



FIT FOR LIFE... eat smart and exercise

A half hour special from *IN THE MIX*, the award-winning weekly PBS teen series and **MetLife Foundation**



MetLife Foundation

There's no question that many teens are overweight and don't get enough exercise. In fact, an estimated 15% are considered obese, with the numbers growing. Even those who are normal weight often eat poorly during these critical growth years. In this program, four diverse teen reporters point out the current and future dangers of an unhealthy lifestyle, such as low energy, difficulty concentrating, heart disease, cancer, osteoporosis and diabetes. To help viewers make smart choices, they give easy to use information about reading labels to check for fat and sugar; ways to exercise at home, eat well at fast food restaurants, change family habits; and much more. They also visit a school that makes nutrition and fitness part of the curriculum; and a Boys & Girls Club where middle school teens learn nutrition basics and fun activities. Through humor, surprising facts and compelling personal stories, teens and parents see how they can also have more energy, improved nutrition and self-esteem through a healthy lifestyle. This important program was underwritten by MetLife Foundation.

DID YOU KNOW?

- 15% of American children and adolescents are overweight, more than double the percentage from the early 1970s.
- A person can survive a month without food, but only 3-5 days without water.
- 95% of food commercials on TV are for products high in fat, sugar and salt.
- A typical "combo meal" of a large cheeseburger, large fries and medium soda can contain all the calories you need for an entire day.

HOW TO USE THIS PROGRAM

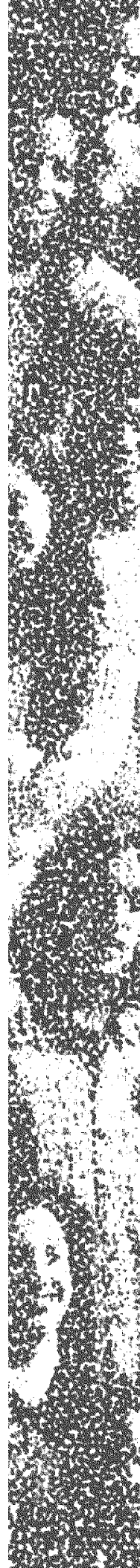
Independent research on previous *In the Mix* specials have shown that these programs engage the interest of teenagers, deliver information, catalyze discussion on critical issues, as well as promote analytical thinking and a greater sense of self-efficacy among teens. The aim is to encourage thought and allow teens to generate their own creative solutions.

In this guide, we have outlined specific questions based on the program's content, along with answers. These questions can be used to open up more analytical discussion on related concepts. Also included are in-class activities and longer-term projects. We suggest showing the entire program to the group and then running individual segments followed by discussion.

In the Mix AWARDS

- CINE Golden Eagle Awards for: *Media Literacy: Get The News?*; *9-11: Looking Back... Moving Forward*; *Financial Literacy: On the Money*; *Living With...Illness*; *Student Power: Organizing for School Reform*
- Young Adult Library Services Association's "Selected DVD/Videos List" for: *Living With...Illness*; *Student Power: Organizing for School Reform*; *Arts Education: A+*; *ECSTASY*; *Live by the Gun, Die by the Gun*; *School Violence: Answers From the Inside*; *9-11: Looking Back...Moving Forward*
- National Mental Health Association Media Awards for: *Depression: On the Edge*; *In the Mix website*
- National Emmy for Community Service Programming

Please visit www.inthemix.org for full descriptions, video clips, transcripts, resources and more about this and other *In the Mix* programs.



SECTION 1

UNDERSTANDING NUTRITION LABELS

Six teens head to a typical convenience store to buy a variety of drinks, including juice, soda, milk, and water. Back at school, they take a closer look at the nutrition labels and try to figure out which drinks are smart, healthy choices and which ones are better left on the shelf.

1. What surprises the hosts about their drink choices?
The fruit juice drink contains only 10% real juice and has 36 grams of sugar; the chocolate milk contains 10 grams of fat, 400 calories, and 56 grams of sugar; the nutritional information is based on 1 serving, which is only half a bottle
2. The nutrition label on a packaged food product contains a listing for Serving Size, which is located at the very top of the label. What does this number mean?
The Serving Size is a measure of the exact amount of the food or drink used to determine all the other numbers on the label. For example, if the Serving Size is one cup, and the product contains 280 calories, this means that there are 280 calories in EACH CUP of the product
3. Under the Serving Size listing is another number that lists Servings Per Container. What does this number mean, and how does it affect all the other information on the label?
It shows how many servings, as measured by the Serving Size on the label, are inside this package. Find out the facts about the entire package by multiplying each amount by the number of servings. For example: if a 5oz bag of chips contains 20 grams of total fat per serving, but there are 5 servings per bag, eating the whole bag will give you 100 grams of total fat.

Related Activities:

- The nutrients in foods are listed in grams. Since 4 grams equals 1 teaspoon of sugar or solid fat, simply divide the grams on the label by 4. Gather some popular foods and drinks and use a measuring spoon to find out how much sugar or fat is in a serving, or a whole container, of each product. Use granulated sugar to represent sugar, and margarine to represent fat. Note: (5 g of fat=1 tsp of oil.)
4. Individual nutrients on the nutrition facts label are listed in two ways. The first number is the real amount, in grams, of the nutrient, as in: "Saturated Fat: 5 grams." The second number is the % Daily Value of the nutrient, as in Saturated Fat 25%. What exactly does % Daily Value mean?
This is a percentage of how much the body should get each day of a particular nutrient, based on an "average" 2,000 calorie diet. In this case, 5 grams of saturated fat is equal to one quarter of all the saturated fat an average person should get during the day. So, 4 servings of this food would equal the entire recommended daily amount of saturated fat, indicating this product is very high in saturated fat and is not a healthy choice.
 5. The teens also explore the List of Ingredients on the labels. What simple information does it give you?
Chanel explains that ingredients are listed in a decreasing order of amount in the product. The higher an ingredient is on the list, the more of that ingredient is in the product. If sugar is the number 2 or 3 ingredient listed, the product probably contains a lot of sugar. If sugar is listed towards the bottom of a long list of ingredients, the product is likely low in sugar

Further Discussion:

- In the segment, Erez says: "In the store, you have to spend more time looking at the labels." Do you read nutrition facts labels before you buy food products? Do your parents? Is the information on the labels important to your food choices, or something you've never considered? Are you more concerned about them now? If so, why?

- Have you ever been surprised to learn that a food or drink you thought was relatively good for you was actually a poor choice? What made you think it was a healthy choice? What made you change your mind? Did you stop buying the product?

Related Activities:

- Food manufacturers are sometimes accused of trying to make their products seem healthier by listing very small Serving Sizes on the nutrition labels. Explore this idea by examining the food labels of a variety of snack food products, cereals, etc. Use a measuring cup or food scale to measure out a single serving of each food or drink, as defined by the nutrition label. Is this a realistic serving, or would the average teen eat more servings of this product in a single sitting? What does using a small Serving Size do to all the other numbers on the label, like fat, salt, and sugar content? If a larger or more realistic Serving Size is used, what does this do to the numbers? Do you think that food companies should be required to increase their Serving Sizes to accurately reflect the amount usually eaten?

SECTION 2

WOODLANDS MIDDLE & HIGH SCHOOL

At the Woodlands school in Greenburgh, New York, students participate in a specially designed program to raise awareness about healthy lifestyles, make smart nutrition choices, and increase their physical activity. Students are encouraged to make improvements where necessary; and have access to gym equipment as part of their regular schedule.

1. Matt, the Health/PE teacher, assesses Dan's fitness. In what areas does he need improvement?
flexibility; body fat
2. How did Dan initially feel about fitness and nutrition, and what made him reverse this attitude?
He never took fitness seriously, but changed his mind when he started playing sports.

Further Discussion:

- Do you think athletes are the only people who should have healthy diets and exercise routines? How does healthy eating and physical activity benefit people who aren't interested in organized sports?
3. Why did Dan cut down on soda and drink more water?
Sugary sodas actually make you more thirsty instead of less; you experience an energy crash after the initial sugar rush of soda wears off; water works better to keep you hydrated and energized; you need about eight glasses of water or fluid a day; more if it's hot or you're exercising.
 4. How much sugar does Chanel demonstrate is in her can of non-diet soda?
52 grams or 13 teaspoons of sugar. (NOTE: To find the teaspoons of sugar in a soda or any product, divide the # of grams by 4)

Further Discussion:

- Matt says that taking care of your body is "the most important life skill of all." What do you think he means by this? How can ill health affect the other areas of life? What specific things do you think he's referring to when he says "taking care?"
5. After Matt completes Jennifer's nutritional assessment, how does he suggest she modify her diet?
increase her intake of protein and dietary fiber; decrease her intake of fats, saturated fats, sugars and sodium

6. What simple substitutions can she make to meet these and other healthy dietary goals?
whole wheat bagel instead of chocolate chip; mustard instead of mayo on sandwiches; low-fat, low-sodium ham; low-fat cheese; pretzels instead of corn chips; 2-3 glasses of orange juice a day instead of 5
7. Eating out, especially at fast food restaurants, can be a challenge. What are some smart choices you can make?
salads with low-fat dressing; lean meat, baked chicken without skin or remove the skin; avoid foods described as creamed, scalloped, breaded, sautéed or fried; instead choose foods that are steamed, grilled, baked or roasted; don't add extra salt

Related Activities:

- Visit a variety of fast food restaurants and ask for a pamphlet or list that provides nutrition information for their various menu options (information may also be available online at the restaurant's website). Analyze foods to determine which are relatively healthy, and which are poor nutritional choices. What are the differences between small and large portions?
 - Many people forget to consider sauces, dressings and condiments when determining whether a food is healthy or unhealthy. Examine the Nutrition Facts on labels on products like creamy salad dressing, butter, ketchup, and cheese sauces. How does adding these products affect foods like tossed salads, baked potatoes, steamed broccoli, etc.? Is the added flavor worth the downsides? How do the foods taste without these added condiments and sauces? What other flavorings might be smarter choices?
8. What is aerobic exercise and why is it good for you?
All aerobic exercise that makes you breathe hard (like jogging, cycling, swimming, dancing and basketball) increases your heart rate; strengthens the heart and circulatory system; and burns calories.
 9. How much physical exercise should you get per day? How do the hosts suggest fitting it in?
at least one hour of exercise, but it can be done 10-15 minutes at a time; fast walk; take stairs instead of elevators or escalators; play sports; dance, do push-ups and other exercise while watching TV (20 minutes of commercials in an hour program)

Related Activities:

- Have students brainstorm ways to work out by using common household items (like milk bottles) or their own body weight (like push-ups). Explore the neighborhood for inexpensive or free places to work out. What kinds of aerobic exercise can you do for free?

Further Discussion:

- If your school has a training room, is it open only to athletes? Do you think it should be open to everyone? Why would someone prefer this kind of exercise to a regular gym?

SECTION 3

ATLANTA

The Boys and Girls Clubs of Metro Atlanta serve 26,000 children and teens from disadvantaged circumstances annually. To promote general physical health and nutritional awareness, they have developed a fitness program designed to help children, as well as their parents, make smart diet and exercise choices

1. What do the children suggest are healthy foods?
asparagus, collard greens, oranges, apples, pizza, salad

2. What are some ways to reduce the amount of fat and calories in pizza?
choose healthy toppings like vegetables instead of meat or extra cheese; blot the extra oil from pizza

Further Discussion:

Can you think of any more easy food preparation tricks or tips that might be beneficial? How might removing ingredients, substituting ingredients, or making changes in how you prepare or dress food to help reduce the fat, calories, salt, sugar etc? Answers can be as simple as eating cereal with low-fat milk instead of whole milk, or adding fruit instead of extra sugar to the cereal.

3. Why is calcium important to the body, and what foods are good sources?

it builds strong bones and helps prevent osteoporosis or weak bones; builds healthy teeth and gums; calcium is highest in dairy foods like milk, cheese and yogurt (choose low-fat options); at least 3 servings

4. When you eat foods that are high in added sugars, how does it affect your energy levels in the short term and long term?
energy level jumps up rapidly, but usually drops (sugar rush and sugar crash); the crash is usually longer lasting and more profound than the rush
5. Finding sugar on a food ingredient list can be tricky. What are some of the other forms of sugar, and what is a good trick for remembering them?

fructose, sucrose, dextrose, lactose and maltose, which all rhyme with "gross"; honey, molasses, maple syrup and corn syrup are also sugar

6. According to ShaNay, the nutrition teacher, why do many "crash" diets fail?

Severely reducing your food intake can cause your body's metabolism to slow, so your body burns fewer calories and holds stored fat. Eating balanced, nutritious meals and snacks keeps your metabolism fired up so it burns fat efficiently

Further Discussion:

- What do the terms "balanced meal" and "balanced diet" make you think of? Can you think of situations where someone's eating or exercise activities would be out of balance? How could that person achieve a healthier, more balanced diet and exercise routine?

Related Activity:

- Most people do not eat enough fiber, which helps maintain digestive health and manage blood sugar and blood cholesterol levels. It may also help you to eat smaller portions without feeling hungry. To demonstrate fiber's filling effects, stir a powdered fiber supplement into a glass of water and watch as the fiber thickens—similar to the way it would in our stomachs. Explain that foods (fruits, vegetables, whole grains, beans and nuts), not supplements, are the best way to get fiber.

7. It is important to share nutritional information with parents and siblings. How does ShaNay suggest doing it?

Don't tell them what to do; instead, go shopping with them and suggest trying healthier food choices, like low-fat milk, cereal without sugar. Show them how to read the sugar and fat section of the Nutrition Facts on the label. One girl says she learned about checking the food cabinet to find out what's not healthy.

Further Discussion:

- Brainstorm ways students can improve their family's activity level and food choices, especially when eating out.

SECTION 4

FINDING THE FAT, FINAL TIPS

The hosts check the labels on their favorite snacks to understand the amounts and different kinds of fat. They give some final tips on making smart choices.

1. Saturated fat is a potentially harmful kind of fat that may lead to cancer and heart disease. What are some of foods that are high in saturated fat?
hot dogs, hamburgers, other types of fatty meats; butter, ice cream, cream cheese, cheese and other dairy foods with whole milk; coconut, palm, and palm kernel oil
2. Erez warns against Trans Fats, which can lead to weight gain and obesity. What types of foods can be high in Trans Fats?
foods made with hydrogenated or partially hydrogenated vegetable oils, including some margarines, crackers, cookies and chips

Related Activity:

- Have teens examine the Nutrition Facts on the labels of their favorite snack foods, looking for high levels of saturated fats, trans fat, sodium, and sugar. For every snack choice that seems unhealthy in some way, have teens list a potential substitution that has a healthier balance of nutrients. An example might be low-fat string cheese instead of high-fat cheddar cheese; veggie sticks with salsa, instead of tortilla chips; baked instead of fried chips
3. Why is it important to eat slowly and stop before you're feel full?
It can take up to a half hour for your brain to process the information that your stomach is full. If you eat quickly, you may eat well beyond your "full" point without knowing it.

Further Discussion

- Do you ever find yourself eating because you are simply bored? If you have these feelings, what are some things you might do instead of wandering to the fridge or the vending machine for a snack?
4. Often, foods that have a deeper color will be healthier choices than similar foods that are white or pale. What are some examples of this general guideline?
sweet potatoes instead of white potatoes; whole wheat instead of white bread; brown rice instead of white rice; deep orange, bright yellow vegetables and fruits, and dark green leafy vegetables are also good choices; eat an average of nine servings of fruits and vegetables a day.
 5. One key to avoid overeating is to be aware of the portion sizes of what you eat. What are some red flag words that indicate too large portions?
grande, extra large, king sized, supersized, biggie

Related Activity:

- Print out the What Size Is Your Serving poster at: www.fns.usda.gov/tn/Resources/Nibbles/servingsize_poster.pdf
- Discuss how the portion sizes described compare to what you normally consider to be realistic portions. Are you eating overly large portions of certain foods? Small portions of others? Add up the number of portions from each group that are found in some typical meals (e.g. a cheeseburger, fries and salad, or a sub sandwich, large cookie and glass of milk).
- Ask teens to guess how many servings are in a typical large bagel. They may be surprised by the answer, since many bagels are 4 or 5 ounces, which means each bagel counts as 4 or 5 servings.

RESOURCES

In the Mix: Fit For Life

www.pbs.org/inthemix/fitforlife_index.html

It's My Life: Food Smarts

www.pbskids.org/itsmylife/body/foodsmarts

It's My Life: Solo Sports

www.pbskids.org/itsmylife/body/solosports

Government nutrition information

www.nutrition.gov

VERB www.verbnow.com

The President's Council on Physical Fitness

www.fitness.gov

CDC: Body Mass Index

www.cdc.gov/nccdphp/dnpa/bmi/index

What Size is Your Serving? Poster

www.fns.usda.gov/tn/Resources/Nibbles/servingsize_poster.pdf

Dietary Guidelines for Americans 2005 from Healthier US.gov

www.healthierus.gov/dietaryguidelines

Healthy Children Healthy Futures:

www.healthychildrenhealthyfutures.org

A Parent's Guide to Healthy Eating and Physical Activity:

www.smallstep.gov

USDA's New Food Pyramid; calorie calculator

www.mypyramid.gov

American School Counselor Association

www.schoolcounselor.org



PLEASE NOTE:

The Information Sheet on the last two pages can be copied and handed out to teens.

How To Reach *In the Mix*:

FIT FOR LIFE: EAT SMART & EXERCISE carries one-year off-air taping rights and performance rights.

For information about *In the Mix*, including show descriptions and schedules, visit us at www.inthemix.org, or e-mail us at mail@inthemix.org. You will also find discussion guides, transcripts, video clips, resources and more.

Other *In the Mix* programs of interest to grades 6-12, college are available on topics including: Divorce & Stepfamilies; Living With Serious Illness; Ecstasy Abuse; Steroid Abuse; Dealing with Death;

Sex and Abstinence; School Violence; Financial Literacy; Cliques; Drug Abuse; Teen Immigrants; Depression and Suicide; Gun Violence; Self-Esteem; Sports Participation; Media Literacy; Activism; Alcohol and DWI; Dating Violence; Getting Into College; School to Work Transition; Careers; Relationships; AIDS; and others.

For a complete catalog and ordering information call (800) 597-9448 or visit www.inthemix.org/educators_index; www.castleworks.com.

FIT FOR LIFE...Eat Smart & Exercise

Here are some easy to use tips on making the right choices whether you're eating at home, school, or out with friends; plus, how to fit some exercise into a busy schedule. You'll find it's not that hard to get in the healthy lifestyle habit...and that you'll feel better about yourself, maintain a healthy weight, plus have more energy for sports and school.

Read it before you eat it!

“**Nutrition Facts**” are on the label of most foods. You can also ask for this info at any fast food restaurant and it's often on their websites.

Nutrition Facts			
Serving Size 8 crackers (31g) (1 serving = 2 full cracker sheets) Servings Per Container About 4			
Amount Per Serving			
Calories	140	Calories from Fat 25	
		% Daily Value*	
Total Fat	3g		5%
Saturated Fat	0.5g		3%
Trans Fat	1g		
Polyunsaturated Fat	0g		
Monounsaturated Fat	1g		
Cholesterol	0mg		0%
Sodium	190mg		8%
Total Carbohydrate	24g		8%
Dietary Fiber	Less than 1g		3%
Sugars	8g		
Protein	2g		
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL AND/OR LIQUID SOYBEAN OIL, GRAHAM FLOUR, HIGH FRUCTOSE CORN SYRUP, HONEY, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), SALT, ARTIFICIAL FLAVOR, MALTED BARLEY FLOUR.			

Serving Size and Servings Per Container:

the Serving Size used to measure all the other facts on the label, and how many of those servings are in this package.

- **Warning:** If there are 2 servings in the package, and you eat the whole package, you're getting **twice** the amount of calories, sugar, fat, etc.

Calories: the amount of energy provided by a food. The bottom line:

- Burn **less** calories than you eat and you **gain** weight
- Burn **more** calories than you eat and you **lose** weight.

Did You Know?

- A can of non-diet soda may have as many as 13 tsp of sugar.
- A 5 oz bag of chips may have the equivalent of 12.5 tsp of margarine.
- A tablespoon of mayo has 100 calories and 11 grams of fat.

To find out how many calories you should eat daily for your height and activity level, check out:

www.mypyramid.gov

% Daily Values: based on an average 2000 calorie diet, tells how much of the various nutrients a serving of this food counts toward your daily allowance.

Look for **low** percentages of:

- Total Fat
- Saturated Fat (in dairy foods and meats)
- Trans Fat
- Cholesterol
- Sodium
- Sugars

Choose foods that offer 5% or less of these per serving, and avoid those that offer 20% or more.

Look for **high** percentages of:

- Dietary Fiber
- Vitamins A, C
- Calcium
- Iron
- Protein

To translate **grams** of fat or sugar, **divide by 4**

4 grams of fat = 1 teaspoon of solid fat

4 grams of sugar = 1 teaspoon of sugar

Ingredients List: Ingredients are listed from highest to lowest amounts. If it's first, there's most of that ingredient. So avoid foods with fats and sugars near the top of the ingredient list.

- Remember that sugar can be listed under many names, like fructose, sucrose, dextrose, lactose and maltose (they all rhyme with "gross"); plus honey, molasses, corn syrup and grape juice concentrate.
- Hydrogenated or Partially hydrogenated vegetable oils are high in Trans Fats, so watch out for them.

On the front of the label, look for "**low-fat** or **non-fat**," but make sure it's not high in sugar. Also, choose "**100% Juice**" instead of "ades, punches, drinks, nectars, etc."

Reading Menus:

AVOID:

Fried or Crispy

Creamed

Au gratin

Escalloped

Breaded or Battered

Cream or cheese sauces

Hollandaise or Béarnaise

Gravy

CHOOSE:

Broiled

Grilled

Baked

Steamed

Poached

Roasted

Lightly sautéed

Natural juices

Some Healthy Snacks:

- Microwave popcorn (without butter)
- Low-fat yogurt smoothie with frozen fruit
- Whole grain cereal with low-fat milk and fruit
- Fresh and dried fruit
- Raw veggies with salsa
- Handful of nuts
- Low-fat string cheese
- Dark chocolate (1 small square)
- Pretzels

Some Fast Food Smart Choices:

- Order regular servings or share large ones with friends
- Hold the cheese and mayo on burgers
- Broiled chicken sandwich, chicken fajita
- Salad w/ low-fat dressing on the side
- Baked potato or fruit bowl
- Diet soda, water, or low-fat milk
- Pizza with veggie toppings

More Smart Eating:

- “Eat the rainbow” of colorful foods. Choose deep orange and bright yellow fruits and vegetables and dark green leafy vegetables.
- Choose whole grain breads (look for “whole wheat flour” high on the label) and cereals, like oatmeal; also brown rice and wild rice.
- Drink water, eat small portions and eat slowly. It can take 1/2 hour for your stomach to send the message that you’re full!

Exercise:

Be active at least one hour a day, five days a week

- Try breaking your exercise up into 10-15 minute blocks throughout the day. Use the 20 minutes of commercials in a 1 hour TV show to jump rope (burns 100 calories), dance, do push ups, etc., instead of opening the fridge.
- Drink water before, during and after exercise. You need at least eight 8 oz glasses of water or fluid a day.
- Always stretch before and after you work out

No time for the gym? Try these mini-workouts:

Aerobic exercise like dancing, running, basketball—anything that gets you breathing hard - is great for your heart and lungs. It also burns calories.

- Take the stairs instead of the escalator or elevator
- Walk or ride your bike instead of a car or bus
- Make your own dumbbells from water bottles or heavy books
- Use your own body weight, like push-ups and sit-ups
- Take an aerobic video out of the library, do 10 minutes at a time
- Buy a pedometer and walk 10,000 steps a day

Exercise—Burning Calories:

Aerobic exercise like dancing, running, basketball—anything that gets you breathing hard—is great for your heart and lungs. It also burns calories.

For example, a 154 lb person burns in an hour:

Running	590 calories
Fast walking.....	460 calories
Basketball.....	440 calories
Vigorous weight lifting.....	440 calories
Dancing.....	330 calories
Rollerblading.....	384 calories

Smart and Easy Food Substitutions:

INSTEAD OF:

Fruit Juice

Mayo

Whole or 2% milk or cheese

Soda

Sour cream

Sauces, butter and salt

White breads, cereal, and rice

Fried chips

TRY:

Fresh fruit

Mustard or low-fat mayo

1%, fat-free

Water or seltzer with juice

Low-fat yogurt, sour cream, or cottage cheese

Herbs and spices

Whole wheat bread & cereal, brown rice

Baked chips or pretzels

RESOURCES

Your Body Mass Index (BMI) tells you if you are underweight, in the normal range, or overweight, according to your height.

To check your BMI, visit the CDC'S BMI Calculator:
www.cdc.gov/nccdphp/dnpa/bmi

In the Mix: Fitness
www.pbs.org/inthemix/fitforlife_index.html

It's My Life: Food Smarts
www.pbskids.org/itsmylife/body/foodsmarts

It's My Life: Solo Sports
www.pbskids.org/itsmylife/body/solosports

Nutrition.gov
www.nutrition.gov

Verb
www.verbnow.com

Fitness.gov—The President's Council on Physical Fitness
www.fitness.gov

USDA's New Food Pyramid
www.mypyramid.gov

Check out the Young Adult section of your local library