



TRIPLE PLAY

a game plan for the mind, body and soul





Table of Contents

Introduction

Mind: Healthy Habits

MyPyramid Is Your Pyramid!
Stamp Out Portion Distortion
Eating for Energy, Part 1: Power Your Body and Brain with Breakfast
Eating for Energy, Part 2: Snacks, Fluids and Fad Diets
Build Healthy Bones – and Teeth, too

Body: Fun Fitness Activities

Parent Involvement
Keeping Your Child Motivated
Preparing Your Child for Physical Activity

Soul: Strengthen Character, Increase Confidence

Importance of Social Recreation
Character Building
Skills Development

Conclusion

Resources

Table of Contents

Introduction

Triple Play: A Game Plan for the Mind, Body and Soul

Welcome to Triple Play Parents Game Plan, a valuable resource guide to help you “get into the game” of health and fitness at home – where healthy habits start.

Currently being offered in Boys & Girls Clubs, Triple Play: A Game Plan for the Mind, Body and Soul is a dynamic initiative that demonstrates how eating right, keeping fit and forming positive relationships add up to a healthy lifestyle. The Triple Play Parents Game Plan features easy-to-follow elements of this program which are designed to expand your health and wellness discussions with your child.

As a parent, you play a critical role in the development of your child's physical, mental and social well-being. The Triple Play Parents Game Plan offers a holistic approach in three key areas of focus:

Mind – developing a knowledge base to acquire healthy habits, such as making smart food choices, understanding appropriate portion sizes and creating fun and healthy meals;

Body – becoming more physically active through daily fitness and fun, including activities to get kids active and moving; and

Soul – strengthening character and reinforcing positive behavior with activities designed to improve confidence and develop interpersonal skills.

Boys & Girls Clubs of America's sponsors and partners, The Coca-Cola Company and Kraft Foods Inc., have committed their resources to launch Triple Play: A Game Plan for Mind, Body and Soul as well as to provide the Parents Game Plan. The U.S. Department of Health and Human Services has taken a strong interest in this program because it is in line with its Steps to a HealthierUS initiative. Working together, with you, this team can help youth build skills for maintaining physical fitness and making positive lifestyle changes.

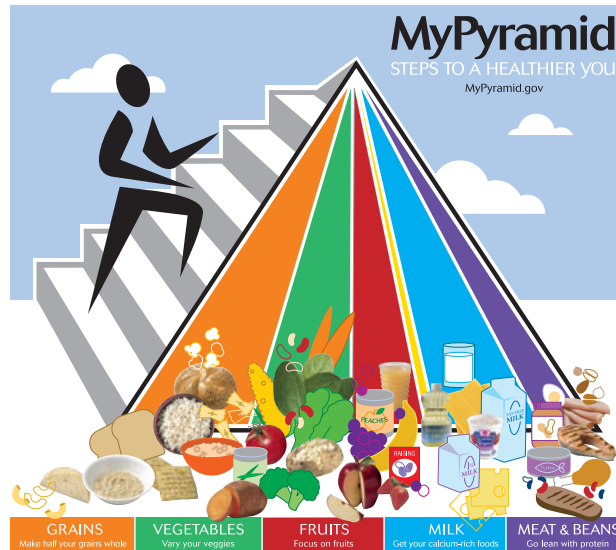
Triple Play Parents Game Plan is available free of charge from www.bgca.org, www.kraft.com, and www.thecoca-colacompany.com/makeeverydropcount

We all have a role in making sure our young people adopt lifelong, healthy lifestyles that include vigorous physical activity and a wholesome, balanced diet.

Get into the game!

MyPyramid is Your Pyramid!

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple and to remind you to make healthy food choices and to be active every day. MyPyramid.gov is a Web site that will give everyone in your family personal ideas on how to eat better and exercise more.



The person on the symbol is climbing the steps. This is to remind you that moving our bodies every day is fun and good for us. Children should move around for 60 minutes every day. This means doing things like walking fast, running, dancing, jumping rope, bike riding, skating, swimming and playing basketball or soccer.

For children ages 6 – 12, start a discussion about the phrase “Steps to a Healthier You” located beneath MyPyramid. It’s important for children to know that taking small steps to eat healthy and be physically active can really help them not only be healthy, but feel and look good, too. For example, if your child doesn’t get much exercise now, start by taking just a 10-minute walk each day (perhaps after dinner). That would be a fantastic small step! Then, once your child is used to that, add on 10 minutes of another exercise – or do more walking.

Although most teenagers have busy schedules, it’s important for them to get 60 minutes of physical activity, too. If your child doesn’t have a solid 60 minutes to devote to physical activity, suggest he or she accumulate it in shorter time chunks throughout the day. For example, walk for 20 minutes, shoot baskets for 20 minutes and help around the house for 20 minutes doing things like vacuuming or raking leaves. There’s your 60 minutes for the day! Don’t forget that being physically active is important for you too, so step it up right along with your kids.

Each of the five food groups is represented by a different color. The different colors represent “variety,” meaning you need to eat foods from all the groups each day to be healthy. It’s also important to choose a wide variety of foods from within each food group every day.



Grains Group

- Some terrific foods to choose from the Grains Group are called whole grains. At least half the foods you eat from the Grains Group should be whole grains such as whole wheat bread, oatmeal, some breakfast cereals (check the label for the words “whole grains”), brown rice and popcorn. Choose whole grains often.
- Foods like biscuits, sweet rolls, donuts, cookies and cake contain more fats and /or sugars, but usually fewer vitamins and minerals and less fiber, so eat them less often.



Vegetables Group

- Foods from the Vegetables Group give us important nutrients we need for good health such as Vitamin A, Vitamin C, folate (a “B” vitamin), potassium and fiber.
- Vary your veggies! Eat more dark green veggies like broccoli, spinach and greens and orange ones like carrots and sweet potatoes. Choose dry beans and peas like kidney beans, black beans, split peas and lentils, too. These foods give you vitamins, minerals and fiber, but not a lot of extra fats.
- Foods like french fries, potato chips, refried beans and onion rings contain more extra fats, so eat them less often or share a serving with others.



Fruits Group

- Foods from the Fruits Group provide important nutrients needed for good health such as Vitamin C, folate (a “B” vitamin), potassium and fiber. To be healthy, eat many different kinds of fruits. A good way to do this is to choose lots of different colors in the Fruits Group. For example, you might have a green apple, yellow banana, red strawberries and purple grapes.
- You might be surprised to know that food like fruit roll-ups, fruit drinks or fruit punch really don't give you much fruit – sometimes none at all! It's best to have them just once in while.

Getting more Fruits, Vegetables and Grains:

At Breakfast:

- Try a cereal that says “whole grain” on the box and add a sliced banana
- Have toast, a bagel or an English muffin with peanut butter on top
- Put some raisins in your oatmeal
- Drink a small glass of orange juice

At Lunch, Dinner or Snack Time:

- Pack an apple, banana or orange for lunch
- Order a fruit cup or bag of sliced apples when you go out for fast food
- Put some dried apricots or a juice box in your kid's backpack for an after-school snack
- Serve applesauce, fruit cocktail or canned peaches for dessert after dinner
- Make a sandwich on whole wheat bread and add lots of lettuce and tomato or other veggies
- Try whole-wheat pasta, whole-wheat tortillas or brown rice at dinnertime





- Serve popcorn, baked tortilla chips or a bowl of cereal for snacks
- Fix a bowl of vegetable soup with lunch, dinner or for a snack
- Offer carrot sticks, salad or a baked potato with a sandwich
- Make a great big salad with lots of different veggies in it at dinnertime
- Provide an extra helping of veggies at dinner
- Order pizza with extra veggies like tomatoes, peppers and mushrooms on top
- Have carrot sticks, celery sticks or cherry tomatoes on hand for snacks



Milk Group

- Foods from the Milk Group give us important nutrients we need for good health such as calcium, potassium, vitamin D and protein. To build strong bones and teeth, choose two – three cups (depending on your child's age) of low-fat and fat-free milk products each day.
- Eat foods like milk, yogurt and cheese most often from the Milk Group. It's best to choose fatfree or lowfat milk and yogurt, and lowfat cheese most often.



Meat & Beans Group

- Foods from the Meat & Beans Group can give us important nutrients we need for good health such as protein (which helps build, repair and maintain our body tissue), B vitamins (niacin, thiamin, riboflavin and B6), vitamin E, iron, zinc and magnesium.
- Eat foods like lean beef and pork, baked chicken without the skin, turkey without the skin, broiled or baked fish, beans, peas, peanut butter and nuts most often as these foods give you vitamins, minerals and protein, but not a lot of extra fats.

TRY THIS AT HOME

- For younger children, cut out several examples of foods and beverages in each of the MyPyramid food categories from magazines. Make sure to use individual foods such as a piece of fruit or a glass of milk rather than mixed dishes that contain two or more food groups. On a large piece of paper, draw a replica MyPyramid representing the five food groups. Ask your child to place pictures of foods and beverages into the correct food groups, discussing correct and incorrect “match-ups.” Once they master this, move on to having them dissect meals and mixed dishes such as pizza and peanut butter and jelly sandwiches.
- Go to www.MyPyramid.gov and find complete details about the food pyramid. Enter each child's age, gender and physical activity level in the My Pyramid Plan to determine their personal pyramid and calorie level. Print a copy of their personal Pyramid and post it on the fridge to remind them of what composes their healthy diet.
- Print a copy of the MyPyramid meal tracking worksheet from the website to record your child's progress toward healthy eating. Take some time to talk with your child about how to include fruits, vegetables and whole grains in their diet.

Stamp Out Portion Distortion



“Portion distortion” happens when the portions we eat are too large for our body size, too big in relation to the amounts of other foods and beverages we have in a day, or too big for the amount of physical activity we do. Over time, this might cause a child to gain too much weight for his or her body size, which can lead to other health problems.

It is important to be aware of portion size even if the food is healthy. Nearly all foods, if eaten in large quantities over time, can lead to gaining too much weight.

Check your portions: does your child eat more or less than some of these MyPyramid portions? Following are portion sizes compared to ordinary objects so you can visualize their actual size:

- 1 cup fruit, vegetable, cooked cereal, pasta or rice = a baseball
- 3 ounces cooked meat, poultry or fish = a deck of cards
- 1 tortilla (1 oz.) = a small (6 inch) plate
- ½ bagel (1 oz.) = the width of a small soft drink lid
- 1 teaspoon of margarine or butter = your thumb tip
- 1 tablespoon of peanut butter = 2 checkers
- 1 small baked potato (1 cup) = a computer mouse
- 1 pancake or waffle (1 oz.) = a music CD
- 1 medium apple or orange (1 cup) = a baseball
- 3 cups of popcorn = 3 baseballs
- 1 ½ ounces of cheese = 6 dice
- 1 ½ cups of regular soft drink or fruit drink (12 oz.) = 1 can

Here are some ways to make sure that your portions are the right size for you and your child:

- **Take control.** Buy or order a smaller size, ask for less next time you are served food or split a serving with a friend or family member.
- **Check the serving size on the Nutrition Facts label.** If the label says it has more than one serving, consider sharing the food or save some for another day.
- **Think about your drink.** Drinks come in a variety of bottle and cup sizes. Try ordering a smaller-size drink or switching to a beverage with more vitamins and minerals (eg. Milk and juice have vitamins and minerals your child may be missing.) Water and low-calorie soft drinks, also are great ways to quench thirst without adding calories.
- **Try new foods when ordering out.** Order a vegetable or fruit salad, try a soup or order some low fat or fatfree yogurt or milk.

If you think you or your child have eaten too much, balance it out by either eating less at the next meal (chances are you won't be very hungry anyway) or burning it off by playing basketball or tag, jumping rope, biking, swimming, or another way to get your body moving!





Eating for Energy, Part 1: Power Your Body and Brain with Breakfast

The word “breakfast” means “breaking your fast” after a long night without food. It’s an especially important meal for growing children. Breakfast fills your child’s empty tank to help get his or her body going for the day. Breakfast also helps to feed children’s brains so they can listen in class, get schoolwork done and maybe even do better on tests. When kids eat breakfast regularly, it can also help them get the vitamins and minerals they need to grow up strong and healthy.



For a good breakfast, try to include something from two or more of the USDA’s MyPyramid food groups. For example, these breakfasts include foods from three food groups:

- Toast (Grains) with peanut butter (Meat & Beans) and a glass of orange juice (Fruits)
- Cereal (Grains) with milk (Milk) and sliced banana (Fruits) on top

Breakfast is a great time to eat a whole grain food. Examples of whole grain foods include: whole wheat bread, whole wheat tortillas, whole wheat bagels, whole wheat crackers, whole wheat cereals, oatmeal, and cornbread made with whole cornmeal. Whole grain foods are great for kids and adults because they contain vitamins, minerals and fiber.

A Baker’s Dozen Fast Breakfast Ideas

Remember, you are a role model for your child. So eat breakfast together as often as possible during the week. Try some ideas from the *Baker’s Dozen Fast Breakfast Ideas* to form this healthy morning habit:

- A carton of yogurt mixed with raisins and sunflower seeds
- A tortilla (try whole wheat!) rolled with beans and low-fat cheese. If you are used to whole milk choices, you should try switching slowly to low-fat and fat-free milk, yogurt and cheese
- A granola bar and milk
- Mom’s meatloaf and milk or juice
- Your favorite cereal, milk and banana slices (or any fruit!)
- Peanut butter on whole wheat toast and juice
- A yogurt drink and a handful of nuts
- A toasted bagel topped with sliced cheese and tomato
- Instant oatmeal made with milk and dried cranberries
- A cheese stick, an apple and a few crackers
- A frozen waffle or pancake (toasted, of course!) smeared with applesauce or peanut butter, plus a glass of low-fat or fat-free milk
- A PBJ (peanut butter and jelly) or turkey and cheese sandwich and milk or juice
- A bran muffin, a hardboiled egg and milk or juice

TRY THIS AT HOME

Gotta Split!
(Makes 1 serving)

Try this fun breakfast idea with your kids – it counts toward their daily Fruits Group, Milk Group and Grain group goals! The fruit makes it a good source of vitamin C. Use the preparation time to discuss why breakfast is so important.

1 small ripe banana, peeled, halved lengthwise
½ cup vanilla low-fat yogurt
½ cup whole grain cereal (pick your favorite variety)
½ cup fresh fruit (strawberries or blueberries) or canned fruit, drained (sliced peaches, etc.)

Place halved banana in cereal bowl and top with yogurt, cereal, and fruit. Enjoy!

Nutrition Information Per Serving: 330 calories, 4g total fat, 1.5g saturated fat, 10mg cholesterol, 200mg sodium, 70g carbohydrate, 9g dietary fiber, 44g sugars, 9g protein, 10%DV vitamin A, 35%DV vitamin C, 20%DV calcium, 20%DV iron.



Eating for Energy, Part 2: Snacks, Fluids and Fad Diets



Eating meals that include foods from all the MyPyramid food groups is the best way to have a healthy diet. A “snack” is a small amount of food or drink that you eat between meals to keep you from getting really hungry – snacks are not meant to be eaten instead of meals. Smart snacks can help fill in the food groups your children might miss at meals. If kids are hungry, snacking gives them a chance to eat the fruit skipped at lunch, drink the milk forgotten at breakfast, and balance some of the food choices made earlier in the day.

Sometimes, kids tend to snack on foods that don't have many nutrients like ice cream, fruit pies, cookies, chips, regular soft drinks or candy. These foods are fine once in awhile but will not give the body the vitamins, minerals, fiber and other nutrients that it needs.

There are lots of ways to snack smart. Does your child do any of the following?

- Snack when he or she is hungry and there's a long time between meals (especially lunch and dinner).
- Snack when he or she needs some fuel to do homework, play outside, play a sport or another activity.
- Choose foods and drinks that will give his or her body the vitamins, minerals and nutrients it needs.
- Eat enough to take the edge off hunger but not so much that he or she is stuffed at meal time (Kids really active in sports may need bigger snacks).

Snacking smart can be a great way to fill in the gaps in your child's eating habits and help the body work as well as it should. Some eating habits can really zap your child's energy and make it hard for the body to work as well as it should. Some examples include:



Zapper #1: Not drinking enough fluids.

- Fluids include all drinks such as water, milk, juice, soft drinks (low/no calorie and regular) as well as other beverages. Many foods contain fluids, too. Think about juicy fruits and veggies like watermelon and cucumbers.
- It's very important for your child to drink enough fluids so that his or her body stays well hydrated, especially in hot weather or if they are playing hard or exercising.
- Children and teens need to replace the water lost when breathing, sweating or urinating. In all, the body needs about two to three liters of fluid each day, depending upon age and activity. Three liters equals one two-liter soft drink bottle plus half of another one!
- Drinks with caffeine (like coffee, tea and some soft drinks) will help replace fluids as well. In the past, caffeine was thought to cause dehydration. New research shows that beverages with caffeine help replace fluids just as well as beverages without caffeine. While caffeinated beverages are safe, young people should consume them only in moderation.

Zapper #2: Skipping meals or following fad diets.

- When children and teens skip meals or follow diets that eliminate one or more of the MyPyramid food groups, their bodies cannot get the nutrients needed to function well and stay healthy.
- For example, if a child skips a regular breakfast of cereal and milk, he or she is missing out on nutrients such as calcium and vitamin D (milk), and B vitamins, minerals and fiber (cereal).
- Fad diets are dieting plans that promise fast weight loss. Some fad diets eliminate food groups that are encouraged by MyPyramid, which can make it difficult for a child to get the nutrients he or she needs. If, for example, a fad diet eliminates dairy products, fruits or grain products, a child is not only missing the carbohydrates that fuel your brain and muscles, but he or she is likely to miss out on calcium and vitamin D (milk), vitamins A and C (fruits), and B vitamins and fiber (grain products).

TRY THIS AT HOME

Super-Duper Shakin' Snack Mix
(Makes 3 servings)

This snack is a good source of iron, contains fiber, and supplies whole grains (popcorn and wheat cereal).

1 cup mini pretzels
1 cup white cheddar cheese or cheese flavored popcorn
½ cup puffed wheat or other mini wheat cereal
¼ cup cashew halves and pieces or peanuts, lightly salted
¼ cup raisins

Toss all ingredients together in a large bowl and mix thoroughly. Divide snack mix into 3 re-sealable, sandwich-size plastic bags. Grab it as a speedy snack on the go!

Nutrition Information Per Serving: 200 calories, 9g total fat, 2g saturated fat, 0mg cholesterol, 460mg sodium, 27g total carbohydrates, 2g dietary fiber, 10g sugars, 5g protein, 4%DV vitamin A, 4%DV vitamin C, 2%DV calcium, 10%DV iron.



Building Healthy Bones – and Teeth, Too

Having strong bones and teeth is an important goal at every age, but it is especially important during a child's growing years. When it comes to bone health, what children eat and the amount of exercise they get can greatly affect whether they build strong bones and keep them strong for their entire lives.



Three nutrients are needed for building strong bones and teeth--calcium, vitamin D and phosphorus. If your child often falls short of getting enough of these nutrients, eventually bones can get weak. Each day, your child should enjoy a variety of foods in all five food groups of USDA's MyPyramid.

When it comes to healthy bones and teeth, the Milk Group – milk, yogurt and cheese – is especially important because these foods are rich in calcium.

When you serve these foods to your family, choose lowfat or fatfree milk, yogurt and cheese most often. If your family is used to whole milk products, you should slowly try switching to lowfat and fat freemilk, yogurt and cheese. Choose foods like whole milk or ice cream less often. You and your child can also get calcium from some foods and beverages that aren't in the MyPyramid Milk Group. For example:

- Calcium-fortified juices, soy milk and cereal
- Canned fish with bones like sardines and salmon
- Even some green veggies like collard greens, turnip greens, kale and bok choy

In addition to calcium, Vitamin D is also important for strong bones and teeth because it directs your body to absorb the calcium and phosphorus you eat and deposit them in your bones and teeth. You can get your D by drinking D-fortified milk and eating egg yolks or fish like salmon or sardines. People also can make their own vitamin D if their skin is exposed to adequate sunlight, so vitamin D is sometimes called the "sunshine vitamin."

Now let's talk about teeth. The best way to keep your child's teeth healthy is to help them brush and floss every day, and to make sure they see the dentist for regular check-ups. The following steps are important to help prevent cavities:

- Help your child brush his or her teeth twice a day – in the morning after breakfast and in the evening after dinner. Kids should floss their teeth once a day for healthy gums.
- Use toothpaste with fluoride in it. Fluoride is a mineral that helps protect kids' teeth from getting cavities.
- If you are away from home and can't brush your teeth after you eat, rinse your mouth out with water to wash away at least some of the food on your teeth.
- Try to cut back on the number of times per day that your child snacks. Each time your child eats food that contains carbohydrates, acids attack the teeth for 20 minutes or more.



TRY THIS AT HOME

Healthy Bones and Teeth Bingo

A fun twist on an old favorite, this game helps to reinforce with your child the importance of healthy bones and teeth.

Make copies of the bingo cards found in the Resources section of this guide (to preserve you may want to laminate or paste them to construction paper or thin cardboard).

Make one extra copy of a card and cut up the squares; you'll use these squares to "call" the bingo game. Place the squares in a small bag or cup to draw. Make sure you have pennies, checkers or other small items for your child to use as markers.

Draw a word from the bag/cup and call it out. Your child should cover the square with that word on his or her bingo card. As you call out each word, ask your child what they know or have learned about that word or use this time to discuss facts about our bones and teeth.

A straight row of words (up, down or diagonally) wins!

| | | | | |
|-------------------------------|---------|------------|------------------|-------------|
| Healthy Bones and Teeth Bingo | Calcium | Cheese | Collard Greens | Egg Yolk |
| | Enamel | Flossing | Jumping rope | Lactose |
| | Milk | Milk Group | Sunshine Vitamin | Twice a Day |
| | Walking | Yogurt | 20 Minutes | 206 |

Parent Involvement

Did You Know?

Less than 30 percent of high school students attend daily physical education classes.



Physical fitness is an essential part of life and staying active can lead to a lifetime of wellbeing. Daily fitness activities give your child the chance to play longer and harder at different games – from jumping rope to basketball and even creating games of their own.

Parents play an important role in their children's life and serve as a valuable resource to physical fitness and sporting activities. It is important that you become involved and informed about what activities your child is participating in. By taking an active role in your child's activities, you are able to create strong bonds and reinforce good habits.

In 2004-2005, Boys & Girls Clubs of America conducted an in-depth study to identify the most important elements a Club needs in order to deepen its impact on club members. Adapted from these findings, here are some things to keep in mind regarding your child's participation in group activities or organized sports:

- **A safe and positive environment.** The essence of this key element is the existence of a physically and psychologically safe environment to play. Is there supervision? Are there clear limits and structure? Is the field or play area safe? Do young people feel there is a safe environment to learn something new? Do members engage in healthy behavior?
- **Fun.** Are participants, including your child, happy, having fun and enjoying their time performing the activity or sport? Is the activity attractive to the participating age group? Do they participate frequently? Are the adult leaders engaging?
- **Supportive relationships.** Do participants have positive relationships with adults and peers? Does the activity provide an opportunity for adults and youth to meet and learn about each other? Do participants have friends and show respect for those of all cultures?
- **Opportunities and expectations.** Does the activity provide opportunities for all youth to participate? Do participants and organizers manifest strong moral character, know right from wrong, have positive values and behave ethically? Do they demonstrate goal-setting skills and believe in the value of education? Does the adult hold high expectations for the long-term achievements of the youth?
- **Recognition.** Do participants demonstrate competency, and do they receive recognition from themselves and adults that they have talents? Do organizers validate participants' achievements? Regarding the concept of acknowledgement, do the adults and participants know each others' names and something about each other?

When these forces are in place in your child's life, they can help to counteract the negative influences that can deter youth from positive social development. Programs and activities based on the goal of deepening impact prepare children to resist the negative pressures they face.

Keeping Your Child Motivated

Many children who start playing sports at an early age stop participating by the time they reach adolescence. In order to remain motivated to play sports, children must have fun. Here are a few ways to help your child stay motivated while participating in sports:

- Help your child set individual goals and strive to reach his or her potential.
- Make sure your child is challenged to his or her level of ability when playing.
- Enable your child to learn about his or herself through participating in sports.
- Do not make winning the reason to play sports.

Whether considering an organized activity or just a fun game at home with your child, it is important that you take your child's age and developmental abilities into consideration. Younger children may lose interest if a game goes on too long, while older children might become frustrated if an activity is completed too soon. Here are some tips to take into consideration when planning activities:

- **Keep skill levels in mind.** Remember that children of varying ages are at different developmental stages when it comes to coordination and fine motor skills. For instance, younger kids (6 to 10 years) excel at and enjoy activities that center around the use of large muscle groups.
- **Be supportive.** Do not hold back when it comes to letting your child know he or she has done a great job, made a good try or improved his or her skills.
- **Give your child a chance.** Make sure the activities you select or your child wants to participate in allow him or her the chance to play and be involved.
- **Consider timing.** Keep your child's schedule, age and energy level in mind when selecting an activity or sport.
- **Allow for success.** Make every activity one in which your child can achieve some level of success.



It is important to remember that girls enjoy playing sports as much as boys do. If girls get involved in sports at a young age and have rewarding experiences, they are more likely to continue playing sports and other organized activities throughout their lives. Some of the reasons it is important to pay particular attention to girls' participation in athletic activities are:

- Girls who are active in sports are more physically, academically and emotionally fit than girls who are not active.
- Girls who play sports are generally less intimidated in the classroom and excel in subjects like math and science.
- If a girl does not participate in sports by the time she is 10 years old, there is only a 10 percent chance she will participate when she is 25 years old.

Preparing Your Child for Physical Activity

Before your child engages in physical activity and after your child completes a physical activity, there are steps he or she should take to care for his or her body. Some key components to preparing your body include: warm-up, stretching and cool-down.



Every exercise of physical activity should begin with a warm-up. The purpose of the warm-up is to prepare the body for the activity ahead by slowly elevating the heart rate, increasing body temperature and blood flow to the muscles. Once the body temperature is elevated, muscles are able to stretch better, preventing strains, pulled muscles and aches. A proper warm-up starts slow and easy and gradually increases in intensity, bringing the heart rate and body temperature up. Children should do five to 10 minutes of aerobic exercise to warm up their bodies. Here are some aerobic warm-up exercises:

- Walking forward (four counts);
- Walking backward (four counts);
- Marching in place (eight counts);
- Jogging in place (eight counts);
- Hopping from one foot to the other (eight counts);
- Jumping jacks, with feet only (eight counts);
- Jumping jacks, using arms (eight counts);
- Twisting gently from side to side with hands on hips (eight counts).

Stretching promotes relaxation, enhanced coordination, body awareness and better circulation. Stretches should be performed for approximately 10 minutes after the warm-up and should involve a variety of “static” exercises involving slow, gradual movement. Children should avoid “ballistic” or bouncing exercises. Provide variety in stretching exercises by rotating four or five different stretches each day. Stretching tips include the following:

- Stretch on a soft surface, such as grass or a mat.
- Breathing should be long and deep. Focus on breathing two (2) inches below the navel, with slow exhalation two (2) inches below the navel, while extending into the stretch.
- Stretch should extend to the point of first discomfort.
- Hold stretch for 10 counts. Relax. Repeat twice.

For examples of stretches, including directions to demonstrate and lead your child through the stretching exercises, please visit the Resources section at the back of this guide.

Cool-down exercises are as essential as warm-up activities for avoiding injury. Children should perform a 10-minute cool-down at the end of each physical activity. Any of the warm-up stretches may be used as cool-down exercises.

The bodies of young children and adolescents do not regulate heat efficiently. Most heat-injury problems occurring in children can be avoided with proper intake of fluids, or hydration. It is important to have fluids available and monitor the fluid intake of your child at the beginning of and during physical activity. Fluid needs are tied to a child's weight and vary depending on the size of a young person and intensity and duration of the activity. Here are some key things to remind your child to do or keep in mind when physically active:

- **Start exercise well hydrated.** Encourage your child to drink 14 to 22 ounces of fluid two hours before exercise. Because there is no benefit to over-hydrating, children should not drink excessive amounts of fluid.

If your child is pursuing vigorous physical activity lasting more than one hour:

- **Drink during exercise.** It is recommended that he or she drink six to 12 ounces of fluid every 15 to 20 minutes. Maintaining fluid balance during exercise is important for optimal performance.
- **Drink after exercise.** In most cases, athletes do not consume enough fluid during exercise to balance fluid losses and often complete their exercise sessions dehydrated to some extent.
- **Keep an eye on electrolytes.** Electrolytes (sodium, potassium and other minerals) also are important for keeping youth properly hydrated during activity. In exercise activities lasting longer than one hour, it is recommended that kids' fluid intake include sodium. Sodium can make drinks more palatable and enhance the urge to drink, therefore increasing the amount of fluid a child consumes.

TRY THIS AT HOME

Here is a fun, easy-to-follow exercise that you can do with your child or suggest when friends are over.

Jumping Rope

This activity can be done with one child or a group of 3 or more. Challenge your child to jump rope while singing this little rhyme:

*Apples, peaches, pears and plums
Tell me when your birthday comes.*

Now the skipping becomes fast and the jumper says the months of the year (Jan., Feb., March, etc.). She or he tries not to get out until reaching the month of his or her birthday.



Importance of Social Recreation

Did You Know?

Leisure or social activities can positively influence your child by providing a way for him or her to learn social skills and creativity through play and sports.

Social activities include fun events and experiences that promote social success. It is essential to your child's healthy development. In addition to the fun and engagement your child derives from participating in fitness, sports, games, contests and other recreational activities, social recreation offers a variety of other important benefits, including:



- **Adventure and challenge.** The years of childhood and adolescence are a time of self-development, self-discovery and challenge through new activities. Social recreation provides an outlet for these important means of growth.
- **Health and wellbeing.** Social recreation contributes to your child's emotional, social and psychological well being.
- **Strength and endurance.** Social recreation helps young people build strength, stamina and physical endurance.
- **Growth and development.** Social recreation provides a way for children to learn motor skills, social skills and creativity through play and sports. It also teaches many of the intellectual capacities and concepts children need to grow into healthy adults.
- **Leadership and teamwork.** Social recreation teaches young adults self-discipline and commitment to a team; it also develops leadership skills that can last a lifetime.
- **Improved self-image.** A young person's self-esteem, positive self-image and self-confidence are enhanced through social recreation.
- **Reduced problems.** Social recreation reduces self-destructive behavior and negative activity in youth and can be an antidote to delinquent activity.
- **Stronger families and communities.** Social recreation can build social skills and stimulate your child's participation in community life.

Social activities also provide many opportunities to help your child develop different skills and interests. New games can be introduced and taught each day. Contests can help your child develop analytical or physical skills. These skills can be learned as your child plays chess or checkers, billiards, table tennis, foosball, marbles, jacks or other games. Recognizing and acknowledging your child as he or she learns and practices new skills is critical to the development of a positive self-esteem.

Character Building

Social recreation can be an ideal setting in which to promote and develop good character in children. In order to be successful in instilling character in your child, it is important to understand clearly what character is and to know what traits a person of character demonstrates. Dr. Tom Lickona, professor of education at SUNY-Courtland, describes character as “knowing the good, loving the good and doing the good.”

The following definitions detail what character involves and the types of behavior you and your child might observe in someone who exhibits character. They also can be easy conversation starters to discuss the importance of character.

Character is defined by what one does, not by what one says or claims to believe.

- Topic to Discuss: When a young person is playing and game a calls a penalty or foul that the opponent does not see that, as a result, helps the opponent, this is a demonstration of good character.

Every choice one makes further defines the kind of person one chooses to be.

- Topic to Discuss: When participating in social recreation activities are young people friendly and open to others or do they ignore them? Do they explain the rules clearly to new members or try to take advantage of them? Are they welcoming to new or shy members or do they form cliques?

Character is demonstrated in the way one behaves when no one is looking.

- Topic to Discuss: This involves doing the right thing, even when it is to one's personal detriment, rather than doing what is easy or convenient. Have you seen someone obey the rules even when the opponent does not?

As a parent, you are aware of the power and importance of recognition. Offering words of praise or a privilege for a principled choice will make a lasting impact on your child's life. As you work to help your child build character, it is important that you establish an environment that promotes and supports positive character traits. To create an environment of character, it is important to do the following:

- Model good character as an example to your child.
- Talk to your child to make them feel they are genuinely important and valuable.
- Talk to your child about what is right and what is wrong.
- Provide opportunities for your child to practice ethical behavior.

When your child is engaged in social activities, it is the perfect time for you to discuss the importance of sharing, goal setting, playing fair and being cooperative. As a result of ongoing guidance, your child can learn important character traits.



Skills Development



In addition to the fun and engagement youth derive from participating in fitness, sports, games, contents and other recreational activities, social recreation provides a way for youth to learn motor skills, social skills and creativity through play and sports. Skill development motivates young people and makes games and contests more exciting. It implies that goals are being set. Goal setting leads to practice and analysis of the activity and to a measurement of progress.

The skills required to become a competitive marbles player, billiards player, chess or checkers player are the same skills required for achievement in other areas of life. Learning to handle the pressure of competition can prepare your child for the stress of taking school exams. Later in life, this same skill set could help you child in his or her career. Young people learn the behaviors to achieve goals and success.

We are better off not telling young people about the value and importance of their activities. For now, just let them have fun. An opportunity may present itself naturally when your child is struggling with a subject in school or facing some difficult tests. Then a conversation can point out that he or she has exhibited the skills needed for the current challenge.

TRY THIS AT HOME

On the surface, these activities may appear to have no direction or purpose. However, social recreation has opportunities for informal guidance and character development. Young people are learning to compete, to win and to lose graciously. Goal-setting skills are being developed and children learn to be good friends.

Spelling Baseball

Two teams are formed. The leader is the pitcher. The leader “pitches” a word to the first player who must spell it correctly. If the word is correctly spelled, the player moves to first base and the next player comes to the plate. Base runners are advanced by completely spelled words. When three words are misspelled the next team is up. After nine innings, the team with the most runs wins.

Variations:

Words can be given difficulty ratings so a word may be a single, double, triple or homerun depending on difficulty.

Questions may be asked instead of words provided to spell.

- a. What is the capital of Kentucky?
- b. Name a U.S. senator from our state.

Spelling baseball is ideal for a birthday party, when relatives come to visit or for family game night.

TRY THIS AT HOME *(continued)*



Puzzles

Puzzles are another good option for skills and character development, especially the ones that take days to solve such as jigsaw, word, mechanical and guessing puzzles. All of them make great social activities. Each day or week, present your child with a new challenge to solve!



Musical Statues

This game is a variation of Musical Chairs. Ask your child and her friends to dance around the room to music, and when the music stops they have to make a pose like a statue. Whoever moves before the music starts again is eliminated. It is a good idea to get the eliminated players to help judge who is moving. The player who moves the least will be the winner at the end.



Lame Wolf

A playing area is marked off with a wolf den at one end and the home at the other end. The game begins with the players in their home and the wolf in the den. The players come out and begin to taunt the wolf, saying things such as, “Who’s afraid of the big bad wolf?” or “Lame wolf can’t catch anyone!”

When the wolf thinks the time is right, the attack begins! The wolf can only run three steps and then must hop on one foot. Anyone caught becomes a wolf and helps to capture the other players. When all the other players are safe at home, the wolves return to the den.

The other players continue to venture out, taunt the wolves and run for safety as the wolves continue to chase to chase and capture the other players. When only one player is left, the game is over and that player becomes the lame wolf and the wolves become the other players.

This game is fun for younger children and creates a sense of adventure.



Conclusion

A Special Note to Parents:

We hope you found the information in the “Triple Play Parents Game Plan” helpful and encourage you to incorporate as many of these ideas into your family’s daily routine as possible. Remember, eating and exercise habits are learned behaviors and often established during childhood. As parents, you are the policy makers for your home so make this the year that you and your child “get into the game!”

By supporting your child’s athletic and other physical activity interests, you’re also creating opportunities to discuss important social issues that shape character and build self-esteem. Over time, this open dialogue may increase the chances that your child asks you for advice rather than turning to their peers when faced with difficult situations.

And above all else, remember to keep things fun! Be patient with your child as you introduce new ideas and activities. Children often learn through repetition so continue to reiterate important key points. This guide was designed with you in mind, so we encourage you to make it your own. Feel free to add relevant information or any additional knowledge or experience you may have pertaining to the subject matter.

We thank you for taking a proactive approach to health and wellness in your child’s life and for supporting this project. As always, our success depends on your active involvement and participation.

And remember, this guide features only a sampling of all the great program elements Triple Play: A Game Plan for the Mind, Body and Soul offers. We encourage you to stop into a local Boys & Girls Club chapter to experience all the great elements this program has to offer.

Sincerely,
Your friends at the Boys & Girls Clubs of America,
The Coca-Cola Company and Kraft Foods, Inc.

Resources

FLEXIBILITY: Stretching Exercises

TIPS FOR STRETCHING

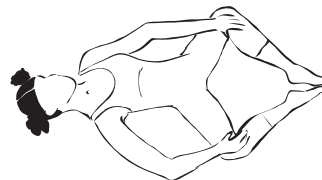
Stretches are performed for approximately 10 minutes after the warm-up and should involve a variety of “static” exercises involving slow, gradual movement. Members should avoid “ballistic” or bouncing exercises. Provide variety in stretching exercises by rotating four or five different stretches each day. Stretching tips include the following:

- Hold stretching session on a soft surface, such as grass or mats.
- Breathing should be long and deep. Focus on breathing two (2) inches below the navel, with slow exhalation two (2) inches below the navel, while extending into the stretch.
- Stretch should extend to the point of first discomfort.
- Hold stretch for 10 counts. Relax. Repeat twice.

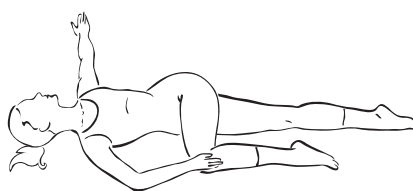
STRETCHES

Use the following directions to demonstrate and lead youth through the stretching exercises.

Lying Groin Stretch – Lie flat on back with knees bent so the soles of feet are together. Spread knees apart as far as possible. Applying pressure to the knees with hands can increase the stretch. This position stretches the groin.



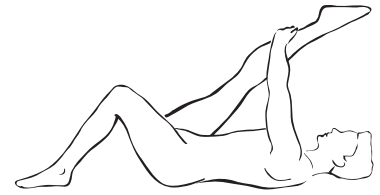
Lower Back and Hip Extension – Lying flat on back, bend right knee 90 degrees. Twist torso so that the inside of knee touches the floor. Make sure shoulders remain flat on the floor. Place left arm over the knee and push towards the floor in order to increase the stretch. Repeat on the opposite side. This position stretches the obliques.



Seated Twist – Sit on the floor with right leg straight in front of body and left leg bent at a 90-degree angle. Cross left foot over right leg so it rests outside the knee. Turn torso as far as possible in the direction of the left knee. Place right elbow on the outside of left knee. Apply elbow pressure against knee in order to increase the stretch. Repeat on the opposite side. This position stretches the spine and obliques.



Hamstring Stretch – Lie flat on your back, with knees bent so your feet are flat on the ground. Straighten and lift your right leg until it is perpendicular to your body. Place your hands behind the knee of your right leg and stretch the leg as close to your body as possible. Repeat with your left leg.



Hamstring Stretch – Variations

Bending Hamstring Stretch – Stand with feet together. Press feet into the floor. Bend at the waist, gently (do not bounce). Let arms hang down. Keep legs straight and hold for a count of 15. While holding, continue to press feet to the floor and stretch hips toward the ceiling. Release and slowly straighten up. Repeat.

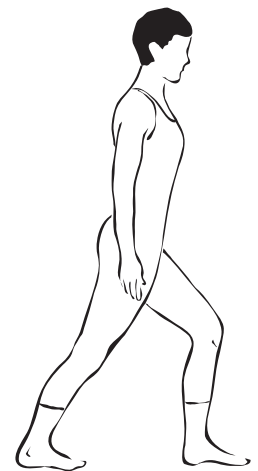
Seated Hamstring Stretch – Sit on the floor with legs open in a “V” position. Reach body over right leg, being sure to keep knees straight. Grab sole of right foot with hands to increase the stretch. Repeat with left leg.

Standing Hamstring Stretch – Standing upright, place left leg forward, wider than shoulder width distance from right leg. Right foot should be turned out, perpendicular to body. Left foot should remain in line with body. Bend over left leg and reach for left foot. To repeat on the opposite leg, lift body upright and pivot to the opposite leg, keeping feet placed. This position stretches the calves, hamstrings and back.

Lunge Walk – Begin by walking forward with steps half the size of normal walking strides. Keep the heel of rear foot on the ground and knee straight, stepping forward. Pause and hold each step for a count of five. Feel the stretch in the calf area of the rear leg. Step forward and repeat on the other leg.

Gradually increase the length of the step, holding each step with the heel down. Avoid making the steps so big that the rear heel comes off the ground. Reaching overhead with the same arm as the rear leg increases the stretch along the side of the body.

Next, move to a full lunge, dropping the rear knee toward the floor with each step. (Lift the heel off the floor with this move.) Keep shoulders up and back and hold the position. Feel the stretch in the hip flexors and the thigh of the rear leg. Reach arm across chest to the opposite shoulder and rotate the trunk of the body slightly. This will stretch the side and shoulder.



Quadriceps Stretch – Lie on left side with left arm stretched out above to support head. Bend right knee and grasp ankle with right hand. Gently pull right foot back towards the gluteus. Repeat on the right side with left leg. This position stretches the quadriceps.



| | | | | |
|-------------------------------|---------|------------|------------------|-------------|
| Healthy Bones and Teeth Bingo | Calcium | Cheese | Collard Greens | Egg Yolk |
| | Enamel | Flossing | Jumping rope | Lactose |
| | Milk | Milk Group | Sunshine Vitamin | Twice a Day |
| | Walking | Yogurt | 20 Minutes | 206 |

| | | | | |
|-------------------------------|------------|------------------|-------------|---------|
| Healthy Bones and Teeth Bingo | Cheese | Collard Greens | Egg Yolk | Enamel |
| | Flossing | Jumping rope | Lactose | Milk |
| | Milk Group | Sunshine Vitamin | Twice a Day | Walking |
| | Yogurt | 20 Minutes | 206 | Calcium |

| | | | | |
|-------------------------------|------------------|-------------|---------|------------|
| Healthy Bones and Teeth Bingo | Collard Greens | Egg Yolk | Enamel | Flossing |
| | Jumping rope | Lactose | Milk | Milk Group |
| | Sunshine Vitamin | Twice a Day | Walking | Yogurt |
| | 20 Minutes | 206 | Calcium | Cheese |

| | | | | |
|-------------------------------|-------------|---------|------------|------------------|
| Healthy Bones and Teeth Bingo | Egg Yolk | Enamel | Flossing | Jumping rope |
| | Lactose | Milk | Milk Group | Sunshine Vitamin |
| | Twice a Day | Walking | Yogurt | 20 Minutes |
| | 206 | Calcium | Cheese | Collard Greens |

| | | | | |
|-------------------------------|---------|------------|------------------|-------------|
| Healthy Bones and Teeth Bingo | Enamel | Flossing | Jumping rope | Lactose |
| | Milk | Milk Group | Sunshine Vitamin | Twice a Day |
| | Walking | Yogurt | 20 Minutes | 206 |
| | Calcium | Cheese | Collard Greens | Egg Yolk |

| | | | | |
|-------------------------------|------------|------------------|-------------|---------|
| Healthy Bones and Teeth Bingo | Flossing | Jumping rope | Lactose | Milk |
| | Milk Group | Sunshine Vitamin | Twice a Day | Walking |
| | Yogurt | 20 Minutes | 206 | Calcium |
| | Cheese | Collard Greens | Egg Yolk | Enamel |

| | | | | |
|-------------------------------|------------------|-------------|---------|------------|
| Healthy Bones and Teeth Bingo | Jumping rope | Lactose | Milk | Milk Group |
| | Sunshine Vitamin | Twice a Day | Walking | Yogurt |
| | 20 Minutes | 206 | Calcium | Cheese |
| | Collard Greens | Egg Yolk | Enamel | Flossing |

| | | | | |
|-------------------------------|-------------|---------|------------|------------------|
| Healthy Bones and Teeth Bingo | Lactose | Milk | Milk Group | Sunshine Vitamin |
| | Twice a Day | Walking | Yogurt | 20 Minutes |
| | 206 | Calcium | Cheese | Collard Greens |
| | Egg Yolk | Enamel | Flossing | Jumping rope |

| | | | | |
|-------------------------------|---------|------------|------------------|-------------|
| Healthy Bones and Teeth Bingo | Milk | Milk Group | Sunshine Vitamin | Twice a Day |
| | Walking | Yogurt | 20 Minutes | 206 |
| | Calcium | Cheese | Collard Greens | Egg Yolk |
| | Enamel | Flossing | Jumping rope | Lactose |

| | | | | |
|-------------------------------|------------|------------------|-------------|---------|
| Healthy Bones and Teeth Bingo | Milk Group | Sunshine Vitamin | Twice a Day | Walking |
| | Yogurt | 20 Minutes | 206 | Calcium |
| | Cheese | Collard Greens | Egg Yolk | Enamel |
| | Flossing | Jumping rope | Lactose | Milk |

MyPyramid


STEPS TO A HEALTHIER YOU

MyPyramid.gov






| | | | | |
|--|---|---|---|---|
| GRAINS Make half your grains whole Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta | VEGETABLES Vary your veggies Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens Eat more orange vegetables like carrots and sweetpotatoes Eat more dry beans and peas like pinto beans, kidney beans, and lentils | FRUITS Focus on fruits Eat a variety of fruit Choose fresh, frozen, canned, or dried fruit Go easy on fruit juices | MILK Get your calcium-rich foods Go low-fat or fat-free when you choose milk, yogurt, and other milk products If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages | MEAT & BEANS Go lean with protein Choose low-fat or lean meats and poultry Bake it, broil it, or grill it Vary your protein routine — choose more fish, beans, peas, nuts, and seeds |
| For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov . | | | | |
| Eat 6 oz. every day | Eat 2 1/2 cups every day | Eat 2 cups every day | Get 3 cups every day; for kids aged 2 to 8, it's 2 | Eat 5 1/2 oz. every day |



Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, *trans* fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



Health & Fitness Journal

Congratulations on embarking upon a wonderful journey of eating smart, keeping fit and forming positive relationships. The purpose of the Health & Fitness Journal is to provide reflections of your life by using a simple – but effective – approach to asking powerful questions. Examples of these questions are:

- What have I learned about health, nutrition or fitness?
- What new healthy habits am I forming?
- How do I feel now that I’m developing new habits?

Goals for the Mind –

Goals for the Body –

Goals for the Soul –



Health & Fitness Journal

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



National Headquarters
1275 Peachtree St. NE
Atlanta, GA 30309
Phone: (404) 487-5700
www.bgca.org