For Youth For-Ever

For Youth age 13-19

with their Caregivers and Parents

13-19
Yrs

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Lesson 1 - A Healthy Balance

- Program introduction
- What is Health?
- Things I Choose
    - Energy Balance
- Things I Inherit
    - Media awareness and Body Image
- Nurture Yourself

Lesson 2 – The Whys and Hows of Eating

- Food Associations
- Why do we eat
- Different kinds of hunger
- Mindful Eating
- How, where and when we eat
- When we eat

Lesson 3 – Food & Nutrition

- Canada Food Guide recommendations
    - 4 food groups
    - Number of servings for different ages
    - Beverages and the role they play in our diet
- Shop smart tour(real or virtual)
- Label reading

Lesson 4 – Cooking Together (Optional Lesson)

- Participants choose what they want to cook together the week prior
- Strategies to ensure everyone has fun
- Provide cooking skills

** If no resources then potluck on the last night and handouts for how to cook together*

Lesson 5 – Physical Activity

- What makes us want to be active?
- Ideas for easy, cheap, available ways of being active together
- Canada Activity Guide recommendations
- Canada Sedentary Guide recommendations

Lesson 6 – Relationships & Bringing it All Together

- Relationship to those around you – family traditions
- Relationship to your community – what resources are available to you
- Healthy active choices for life
- Include reiteration of salient points from whole module

Lesson 1: A Healthy Balance

Lesson Overview
Lesson 1 welcomes participants and introduces the KYNACT program. A Healthy Balance introduces the concept of energy balance and encourages self-esteem and body acceptance, and provides a tool for coping with stress.

Lesson Objectives
- Provide course overview and lesson plan
- Introduce the concept of energy balance
- Acknowledge every child is unique and has positive qualities
- Provide a strategy to cope with stress

Lesson Activities (1:40)
- Course Introduction (15 mins)
    - Leaning Outcomes Survey
- Introductions & Icebreaker (10 mins)
- What is Health? (10 mins)
- Things I Choose (20 mins)
    - Energy Balance Game (Alternate Activity: Energy Balance Handout)
- Stretch Break (5 mins)
- Things I Inherit (30 mins)
    - Media Awareness & My Body Discussion
    - Back from the Future Activity
- Coping with Stress (15 mins)
- Relaxation & Wrap-Up (5 mins)

Materials Needed
- ☐ Flipchart & Pens
- ☐ Youth Magazines
- ☐ Advertisement with youth portrayed

Resources Needed
- ☐ PowerPoint presentation slides ready for use (optional)
- ☐ Learning Outcomes Survey
- ☐ Ice-Breaker question cards
- ☐ Computers with Internet access
- ☐ Energy Balance Game handout (Alternate Activity)
- ☐ Back from the Future handout
- ☐ Nurture Yourself handout

Welcome! (15 mins)

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Facilitator introduces themselves and provides a facility orientation.

We are here today because we like being healthy and being healthy feels good. We know that you already do lots of things to be healthy, so the goal of this course is to give you snaps(kudos) for all the healthy choices you are making and to give you some new ways to think about yourself, and your health and to give you some ways that you can be your healthiest you! We also plan to have a lot of fun!

We know that being a young adult these days is tough and that you and your family are very busy. We truly appreciate the time that you and your family are committing to this course and, in the end to your health.

Before we go any further we would like to know how best to meet your needs. Let's take 5-10 minutes and fill out the learning outcomes survey to let us know how you learned about the course, what your expectations are, what you hope to get out of this course.
Thank you. We will endeavor to meet your needs as best we can throughout the course.

In this course you may discover new things about your self and your family. You may have some feelings and emotions come up. Please know that this is a safe place and an open group and that we are interested in hearing what you have to say and how you are feeling and that we will not judge you, your feelings, or your choices.

Food weight, physical activity, family, time, money, the media, health, eating, stress – all these things are tied together but we are going to try to pull apart some pieces to talk about and learn about and to build skills around. We hope that you will want to try out some of your new knowledge and new skills with your friends and your family. Some changes that you make may make an immediate difference in your life, others may take some time to work out the kinks.

Remember that regular check-ins are necessary to keep up your health. This means that even though this course is going to end you will need to refresh some ideas and practice some skills in order to really reap the benefits that can last you a lifetime.

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Here is the course outline that shows what we are going to be going learning and doing in the next 6 weeks.

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And here's what we'll be talking about in this week's lesson

Without further ado, lets get to know one another!

Activity: Introductions & Ice Breaker (10 mins)

Ask participants to introduce themselves and then with the group around answer the ice breaker questions listed on each of the tables.

Ice Breaker Questions

1. If you make a sandwich for yourself, how would you cut it in half?
2. When you get into a car to drive somewhere what do you do first – start the car, put on your seatbelt, or look at yourself in the mirror?
3. How do you eat an Oreo cookie?
4. Which seat do you prefer on the plane? Window, middle, or aisle?
5. In the evening, what do you do first – floss or brush?
6. If you need to replace the toilet paper on the holder do you put the roll so the paper comes over or under the roll?
7. When you walk up stairs do you first step with your left foot or your right?
8. What is your favourite season?

Activity: What is Health? *(10 mins)*

We're going to start with a challenge; I challenge you to fill this sheet with everything you think of when I say a word.
The word is 'Healthy!'

Prompts: What kinds of things make us feel healthy? What kind of images to you see about being healthy?

Some people think being healthy is just being 'not sick' but clearly you all know that it's much more than that. There are many kinds of health; physical health, mental health, emotional health, spiritual health, and social health and they are all important.
Most of what we are going to talk about is physical health but all our different kinds of health affect each other.

There are many different things that affect our health and how healthy we feel. Most of these can be divided into two groups – things we choose and things we inherit.

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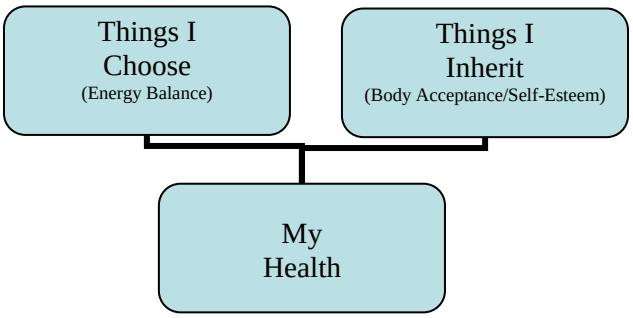

Things I Choose (20 mins)

Making healthy lifestyle choices can impact our health in many positive ways. Healthy lifestyle choices include what food and drink your put into your body and what physical activities you do in your spare time.

Find the Balance - Energy Balance

Q: Has anyone ever heard the term "energy balance"?

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Balancing the energy that you take in and the energy that you burn is important in maintaining a healthy weight.

Imagine a seesaw. The calories that your body takes in from food and drinks are on the Energy In side of the seesaw. On the other side of the seesaw are the calories that you burn called Energy Out.

When we maintain our energy balance over time, it can contribute to our health in numerous ways. Human beings need energy to survive - to breathe, move, pump blood, and think - and we get this energy from calories in foods and beverages. When a food or beverage is said to contain 100 calories that is a way of describing how much energy our body gets from eating or drinking it. The number of calories we need each day depends on many things: our gender, height, weight, age, and activity level.

For youth the focus should be about having enough energy to do all the things they want to do and to grow strong and healthy.

It's important that you know that energy in and energy out don't have to balance exactly every day, but the goal should be to maintain balance over time. Energy balance in youth occurs when the amount of energy in and energy out supports normal growth and development without promoting excess weight gain.

Let me tell you that it is common to underestimate the number of calories in and to overestimate the number of calories out due to physical activity.

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Activity – Energy Balance Game

Ask youth and their caregiver to go to www.energybalancegame.com.
Click Play Energy Balance.
Ask them to take a look at the different levels of activity (low, moderate, high) then play the game and see how many points you can get by quickly choosing the level of activity that a person must do to balance the calories taken in by the food shown on the screen.

Alternate Activity: Provide Energy Balance Handout and review the answers to the questions.
Ask the participants what they learned and if there were there any surprises?

Stretch Break (5 mins)

Take a deep breath and reach both hands in the air as far as you can. Stand on your tiptoes if you like. Reach to the sky as far as you can without hurting your back. Breathe in and out normally (allow them to do this for about 10-20 seconds).
Exhale and slowly lower your hands back to your waist.
Inhale and bend forward at the waist, letting your arms dangle in front of you as far as you can go comfortably. Let your head hang down. Do not lock you knees. Breathe in and out normally (allow them to do this for about 10-20 seconds). Slowly stand up.
Inhale and bring both arms behind you as far as you can comfortably and imagine your chest pushing forward. Keep your head up and your neck straight. Breathe in and out normally (allow them to do this for about 10-20 seconds). Bring your arms back to your side.
Inhale and bring your arms together in front of you, clasp your fingers together and bow your head slightly. Breathe in and out normally (allow them to do this for about 10-20 seconds). Slowly bring your arms back to your side and bring your head up.

Things I Inherit (230 mins)

There are lots of influences on your health, we have talked about the things you choose, but some things you can't choose, these are things that you inherit. Your genes that you inherit are a big influence on your body shape and size.

Think about two words you would use to describe yourself. Got them? Many people pick words that describe how they "look" rather than their characteristics, qualities, or interests, such as funny friendly, strong, or runner.

Our culture is obsessed with physical appearance. Yet, we all come in different shapes and sizes. You can be active, choose healthy food and feel great at any body shape. Your body is still changing and what is 'normal' for you may be very different than for someone else your age.

There are two things I want you to think about as we go through the next activity. One is body acceptance and one is self-esteem.

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1. Body Acceptance means treating people with all kinds of bodies and body types with respect. You are able to notice differences without judgment.
2. Self-esteem means respecting and valuing you – including your body.

Sometimes to be able to have body acceptance and self esteem we must fight against misinformation and stereotypes promoted by the media about how bodies are supposed to look.

Discussion: Media Awareness and My Body

Hold up an advertisement for a product with youth portrayed.

What is this? An advertisement
What does the ad want you to feel?
What does the ad want you to believe?
What does the ad want you to do? Buy their product
How does the media influence how people feel about their body shape?
Will buying this product make you feel differently about your body?

The people we see on TV and in ads represent a very small percentage of the different types of people who live in the real world and this is a problem. It can make us dissatisfied and unhappy with how we look – with our body image. Images in the media, in advertisements and on television are not reality!

Small Group Discussion: Back from the Future

Note: Provide the Back from the Future handout
Read out the story at the top of the handout

Imagine that it is the year 2511 (five hundred years from now) and by now everyone lives on a different planet. What should we all our planet? Great. We live on a planet called _____ and we travel around the universe in space ships. One day you and your friends travel in your spaceship back to Earth. You want to find out what life was like for people on Earth. When you get here you find only advertisements playing on tv, you see billboards, and you find a box of old magazines. Here is the box.

Provide box of magazines and advertisements.

Now with a small group please answer the questions on your handout and when you are done we will come back to the whole group and discuss what we came up with.

1. What did people used to look like?
2. What clothes did people used to wear?
3. What kind of food did people eat?
4. What did people like to do?
5. What did people feel most of the time?

Right. So, what did we find out about images in the media? Do they represent reality?

Don't allow the media to cloud your judgement or to alter your way of seeing you. Remember to be the person you want to be. You are beautiful and healthy, strong and handsome. Ads should have people like you!!

Coping with Stress

Alright, we're gonna switch gears for the last bit of our lesson today and talk about stress. Who hear has stress? Yeah. I do. Everyone does. Everyone has some stress. Stress can be good – it can be motivating, like the stress of an approaching deadline "gotta get that class assignment done." But, stress can build up. We can get overwhelmed by too many things happening in our lives. Change can be too stressful. Sometimes when something happens that is out of our control, then we can stress about that. It is really important to be able to cope with stress in healthy ways. If you have a plan in place to deal with stress before it happens than you are better able to cope when stress hits.

Activity – Coping with Stress (15 mins)

Close your eyes and imagine a stressful day.

Now on a slip of paper write down all the ways that your might comfort yourself.

(After giving the group 30-60 seconds, say...)

Stop! Lets review our lists. If you have any items that involve food or eating please put a line through them. If you have any items that cost more than $5 please circle them If you have any items that involve doing something physical please put a star next to them.

The items you circled are the items that cost more than $5 are those that not everyone can do all the time. You may want to save these for a special occasion.
The starred items, those that have a physical activity component will give you the biggest bang for your buck. Physical activity is naturally stress-reducing because of the chemicals your body releases when it is moving.

It's important that we nurture ourselves and have healthy ways of coping with stress.

Many of us rely on eating, spending money, crashing in front of the TV, or using substances, such as cigarettes and alcohol that might make us feel better in the short-term, but not the long-term. A lot of unhealthy coping actually may make you feel worse!

You need to be aware of and attend to your own needs. The trick is to discover simple, pleasurable and healthy activities that can help comfort and recharge you.

Would anyone like to share their healthy ideas with us?

Note: Provide the Nurture Yourself sheet

Here a list of activities that can be done with little money or preparation. Nurturing activities need to be quick and easy.

For this strategy to be effective you must practice nurturing yourself – expect that it may feel awkward at first. Schedule a bit of time at least two times a week to nurture yourself in some way. A good way to keep this appointment with yourself is to write it on your calendar or schedule it into your day planner.

Next week we will start our discussion off with a check-in to see if you were able to nurture yourself, what you did, and how it felt.

Relax & Wrap-Up (5 mins)

We're going to finish our lesson with a relaxing activity.

Belly breathing is a very easy activity to lower your stress and focus your mind. You can do this standing up or sitting. First we are going to sit up straight, imagining a string lifting up your chest. Place one hand flat against the abdomen. Your thumb should be around your navel. Breathe in through at an even rate. Allow your abdomen to expand, rather than your upper chest. You should feel the hand on your abdomen being pushed away from your body as your abdomen rises. Do this 5-6 times. Closing your eyes and relaxing your body and doing a few belly breathes can make a difference in your day.

Thank everyone for coming and wish them a healthful week ahead.

Learning Outcomes Survey

Please answer the questions below so that we can best meet your needs!

What interested you in taking this program?

What do you want to learn in this program?

If you make a sandwich for yourself, how would you cut it in half?

When you get into a car to drive somewhere what do you do first – start the car, put on your seatbelt, or look at yourself in the mirror?

How do you eat an Oreo cookie?

Which seat do you prefer on the plane, window, middle, or aisle?

In the evening, what do you do first – floss or brush?

If you need to replace the toilet paper on the holder do you put the roll so the paper comes over or under the roll?

When you walk up stairs do you first step with your left foot or your right foot?

What is your favourite season?

Energy Balance Handout

Circle the activity you would need to do to balance the energy from the food on the left.

Blueberry Muffin
426 Calories

Talking on the phone (standing)

Canoeing

Playing in the Pool

Back From the Future

Imagine that it is the year 2511 and by now everyone lives on a different planet. Everyone travels around the universe in space ships.

One day you and your friends travel in your spaceship back to Earth. You want to find out what life was like for people on Earth. When you get here you find only advertisements playing on tv, you see billboards, and you find a box of old magazines.

Using the magazines answer the following questions:

6. What did people used to look like?
7. What clothes did people used to wear?
8. What kind of food did people eat?
9. What did people like to do?
10. What did people feel most of the time?

Ways to Nurture Yourself

Remember – nurturing, comforting, and rewarding yourself without food may feel awkward at first, but with practice it will feel more comfortable.

- Smell some flowers
- Take a bubble bath
- Curl up with a good book
- Download a new song
- Go window shopping
- Close your eyes and take a deep breath
- Give your pet a hug
- Browse in a bookstore
- Do some star gazing
- Send yourself a card
- Phone a dear friend
- Go to bed an hour earlier
- Listen to music
- Go for a walk
- Warm up next to a fire
- Wander through an art gallery
- Lie on the grass and watch the clouds
- Walk in the park
- Blow bubbles
- Colour or sketch
- Hit balls at the driving range
- Go to the store and read greeting cards
- Go fishing
- Put on your pj's and drink tea
- Rent a movie
- Watch any show that makes you laugh

Other ideas:

_____

_____

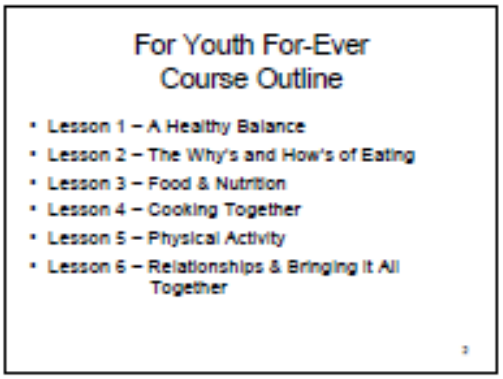
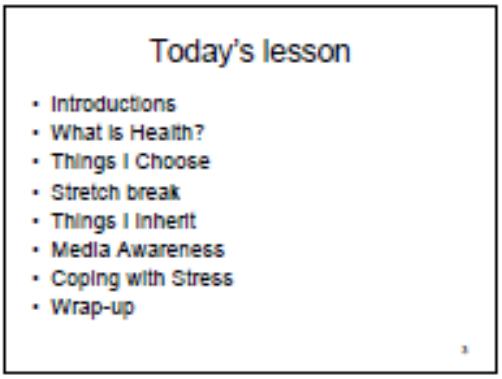
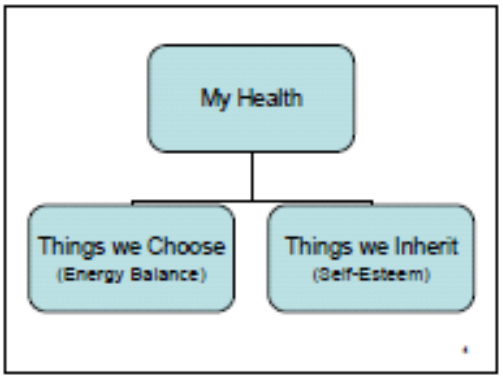
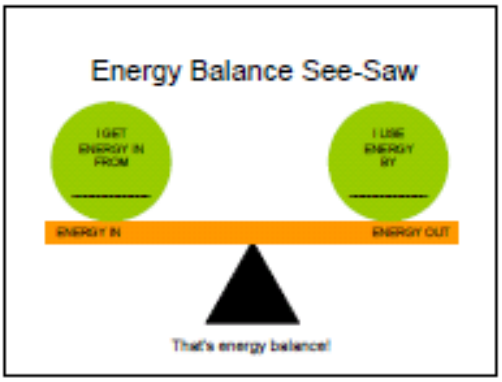
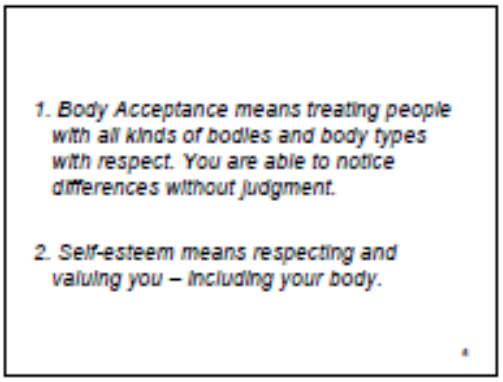
_____

How I will nurture myself in the next week:

_____

_____

_____

_____

Presentation Slides