“Weigh to Go”
An Educational Coloring & Activity Book
for ages 9 to 12
The National Association for Sports and Physical Education recommends that school age children get 60 minutes or more of physical exercise every day.
Ways to Exercise

BASEBALL  BASKETBALL  BIKING
DANCING  HOPSCOTCH  JUMP
ROPE
KICKBALL
SKIPPING
SWIMMING
RUNNING
SOCCER
ROLLER BLADING
JUMP
HOPSCOTCH
BASEBALL
Playing basketball for 10 minutes burns 77 to 106 calories.
Safety is important even during exercising and playful activities.

Wear a helmet with protective elbow and knee pads when rollerblading and biking.

Wear the right kind of shoes for your activity.
Healthy Foods

B B S C Z B B H S S P H
A I H
O O N A Z E W E Z O C
P Q I
K R O N A A S L I R T I
P O M
N S A C L C B G R I A N
L T D
U N N T C A K N R C T I
E M T
A T H I T O E S E E O P
S K Q
M Y R E S K L I B B E S
Z P N
R I G U C I T I W H S I
F D U
W E L I G B A L A N C E
D A I
V I H K T O B R R I G A
T E N

APPLES
BREAD
CHICKEN
FISH
GRAPES
HEALTHY
PASTA
RICE

BALANCED
BROCCOLI
CORN
FRUITS

MILK
POTATOES
SNACKS

BANANA
CARROTS
EGGS

NUTS
RAISINS
Crossword Puzzle

Fill in the crossword puzzle by using the clues below.

Across
3. builds strength and flexibility if done 2 to 3 times a week
5. do this activity daily
7. exercise and eat together
8. you should get at least 10 hours of this every day
9. a liquid you should drink plenty of
10. a vegetable that grows underground

Down
1. a fruit that monkeys enjoy
2. a recreational activity that uses a ball and hoop
4. you should eat 2 1/2 cups of these every day
6. a food that should be limited
7. you should eat 1 1/2 cups of these every day
Red and green peppers
Carrots
Corn
Broccoli
Peas
Potato
Grapes
Oranges
Pineapple
Strawberries
Watermelon
Cherries
Watermelon
Pears
Bananas
Apple
Unscramble the Words

1. selablba

_______

_______

2. sihcapyl vciatiseit

______________

3. yidla

__________

4. asftye

______________

ANSWERS: 1. baseball 2. physical activity 3. daily 4. safety 5. basketball 6. running 7. exercise
Riding a bicycle for 10 minutes burns 36 to 49 calories. Ride your bike for at least 20 minutes, 3 to 5 times a week.
It’s never too late to join group physical activities.
Swimming the back stroke burns 95 to 130 calories.

Swimming the breast stroke burns 91 to 125 calories.

Freestyle swimming burns 87 to 130 calories.

Even treading water will burn between 35 to 48 calories.
Activity Guidelines

Everyday
- Play outside
- Walk to the store
- Chores around the house

3 to 5 times a week (at least 20 minutes)
- Biking
- Swimming
- Kickball
- Running
- Basketball
- Relay races

2 to 3 times a week
- Dancing
- Climbing
- Swinging

Cut down on
- Watching television
- Video/computer games
- Sitting more than 30 minutes at a time
Match the letters to the numbers and write a secret message!

1 = a
2 = b
3 = c
4 = d
5 = e
6 = f
7 = g
8 = h
9 = i
10 = j
11 = k
12 = l
13 = m
14 = n
15 = o
16 = p
17 = q
18 = r
19 = s
20 = t
21 = u
22 = v
23 = w
24 = x
25 = y
26 = z
Raking leaves and doing other chores around the house are ways to exercise too!
For good health, brush your teeth 3 times every day.
Children between the ages of 9 to 12 should get at least 10 hours of sleep every night. The right amount of nutrition, exercise and sleep is important for healthy growth.
**Good food or Bad food?**

Red = limit the foods you eat like candy, pizza, candy bars, French fries, soft drinks, cookies, foods with a lot of salt and/or sugar.

Yellow = eat small amounts of foods like hamburgers, spaghetti, macaroni and cheese, fruit juices.

Green = follow the food pyramid when eating foods like apples, bananas, fish, chicken, milk, salad, nuts, carrots, potatoes, water.

Match the picture to the red, yellow or green circle by using what you learned above.
MESSAGE TO THE PARENT

The “Weigh to Go” coloring and activity book was created to educate you and your child. We encourage you to talk to your child about each topic while helping with activities in this book. Below are some suggestions on how you may help keep your child from being at risk in becoming overweight.

Eat together and play together

✓ Take frequent walks or bike rides with your child.
✓ Do not force your child to eat everything on their plate.
✓ Take a trip to the local park to play with your child.
✓ Eat meals together as a family at the kitchen table with the television turned off.
✓ When eating at fast food restaurants encourage your child to order small portions and healthier choices.
✓ Encourage your child to drink cold water, 100% fruit juice (limited to up to 6 ounces a day) or 1% nonfat milk instead of soft drinks.
✓ Insist your child to become active in physical activity instead of watching television, playing computer games or video games.

Physical Activity

Always remember as a parent YOU are a role model and being a good role model for your child is the easiest way to help them become more active. Keep several different games available so your child will have a choice of things to do. It doesn’t have to cost a lot to provide your child with balls, hula-hoops and jump ropes. Make family exercise outings part of your family routine. Anything goes as long as everyone can take part.
**Nutrition**  
*Good nutrition is important for good health. The best thing you can do to start your child off on the right foot is to eat right yourself. If you are asking your child to eat vegetables and fish, make sure your child doesn’t see you eating potato chips or candy. Your actions speak louder than words, so make sure you practice what you want to teach your child.*

What makes a serving?  
- 1 or 2 small cooked broccoli spears  
- 5 to 7 cooked baby carrots  
- 1/3 to 1/2 cup of melon  
- 5 to 7 strawberries  
- 1/3 to 1/2 cup of brown rice or mashed potatoes  
- 1/4 cup meats such as turkey  
- 1 or 2 chicken drumsticks

**MyPyramid**  
*On the next page is a food pyramid for children. Please read and learn the foods your child should be eating and the amount they should eat. Teach this to your child! For more information go to www.mypyramid.gov.*

**Daily Food and Activity Journal**  
*On the back of the food pyramid is a daily food and activity journal. Make copies or make your own chart to help your child track what they are eating, how they are exercising and how they are feeling. This journal will help them eat healthy and be physically active.*

**Remember...families that play together, stay fit together!**
MyPyramid
Eat Right. Exercise. Have Fun.
MyPyramid.gov

Grains
Make half your grains whole
- Start smart with breakfast. Look for whole-grain cereals.
- Just because bread is brown doesn’t mean it’s whole-grain. Search the ingredients list to make sure the first word is “whole” like “whole wheat”.

Vegetables
Vary your veggies
- Color your plate with all kinds of great-tasting veggies. What’s green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

Fruits
Focus on fruits
- Fruits are nature’s treats – sweet and delicious. Go easy on juice and make sure it’s 100%.

Milk
Get your calcium-rich foods
- Move to the milk group to get your calcium. Calcium builds strong bones.
- Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.

Meat & Beans
Go lean with protein
- Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.
- It’s nutty, but true: Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,500-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov

- Eat 6 oz. every day: at least half should be whole
- Eat 2 1/2 cups every day
- Eat 1 1/2 cups every day
- Get 3 cups every day: for kids ages 2 to 4, it’s 2 cups
- Eat 5 oz. every day

Oils
Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun
- Move more: Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

Fats and sugars — know your limits
- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.
# Daily Food and Activity Journal

<table>
<thead>
<tr>
<th>Date and Time</th>
<th>Food &amp; Drink (type &amp; amount)</th>
<th>Physical Symptoms, Thoughts, &amp; Feelings</th>
<th>Am I Hungry?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healthy Snack</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healthy Snack</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What Did I Do to be Active Today? (Include time)

Food for Thought (Note challenges, reminders, questions)

What Did I Do for Myself Today?

What Do I See as My Goal Tomorrow?
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This information is for educational purposes, it is not intended to replace medical advice from your healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.