



# FitTown<sup>TM</sup> HEALTHY LIVING

COMMUNITY  
RESOURCE  
GUIDE FOR

TEENS



 healthcorps<sup>®</sup>



EmblemHealth<sup>®</sup>



# HEALTHY CHOICES MATTER



The choices you make **NOW** can affect your health 20 or more years down the line. But with all the information out there, it can be hard to know which eating and exercise options are best for you.

We want to help. This booklet offers tips, tools and information to help you pick up — and stick with — great nutrition and physical activity habits. You'll learn about:

- Food choices and portions
- Staying active regularly with fun forms of exercise
- Getting enough sleep
- Coping with stress

**Now's the Time to Act!** Too little exercise and poor nutrition can cause health problems now and later in life. Unhealthy lifestyle choices such as these can even lead to diabetes, heart disease, arthritis, stroke or cancer. While you're young, you may not think too much about these chronic diseases. But the healthy decisions you make today can keep you free of serious illness over the long run. Take action now to stay healthy well into the future.

**About This Brochure** This nutrition and exercise brochure was prepared for the high school and senior center partnership organized by HealthCorps and EmblemHealth. Through this partnership, students and seniors forge friendships and build an intergenerational bridge to community health and wellness. This program represents a model for transforming lives and building FitTowns in your Brooklyn community and beyond.

Make healthy eating and fitness part of your life, every day.



I choose healthy foods and avoid overeating.



I exercise every day.



I don't smoke.



I get a full night's sleep.



I keep myself safe.





# EAT HEALTHY & STAY ACTIVE

## YOU HAVE THE POWER

to make healthy food choices. At school, at home and out with friends or family, go for nutrition!

- Try new veggies and go for color — red peppers, carrots, squash and avocado.
- Be daring — experiment with new foods.
- When baking, use applesauce or pureed fruit in place of sugar.
- Eating out is fine, but aim for healthier meal choices such as:
  - Baked or grilled foods instead of fried
  - Tomato sauce in place of rich, creamy sauces
  - Salad instead of french fries as a side dish
  - Seasonal fruit instead of cake or ice cream for dessert

Making healthy choices is all about balance.

## Take It to Go!

Restaurant portions are often large, so why not save half for later? Ask your server for a take-home container before you start eating. Or choose appetizers, which come in smaller portions.





## Shake the Sugar

Some sports and energy drinks are packed with calories. Many are high in sugar, contain caffeine and are low in nutrition. Skip these and other sugary drinks like soda and fruit juice, and drink water and low-fat milk instead. You'll be better hydrated.

## Get to Know Your Food

Make a habit of reading food labels. Polysac-of-what? If you can't pronounce the ingredients and they're stacked in a long list, chances are the food is highly processed and unhealthy. Aim for simple whole foods, and prepare meals and snacks at home with ingredients you recognize.



Bypass the sugary drinks in your neighborhood bodega. Reach for fat-free or 1 percent milk instead.



Aim for 5 servings of fruits and vegetables every day.



Drink plenty of water every day. It helps remove toxins from your body and leaves skin smoother.



Instead of juice, eat the whole-fruit version.



Coffee and tea specialty drinks are often loaded with caffeine and sugar. Check the calorie count before ordering.

## MAKE FITNESS PART OF YOUR DAY



Stay active — it's a great way to cope with worries and stress.



Try to exercise an hour each day (but even a little exercise can make a big difference).



It's OK to ask for help. Your gym teacher or a trainer at your local Y can help you get started with a fitness routine or keep at it.



# 10

THINGS YOU CAN DO TO GET — & STAY —

# HEALTHY 4 LIFE!



- 1: Move every day.** Try to get 1 hour of exercise on most days of the week, even if you have to break up the hour or try different activities.
- 2: Limit “empty” calories.** Switch from sugary drinks to water.
- 3: Go for color.** Vary your diet and eat lots of fruits and vegetables.
- 4: Shut-eye matters.** Get enough sleep, every night. That’s about 9 hours.
- 5: Chill.** Find positive ways to manage stress.



- 6:** **Pass on take-out food — eat in.** Make eating out a treat. Limit it to once a week or less.
- 7:** **Know what you eat.** Read food labels, and check nutrition information on menus.
- 8:** **Discover the fun of cooking.** Prepare meals at home and share dinnertime with your family.
- 9:** **Keep it REAL.** Limit processed foods with long lists of ingredients. Aim for whole foods.
- 10:** **Worried about your weight or health?** Talk to your health care provider. Help is there, just ask.

## Find Ways to **MANAGE STRESS**

**Stress is a part of life.** School, friends, family and even changes in your body can leave you feeling anxious, down and “stressed out.”

While you may not be able to *remove* stress from your life, you can control how you react to and manage stress.

Eating right and exercising helps. Also try these coping methods:

- Find someone to talk to about what’s happening in your life — a teacher, school counselor or trusted friend.
- Limit caffeine — it can make you feel more anxious.
- Avoid drugs, alcohol and tobacco.
- Take a break. Try out a relaxing activity, such as listening to music, dancing, taking a walk or spending time with friends.
- Stop for a few moments and BREATHE. Simply closing your eyes and taking a few deep breaths can help you feel centered and calm.
- Build positive support networks at school and at home.





## NATIONAL

Action for Healthy Kids  
[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org) and  
<http://stopdiabetes.diabetes.org>

American Heart Association  
[www.americanheart.org](http://www.americanheart.org)

Let's Move — White House Obesity Initiative  
[www.letsmove.gov](http://www.letsmove.gov)

President's Council on Fitness, Sports & Nutrition  
[www.fitness.gov](http://www.fitness.gov)

Shape Up America!  
[www.shapeup.org](http://www.shapeup.org)

## NEW YORK STATE

New York Coalition for Healthy School Food  
[www.healthylunches.org](http://www.healthylunches.org)

New York State Department of Health  
[www.health.state.ny.us](http://www.health.state.ny.us)

New York State Healthy Eating and  
Physical Activity Alliance  
[www.NYSHEPA.org](http://www.NYSHEPA.org)







# COMMUNITY RESOURCES

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## CITYWIDE

New York City Department of Health and Mental Hygiene  
[www.nyc.gov/health](http://www.nyc.gov/health)

CALL 311 or search [www.nyc.gov](http://www.nyc.gov) for information on the following healthy eating and fitness programs:

- Eat Well Play Hard
- Healthy Bodegas Initiative
- Health Bucks
- Move-to-Improve
- Pouring on the Pounds
- Shape Up

New York City Department of Parks & Recreation  
[www.nyc.gov/parks](http://www.nyc.gov/parks)

BeFitNYC  
[www.nycgovparks.org/befitnyc/](http://www.nycgovparks.org/befitnyc/)

City Harvest  
[www.cityharvest.org](http://www.cityharvest.org)

New York State Farmers' Markets  
[www.agmkt.state.ny.us/AP/CommunityFarmersMarkets.asp](http://www.agmkt.state.ny.us/AP/CommunityFarmersMarkets.asp)

Grow NYC  
[www.grownyc.org/greenmarket](http://www.grownyc.org/greenmarket)



# BROOKLYN RESOURCES

## HEALTH & NUTRITION

Brooklyn Food Coalition

<http://brooklynfoodcoalition.ning.com/>

Cornell University Cooperative Extension

<http://nyc.cce.cornell.edu>

Brooklyn program: 1-718-363-1016

Greater Brooklyn Health Coalition

<http://brooklynhealth.org/>

Just Food, Community-Supported Agriculture (CSA)  
in NYC [www.justfood.org/csaloc/brooklyn](http://www.justfood.org/csaloc/brooklyn)

Live Light Live Right Program

Offered by Brookdale University Hospital  
and Medical Center

[www.livelighttobesity.org](http://www.livelighttobesity.org)



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## FITNESS

YMCA of Greater New York  
<http://ymcanyc.org/>  
Search for a branch near you.

New York City Housing Authority Community Centers  
[www.nyc.gov/html/nycha/html/community/community.shtml](http://www.nyc.gov/html/nycha/html/community/community.shtml)  
Search for a community center in your neighborhood.

Police Athletic League NYC  
[www.palnyc.org](http://www.palnyc.org)

## PREFERRED HEALTH PARTNERS: BROOKLYN MEDICAL GROUPS

**Hospital affiliations:** Long Island College Hospital, Brooklyn Hospital,  
Methodist Hospital, Maimonides Hospital, SUNY

### Brooklyn offices:

Empire Medical Office  
546-548 Eastern Parkway  
Brooklyn, NY 11225  
1-718-604-4800

Brooklyn Heights Medical Office  
200 Montague Street  
Brooklyn, NY 11201  
1-718-422-8000

Coney Island Medical Office  
1230 Neptune Avenue  
Brooklyn, NY 11224  
1-718-615-3200

Bay Ridge Medical Office  
740 64th Street  
Brooklyn, NY 11220  
1-718-439-2000

Downtown Medical Office  
447 Atlantic Avenue  
Brooklyn, NY 11217  
1-718-858-6300

Bedford Williamsburg Medical Office  
233 Nostrand Avenue  
Brooklyn, NY 11205  
1-718-826-5900

Lindenwood Medical Office  
2832 Linden Boulevard  
Brooklyn, NY 11208  
1-718-240-2000

Flatbush Medical Office  
1000 Church Avenue  
Brooklyn, NY 11218  
1-718-826-4000

Kings Highway Medical Office  
3245 Nostrand Avenue  
Brooklyn, NY 11229  
1-718-615-3777





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# 5+2+1+0

## NUMBERS WE CAN ALL LIVE BY

**5:** Eat at least 5 servings of fresh fruits and vegetables each day.

**2:** Limit time spent on the computer, watching television or playing video games to less than 2 hours a day.

**1:** Exercise for at least 1 hour each day. Find an activity you enjoy.

**0:** Avoid empty calories by drinking plenty of water every day. Choose low-fat milk and avoid excessive use of sugary drinks.

Use the 5+2+1+0 checklist every day to improve your healthy lifestyle choices. The American Academy of Pediatrics recommends these guidelines for American youth so they may avoid health problems that typically affect adults, including asthma, diabetes and heart disease.



**EmblemHealth®**

EmblemHealth, Inc., through its companies Group Health Incorporated (GHI) and HIP Health Plan of New York (HIP), provides affordable, quality health care coverage and administrative services to approximately 2.9 million people. Groups and individuals can choose from a variety of PPO, EPO and HMO programs, as well as prescription drug, dental and vision plans. Plans offer a choice of networks, including access to over 103,000 quality doctors and other health care professionals and 325 hospitals across the tristate region. For more information, please visit [www.emblemhealth.com](http://www.emblemhealth.com).



**healthcorps®**

HealthCorps' core mission is to fight child obesity by empowering teens and their families to become health agents of change in their community. Our chief goal is to help the country reach the tipping point towards wellness. As part of the organization's mandate, the school program extends to the community through health festivals and liaisons with local health resources and non-profits that share HealthCorps' goals. HealthCorps is focused on three priorities: educating the student body; achieving community outreach through "Fit Town™" — an initiative to connect and empower citizens and organizations to bring about awareness and affect change through local projects and initiatives; and advocating for policy shifts across all levels of government that put health and physical education back into the core curriculum of the American education system.

The HealthCorps Board of Directors includes such leading medical practitioners as Dr. Dean Ornish, Dr. David Katz (Yale), Dr. Michael Roizen (Cleveland Clinic), Dr. Brian Wansink (Cornell), Dr. John Ratey (Harvard), Dr. Laura Berman and many other renowned health experts. For more information, please visit [www.healthcorps.org](http://www.healthcorps.org).

