great for participant focused education goal setting and follow up and are available in English and Spanish.

1 HOUR OF PHYSICAL ACTIVITY

BENEFITS OF BEING ACTIVE:

- Keeps your heart and lungs healthy
- Keeps your muscles strong
- Keeps your bones strong
- Keeps your energy up
- Keeps your weight healthy
- Keeps your mood good

DAILY WAYS TO INCREASE ACTIVITY:

- Stand instead of sitting when on the phone
- Take the stairs or walk up the elevator
- Walk your dog or in a neighborhood
- Walk with a friend
- Walk to school or from school
- Use a pedometer to track your steps
- Plan your day to get in more steps

BE MORE ACTIVE: INDOOR ACTIVITIES

- Family board games
- Family dance parties
- Family yoga
- Family obstacle course
- Family scavenger hunt
- Family board games
- Family board games
- Family board games
- Family board games

OUTDOOR ACTIVITIES

- Go to a nearby park or playground
- Take a walk around the house
- Play mini-golf, pool, or board games
- Play board games
- Play board games
- Play board games
- Play board games
- Play board games
- Play board games

Learn more at www.12345Fit-Tastic.org

MY GOAL: _____

WHAT THREE ACTIVITIES WILL YOU DO?

1. _____

2. _____

3. _____

TIPS & FACTS

- Be active 60 minutes every day (15-30 minutes each day to be active)
- Be active in small chunks
- Be active in small chunks
- Be active in small chunks
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MY GOAL: _____

3 SERVINGS OF MILK OR YOGURT

BENEFITS OF MILK & YOGURT:

- Keeps your bones strong
- Keeps your muscles strong
- Keeps your energy up
- Keeps your weight healthy
- Keeps your mood good

DRINK MILK: Drink 2-3 servings of 1% or skim milk a day (1 cup = 8 oz = 1 carton or 32 oz)

EAT YOGURT:

- Yogurt can be used as an ice cream or on top of your cereal
- Yogurt can be used as a dip for fruit
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HOW MUCH DO I NEED?

Age	1%	Skim	1% or Skim
2-3	200mg	200mg	200mg
4-8	300mg	300mg	300mg
9-18	400mg	400mg	400mg
19-30	500mg	500mg	500mg
31-50	600mg	600mg	600mg
51-70	700mg	700mg	700mg
71+	800mg	800mg	800mg

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MY GOAL: _____

WHAT'S IN YOUR CUP?

Milk	Skim	1%	2%	Whole	Chocolate	Flavored	Key milk
Calories	80	100	120	160	140	240	100
Fat	0g	2.5g	5g	8g	8g	8g	4g
Protein	8g	8g	8g	8g	8g	8g	8g
Sugar	12g	12g	12g	12g	12g	12g	12g
Calcium	300mg	300mg	300mg	300mg	300mg	300mg	300mg
Phosphorus	125mg	125mg	125mg	125mg	125mg	125mg	125mg

DON'T LIKE MILK OR IT HURTS YOUR STOMACH?

- Some people have trouble digesting lactose. This is the natural sugar found in milk and dairy products. If you have trouble with this, try these tips:
- Try to eat smaller portions. Start with a small 1/2 cup of milk at first.
- Try to eat 1 serving a day of other high calcium foods. These include: yogurt, cheese, tofu, almonds, sesame seeds, and soybeans.
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- Other good sources of calcium are green leafy vegetables like kale, broccoli and Chinese cabbage, and nut products like almonds and cashews.
- Take your doctor or a dietitian for a calcium and vitamin D supplement recommendation. It's important to take these supplements too.

TIPS & FACTS

- Choose brands that include yogurt like parfaits on a day for fruit
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ADDITIONAL ACTIVITIES

Additional activities such as coloring pages, activity book and a Fit-tastic! tracker are available to add entertainment in reinforcing healthy habits!



SPECIALTY ITEMS FOR CHECK OUT

Make your next event a Fit-tastic! event and share the message by borrowing the 6 Fit-tastic! 10 foot feathered flags and/ or the 8 foot retractable banner with the message card on it. Get everyone's attention and promote healthy habits!

