

How to Use This Document

The lessons and materials in this prevention unit are designed to be used together and in order.

Lessons: Each lesson contains ice breakers, an article explaining each health topic, a review for students to strengthen their understanding, and a slide for parents.

Materials: The materials provided in each lesson are designed to reinforce the main idea of each topic. These materials can be used in a whole class setting, in small groups, or individually.

Parent Post: Each lesson has a Parent Post created to keep grown-ups at home involved in what their student is learning! The posts include key topics and vocabulary that was used.

Connecticut State Standards

Standards: Healthy & Balanced Living Curriculum Framework

Health Education & Physical Education

- HEPA 1.2.12 Describe the relationship between nutrition, physical activity, and overall health.
- HEPA 1.4.12 Describe the effects of hydration and dehydration on physical performance and health.
- HEPA 1.5.12 Define and describe the benefits of a holistic diet (increasing the amount of whole foods that one eats and decreasing the amount of processed foods).
- HEPA 1.6.12 Distinguish food sources that provide key nutrients.
- HEPA 1.7.12 Describe the importance of eating a variety of appropriate foods to meet nutrient requirements that align with individual needs (caloric output).
- HEPA 1.8.12 Summarize the importance of healthy eating and physical activity in maintaining health.
- HEPA 1.9.12 Summarize the physical, mental, social, and academic benefits of healthful eating habits and physical activity.
- HEPA 1.10.12 Summarize how to make healthy food selections when choices are available.
- HEPA 1.11.12 Describe the benefits of limiting the consumption of high sugar, including soft drinks, energy drinks, fruit juices, and sports drinks.
- HEPA 1.12.12 Explore factors that influence food choices (e.g., food availability, portion sizes, cost, taste vs. nutrition, celebrations, etc.).
- HEPA 1.13.12 Describe the difference between a healthy relationship with food and an unhealthy relationship with food.
- HEPA 1.14.12 Identify healthy and risky approaches to eating and exercise.

What is a
Healthy Weight?

Would You Rather



OR



**Have a rewind button on
life**

**Have a pause button on
life**

Would You Rather



OR



Live without movies

Live without music

What do we know about maintaining a healthy weight?

What is a healthy weight? Is it the same weight for everyone?

What are signs or symptoms of an unhealthy weight?

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A healthy weight is...



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Staying at a Healthy Weight

The keys to reaching or staying at a healthy weight are regular exercise and good eating habits. Some people think exercise and good eating require lots of effort or planning. But that's not true. In fact, the best way to work them into our lives is by making small changes that gradually become part of our routine.

We've all succeeded in making changes that are now ingrained in our lifestyles — learning to brush our teeth, for example. Here's the information you need to make these other healthy habits just as easy.

Regular Exercise

Teens should get 60 minutes or more of physical activity a day. Note the word "activity": As long as you're getting your body moving, it doesn't have to mean doing complicated exercises or hitting the gym every day. All that matters is that each week you get the right balance of activity, including aerobic, strength building, and flexibility exercise. Make exercise a habit by scheduling some every day.

On days when you have soccer practice or an aerobics class, you may have no trouble exercising for an hour or more. But most of us are busy, and 60 minutes a day of activity seems like a lot of time. The good news is that it's OK to divide it into shorter "exercise breaks" throughout the day.

Just as you might have a healthy snack to stop yourself getting hungry, exercise snacks can keep energy levels high. So get up 15 minutes early and do some yoga or other stretching activity. Fast walk or jog for 15 minutes at lunch. Do the same thing after school — or walk or bike home. Add to that taking the stairs, gym class, and walking between classes during the day, and you've probably reached your 60 minutes.

Read, "Staying at a Healthy Weight", focus and take notes on:

- What are some strategies to help support overall well-being?
- What are some small changes that can gradually be implemented as part of our routines?

What is a Healthy Weight?

A healthy weight is a body weight that supports your overall health- giving you enough energy to grow, learn, move, and feel your best- while recognizing that healthy bodies come in many shapes and sizes.

Maintaining a Healthy Weight

Healthy eating and exercise are important in maintaining a healthy weight because they work **together** to support how the **body functions**- not just how it looks.

Signs of a Healthy Weight

- Having consistent energy
- Concentrating and learn effectively
- Feeling strong and capable
- Eating regular meals

- Recognizing hunger and fullness cues
- Body is growing and developing appropriately
- Sleeping well
- Mood is generally stable

- Physical activity feels supportive
- Not engaging in unhealthy behaviors
- Health indicators, when measured at the doctor's office, is appropriate

Maintaining a Healthy Weight

Healthy eating provides fuel!

Eating **balanced** meals give your body the **energy** it needs to **grow, learn, and stay active** without overeating or feeling deprived.

Exercise helps the body uses energy efficiently!

Physical activity strengthen **muscles and bones**, supports **heart health**, and helps regulate how the body uses food for **energy**.

Maintaining a Healthy Weight

Together, both healthy eating and regular movement help maintain a healthy weight!

Healthy eating and movement **improve mood, reduce stress, and increase focus**, which can affect eating habits and activity levels.

Regular movement and balanced nutrition help **prevent unhealthy behaviors** like extreme dieting or inactivity.

What is an Unhealthy Weight

An unhealthy weight is a body weight that makes it harder for the body to function well and meet its needs- such as having enough energy, supporting growth, and maintaining physical and mental health- often because of imbalanced nutrition, lack of activity, or unhealthy eating behaviors.

What is an Unhealthy Weight

*An unhealthy weight is not about **appearance** or a **number on a scale**. It's about how the body **feels**, **functions**, and is **cared for** over time.*

Signs of an Unhealthy Weight

- Low or inconsistent energy
- Difficulty concentrating
- Feeling weak, dizzy or lightheaded
- Frequent illness or slow recovery

- Obsessive thoughts about food, calories, weight, or exercise
- Using exercise as punishment
- Mood changes
- Sleep problems
- Irregular eating patterns

- Changes in growth or development
- Health indicators, when measured at the doctor's office, is not appropriate
- Physical discomfort during everyday activities

Maintaining a Healthy Weight

Why are we learning about maintaining a healthy weight?

It is important to learn about **maintaining a healthy weight** because adolescence is a time of rapid **physical, mental, and emotional growth** and the **habits developed now** can impact health for life!

Maintaining a Healthy Weight

Why are we learning about maintaining a healthy weight?

Learning about **maintaining a healthy weight** helps you **take care** of your **body now** and **build habits** that support your **health, confidence and future!**

- Support growth & development
- Improve focus & academic performance
- Build a healthy relationship with food & body image

- Prevent unhealthy behaviors
- Manage stress & mental health
- Make informed choices
- Establish lifelong habits
- Recognize that health is individual

Getting Help

If **you** or a **friend** are concerned about weight or healthy habits, it's okay to ask for help!

1. Talk to a trusted adult
2. See a healthcare professional
3. Reach out to school support staff

4. Avoid self-diagnosing or extreme measures
5. Support friends with care & respect
6. Use reliable resources

Let's Review!

What is a healthy weight? Why is it important to maintain a healthy weight?

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What is an unhealthy weight? What can someone do if they are struggling with their weight?

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Parents!

- **Focus on health, not numbers!** A person's weight is about how their body functions, not appearance or scale numbers.
- **Model balanced eating and activity.** Offer a variety of nutritious foods and prioritize regular physical activity.
- **Support a positive body image!** Avoid negative comment about your child's or other's weight.
- **Talk openly about nutrition and movement!** Consistent small conversations are more beneficial than just one big talk.
- **Recognize stress and mental health influences!** Emotional challenges, peer pressure, and mental health issues can affect eating and activity.
- **Know when to seek professional help!** If your child is struggling with weight, food, or body image, consult a healthcare provider, registered dietitian, or school counselor!