I CAN BE HEALTHY

AMERICAN MEDICAL ASSOCIATION ALLIANCE
My name: ________________________________

Foods that I like to eat: __________________

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Activities that I like to do: __________________

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_____________________________________________________________________
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Juan is excited to come home from school and eat. He knows that there will be lots of his favorite foods at home: soft drinks, chips, chicken nuggets and macaroni and cheese.

But today, he’s not so sure...

This afternoon in school he learned that healthy foods and physical activities make you feel better and grow up stronger.

Look at this picture. Does Juan’s family look healthy and energetic to you?
Mom and Dad... Today, I learned that we need to make healthier choices when it comes to food and exercise.

For example, we hardly ever eat fish or vegetables. We only eat chicken if it’s fried.

I want everyone in our family to be healthy. Can we do this together?

Juan’s parents agree that everyone in their family could eat healthier and exercise more. They plan a family activity. What could they do?
They decide to go on a picnic.
The next day, they pack lunch and snacks to eat.

Help his family choose healthy foods.
Color the foods that are nutritious.
It's fun to play outside whether you are playing soccer, climbing a tree or flying a kite. Did you know that physical fitness gives you more energy and even helps you do well in school? Kids should play for at least an hour every day.

Draw other fun activities that you can do outside.
Juan's family had a great time at the park and wants to spend the next day swimming at the neighborhood pool. But when they wake up, it is raining outside.

You can still be active inside when it's too cold, rainy or hot to go outside. Look at these choices. What else can you do?

- Dance to music
- Help with cleaning
- Play hide-and-seek
- Play with pets
It’s okay to play video games, go online or watch TV. But make sure not to overdo it. Limit your time to a maximum of two hours every day, or better yet, even less.
After playing video games, Juan’s brother, Rick, grabs some chips and a Popsicle.

Rick, why are you eating snacks?

I don’t know. I didn’t have anything else to do.

My teacher said sometimes people eat when they are lonely, sad or bored.

We learned that you should only eat when you are hungry.

Try these healthy snacks instead: oranges, low-fat string cheese, dried fruit, yogurt, baby carrots, pretzels, graham crackers with low-fat milk, apple slices and peanut butter and celery. Do you know some others?
Juan’s family now makes an effort to try and eat a healthy dinner every night and to plan physical activities together on a regular basis.

Here are some tips from his family: Start your day with a healthy breakfast; eat more fruits, vegetables and dairy; drink eight glasses of water; and cut back on soda.

Juan knows he can be healthy, and we can be healthy together.
I'll try to eat less of these "bad" foods:  

________________________________________________________________________
________________________________________________________________________

I'll try to eat more of these healthy foods:  

________________________________________________________________________
________________________________________________________________________

I'll try to do more of these healthy activities:  

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The American Medical Association Alliance, Inc., is the largest, most influential grassroots organization representing the family of medicine. As the proactive volunteer arm of the American Medical Association, the Alliance is dedicated to promoting better public health, ensuring sound health care legislation, and fund-raising for medical education. In 1995, the AMA Alliance launched the SAVE program to Stop America’s Violence Everywhere. Currently, more than 600 community SAVE programs are aimed at assisting victims of abuse, teaching resolution skills, and educating the public about violence.

If you are a physician or a physician’s spouse and not a member of the AMA Alliance we encourage you to join. For more information, please contact the AMA Alliance.

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The AMA Alliance would like to thank the following individuals for reviewing this activity book: Jamie Stang, PhD, MPH, RD and project director at the MCH Nutrition Training Program Division of Epidemiology at the University of Minnesota, and Missy Fleming, AMA Department of Medicine and Public Health.