

Inspiration for a healthier rhythm

Quotes by previous Olympians:

1. "Failure I can live with. Not trying is what I can't handle"
-Sanya Richards-Ross
2. "Don't put a limit on anything. The more you dream, the further you get."
-Michael Phelps

*Olympians work hard each day. Nutritionally, they don't start on "Monday" or "Next week." Olympians start now. What are you waiting for?
Be an Olympian!*

References:

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3. Pi-Sunyer FX, Becker DM, Bouchard C, Et al. Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults. *The Evidence Report of the National Institutes of Health*. 1998.
4. Foster Emma, Hawkins Adrian, Barton Karen L, Stamp Elaine, Matthews JNS, Adamson Ashley J. Development of food photographs for use with children aged 18 months to 16 years: comparison against weighed food diaries—the young person's food atlas (UK). *PLOS ONE*. 2017; 12(2):1-18.



What is Your Healthy Rhythm?

Positively develop a healthier you!





What does your healthy rhythm look like?

What does your daily healthy routine look like? What is healthy? How do you know what's healthy?

Gaining an understanding of what is healthy is extremely important! **If you need to lose weight, you are not alone.** It is important to learn how to shed pounds, so they do not stay with you when you become an adult.¹

There are three components to living a healthy rhythm: eat nutrient rich food, be active and exercise, and decrease the amount of screen time you watch.²

Today, high calorie food is broadcasted and advertised everywhere throughout our day.³ Almost to the point where we cannot avoid it! This is critical to recognize because it preys on our minds, so we are constantly thinking about food! So, we must fight it and uncover which foods are nutrient rich!

There are several tips and techniques that can help you get into a healthy rhythm, like keeping a food diary.

Teens 11 years old and up had a positive response to journaling their food.⁴

Take control over your daily life and discover

“NOTHING TASTES AS GOOD AS
HEALTHY FEELS”
-Anonymous

Learning is FUN

-Each week, pick a random nutrient and learn why it is important for your body!

-Then! Learn what foods has that specific nutrient in it and add it to your diet!

-Find an article once a week about food, exercise, or how to stay healthy!

Be a Recipe Creator

-Make healthy food taste better!

1. Steamed Broccoli

-Add a tablespoon of shredded cheddar cheese on top

2. Healthy Fruit Smoothie

-Add a handful of spinach for vitamin A, vitamin K, folate, and potassium

Make mini small changes:

1. Drink more water
2. Take a 15 min walk, bike ride, or rollerblade every day
3. Try one new food every week
4. Reject fried food—you deserve better!
5. Eat fruits and nuts for a healthy snack
6. Help mom or dad create healthy grocery lists
7. Keep a food diary
8. Help mom or dad meal plan
9. Sleep at least 8-9 hours at night
10. Turn off technology and decrease screen time

