

Stylin'

FOR LIFE



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GET Physical

Physical Activity & Hair

One part of a healthy lifestyle is being physically active every day. Being active for at least 30 minutes each day can help lower your risk of obesity, type 2 diabetes, high blood pressure, heart disease, stroke, and some cancers. Many African American women do not get the physical activity they need because they don't want to mess up their hair. But, there are many hairstyles that look great and can handle any workout. Other benefits of being active include looking and feeling better. Consider trying a new look today that helps you be more active.

Worry-Free Hairstyles



Worry-free hairstyles make it easy for women to be active and not fuss about their hair. These styles save time and do not require a lot of work after washing. Natural or curly hairstyles are often the style of choice for active African American women. Other worry-free hairstyles like braids, cornrows, dreadlocks and similar styles make the transition from work out to other activities easy. This may be important if you like to be active before work or during lunch breaks. Talk to your stylist about hair care if you think one of these styles is right for you.

Short Hairstyles

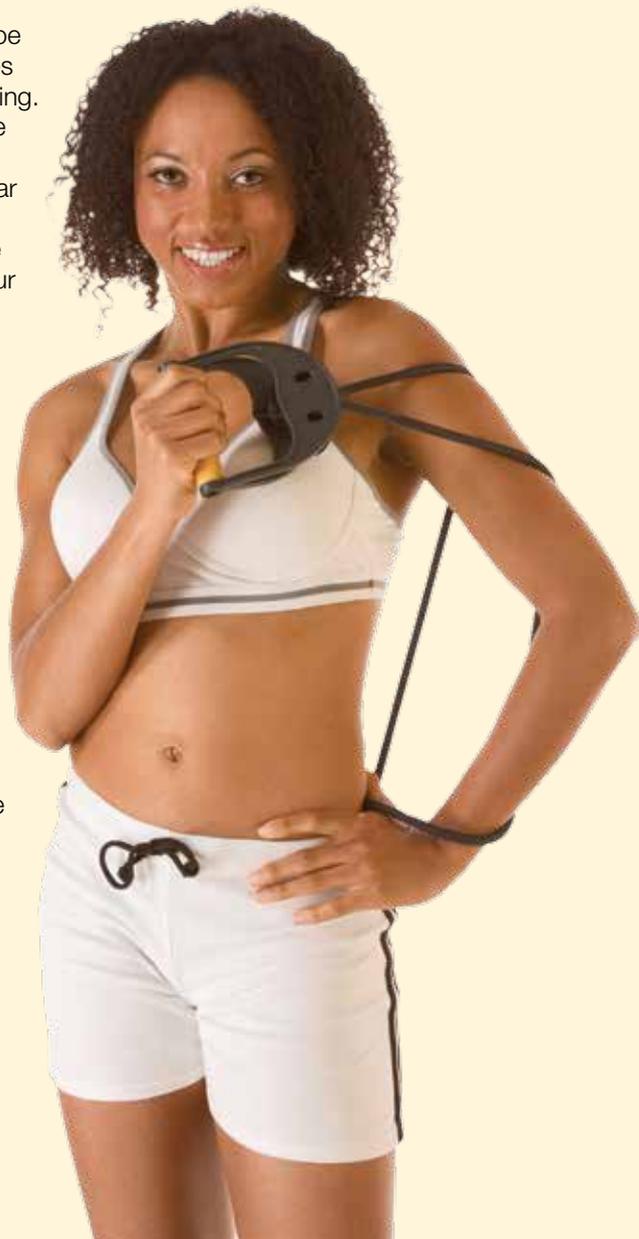


Short hairstyles are another option for active African American women. Short styles, whether heat-styled, relaxed, or natural take less time to style than longer hair. Short hair can also be washed more often with less hair damage. Short styles are a good option for those that want something more than the casual look of a ponytail. With a short hairstyle, the physically active African American woman can have a classy look in no time.

Talk to your stylist about the right, short look for you.

Make a Plan

Even if a worry-free or short hair style is not right for you, any hairstyle can fit into your fitness routine when you plan ahead. For example, some women wear simple hairstyles during the workweek to save time and be active. They leave straight or other hairstyles that take more "style-time" for the weekend or special events. Choose activities that are fun and easy for you to do. Decide if a class setting, a "buddy" or working out alone is right for you. Think of the best part of your busy day where you can fit in exercise. Change your routine if you get bored. Plan activities that also get the kids active, such as trips to the park on the weekend. With careful planning, African American women can be physically active and still be divas about their hair.



“... I’m tryin’ to make it last at least a week... So I purposely don’t do activities that’s gonna make me sweat. I don’t work out at the gym or anything.”

–African American woman

“Hair-friendly,” low-sweat physical activity tips:

- You don’t have to do it all at once. Do about 10 minutes of activity three times a day.
- You can walk the kids to school. Walk during breaks or at lunchtime at work. In the evening walk with your family.
- Take the stairs instead of the elevator or escalator.
- Park your car far from the entrance and walk.
- Get on and off the bus a couple of blocks away from your stop.

Fitness-friendly hairstyles and tricks:

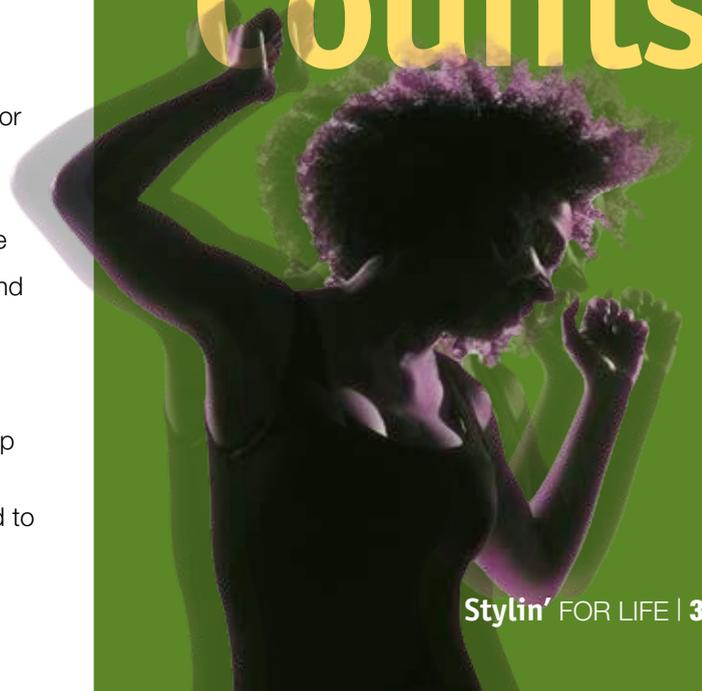
- Natural hair styles
- Braids, twists, and cornrows
- Short hair, and close cuts
- Full sewn-in weaves
- Wet set, wave nuevo, and rod set
- Wigs, accessories, and techniques
- Short hair – it’s easy to wash and wear
- Short, relaxed hair can be dried and styled quickly or slicked back with gel
- Locks are easy to keep up
- Long hair can be pulled back for an on-the-go style
- Blunt cuts or Bobs look great wrapped or curled and can stay styled after workouts
- Braids, twists, and locks also stay in place during physical activity
- Cornrow braids cost less and take less time to keep up than micro-braids
- Scarves, ties or other hair accessories can be used to keep up the style during physical activity

Dance has always been a part of African American culture and family tradition. And, it counts as physical activity. So no matter what age or stage of life you are in, dancing can help keep you fit!

Dancing can help:

- Build a strong heart
- Burn calories
- Lower stress
- Raise energy level
- Lower blood pressure and risk for heart disease

DANCING Counts!



MAKE Healthy Change HAPPEN



Almost 70% of African American adults are overweight or obese.

Many have serious health problems like obesity, type 2 diabetes, high blood pressure, heart disease, stroke, and some types of cancer.

You can lower your risk of these conditions by making better choices at home. Making a few small changes can make a big difference. Eat less fried food, and cut down on added salt and sugar in the food and drinks you buy. Eat more fruits and vegetables and be active every day. Taking these steps can make change happen for you and your family.

Be a Champion for Change! Join the movement to eat healthy and be active every day. Make half your plate fruits and vegetables at every meal, drink water instead of sugary drinks, and speak up for healthy change:

- **In your neighborhood, make sure kids have a safe place to play outside.**
- **In your community, ask the corner store to carry more fruits and vegetables.**
- **At work, ask the catering truck to sell healthier options.**

Small changes add up to big health improvements at home, at work, in schools, and in our communities. You can learn other ways you can be a Champion for Change by visiting: www.CaChampionsForChange.net.

NOT SURE Where to Start?

Simple changes make a life-long difference.

- Make half your plate fruit and vegetables. Fruits and vegetables are low in sodium and calories, and high in the vitamins and minerals your body needs. Eat dinner together as a family – studies show families that eat together eat better.
- Skip the salt. Use herbs and spices for flavor instead.
- Take family walks or stay in and have a family dance off.

Try this Soulful Seasoning recipe to spice up meats and beans, soups, stews, and side dishes. It's great in place of salt!

SOULFUL Seasoning

Ingredients

3 tablespoons onion powder
4 tablespoons garlic powder
1 tablespoon ground red pepper
1 tablespoon chili powder
1 tablespoon paprika
1 teaspoon ground black pepper
2 teaspoons ground thyme

Preparation

1. Mix all ingredients together to make $\frac{3}{4}$ cup seasoning.
2. Store in an airtight container and use in place of seasoning salts.

For more tips and tricks for eating healthy check out:
www.network-toolbox.cdph.ca.gov/en/HandSmartChoices.asp



In California, 68% of African American adults are overweight or obese. African Americans suffer more from serious health problems like obesity, type 2 diabetes, high blood pressure, heart disease, and stroke than other groups. But this does not have to be our legacy. By making changes, limiting the amount of deep-fried foods we eat and sugary drinks we drink, we can make a big difference. Eating more fruits and vegetables and being active every day can help change our legacy.

The *Network for a Healthy California (Network)* can help; we have recipes, tips, and tools to help you make healthy changes. The *Soulful Recipes* cookbook puts a healthy twist on traditional recipes like greens and oven-fried chicken. They not only taste great, but are healthy too! For these recipes and others, visit www.CaChampionsForChange.net.

WHY EAT Fruits and Vegetables?



They're healthy, fast, and easy. Buy fruit and vegetables when they are in season to save money. Try new fruits and vegetables or serve them in a new way to add a wide variety of tastes, textures, and flavors to your meals. Choose colorful fruits and vegetables for even more health benefits. Aim to make half your plate fruits and vegetables at every meal and enjoy the health benefits they bring.

Health Benefits:

- Helps to control weight
- Lowers the risk of stroke, heart disease, and high blood pressure, type 2 diabetes, and some types of cancer
- Boosts energy levels
- Provides vitamins and minerals
- Fiber-rich to help keep you regular
- Low in calories, fat, and sodium

Eat more fruits and vegetables:

- Add fruit to whole grain cereal or oatmeal
- Pack fruit for an easy on-the-go snack
- Eat a salad with lots of vegetables
- Pick vegetable soups with clear broth
- Serve two vegetables at dinner
- Freeze fruit, like grapes or bananas for dessert

For information, recipes, and tips on how to get more fruits and vegetables into your diet, go to www.CaChampionsForChange.net or www.ChooseMyPlate.gov.

Eating healthy on-the-go can be a hard. Here are a few tips that will help you enjoy more fruits and vegetables and healthier options when at a restaurant:

TIPS FOR Healthy Eating ON-THE-GO

- Pick water or order fat-free or lowfat milk, or unsweetened tea.
- Skip the free bread or basket of chips.
- Ask for whole wheat bread instead of white bread for sandwiches.
- Start with a salad or soup packed with vegetables to help fill you up.
- Ask for salad dressing on the side. Then use just a small amount to add flavor.
- Pick main dishes that include vegetables, such as stir-frys, kebobs, or pastas with a tomato-based sauce.
- Order steamed, grilled, or broiled dishes instead of fried or sautéed.
- Choose a “small” plate or share a main dish with a friend. Skip the “all-you-can-eat” buffet.
- Order an appetizer-sized portion or a side dish instead of an entrée.
- Don’t force yourself to clean your plate — when you’ve eaten enough, leave the rest or take it home.
- Add little or no butter to your food.
- Choose fruits for dessert.





SUNDAY Dinner

Southern Fried Chicken. Collard Greens. Blackeye Peas. Cornbread. Sweet Potato Pie. When you think of these foods, you may think of mom or grandma cooking in her kitchen on Sunday. Sunday dinner is a big part of African American culture. It brings families home for more than just eating soul food. It is a time when families come together to enjoy cooking, sharing stories, and playing games.

Families today are still getting together for Sunday dinner. But, moms are changing the way they make 'grandma's' recipes. Today, many African American moms know that there is a link between what we eat and why so many of us suffer from serious health problems like obesity, type 2 diabetes, high blood pressure, heart disease, stroke, and some cancers.

Moms are taking control of their kitchens and their communities. They are talking with their friends, store owners, and community leaders about getting healthy food in their neighborhoods. They are changing their way of cooking soul food; just enough, so that it is still delicious — just healthy.

Try the meals in the *Soulful Recipes: Building Healthy Traditions* cookbook to find great tasting, healthier versions of traditional favorites. All you have to add is love and care to make them special to your family. Be a Champion for Change in your family. Inspire healthy change with the foods you cook and the stories you share at the dinner table.

REASONS TO **Eat Greens**

A ½ cup of cooked greens is about the same as two cups of raw, leafy greens. Leafy greens cook down a lot — from one-quarter up to one-eighth of the original volume.

Cooked greens have:

- Vitamin A, vitamin C, and vitamin K (bok choy, collards, kale, Swiss chard)
- Folate (bok choy and collards)
- Manganese (kale and Swiss chard)
- Iron and potassium (Swiss chard)
- Calcium (bok choy and collards)

SAVORY Greens

Make this Sunday dinner dish really pop with hot sauce.

Makes 6 servings

½ cup per serving

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients

3 cups water

¼ pound skinless, smoked turkey breast

¼ cup chopped onion

1 tablespoon chopped and seeded jalapeño pepper (optional)

2 cloves garlic, crushed

¼ teaspoon cayenne pepper

¼ teaspoon ground cloves

½ teaspoon dried thyme

1 green onion, chopped

1 teaspoon ground ginger

2 pounds greens (mixture of mustard greens, collard greens, kale, and turnip greens)

Preparation

1. Place all ingredients except greens into a large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice greens into bite-size pieces.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender. Serve while hot.



Nutrition information per serving:

Calories	69
Carbohydrate	10 g
Dietary Fiber	4 g
Protein	7 g
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	9 mg
Sodium	267 mg



rethink YOUR DRINK

What you choose to drink is just as important as the food you eat. Many drinks have added sugars, fats, and too many calories, with little or no nutrients. Water has zero calories and quenches your thirst. Pick other healthy drinks for your family such as lowfat (1%) or fat-free milk, and a small amount of 100% juice.

DID YOU Know?

- Adults who drink one or more sugary drinks a day are 27% more likely to be overweight than adults who don't.^{1,2}
- Women who drink more than two sugary drinks a day are 40% more likely to have a heart attack or die from heart disease.³
- Each sugary drink a child has a day increases their risk for obesity by 60%.²
- Drinking sugary drinks nearly doubles the risk of dental cavities in children.⁴

SPA Water RECIPE

Fill a pitcher with cold water. Add $\frac{1}{2}$ cup thinly sliced cucumber and $\frac{1}{2}$ cup fresh mint leaves. Chill in refrigerator. Enjoy!

Try different combinations of flavors:

Thin slices: lemon, lime, orange, grapefruit, cucumber, apple, berries, melon, pineapple, fresh ginger

Fresh herbs: mint, basil, rosemary, parsley



HOW LONG DOES IT TAKE TO Walk Off Your Drink?

Drink, Calories, and Container Size (fluid ounces)	Teaspoons of Sugar per Container Size	Minutes of Walking to Burn Off the Drink (walking at 3.5 mph) ⁵
 Soda 136 cal 12 fl oz	8 tsp 	30 min. 
 Sports Drink 125 cal 20 fl oz	9 tsp 	27 min. 
 Energy Drink 240 cal 16 fl oz	15 tsp 	52 min. 
 Juice Drink 305 cal 20 fl oz	17 tsp 	66 min. 
 Fruit-flavored Soda 165 cal 12.5 fl oz	11 tsp 	36 min. 
 Vitamin-added Water 125 cal 20 fl oz	8 tsp 	27 min. 
 Sweetened Tea 213 cal 20 fl oz	14 tsp 	46 min. 
 Water 0 cal 20 fl oz	0 tsp 	0 min. 

Note: This table represents the average amount of calories a 154-pound individual will use. Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less.

¹ Babey SH, Jones M, Yu H, Goldstein H. Bubbling over: soda consumption and its link to obesity in California. Policy Brief UCLA Cent Health Policy Res. Sep 2009(PB2009-5):1-8.

² Ludwig DS, Peterson KE, Gortmaker SL. Relation between consumption of sugar-sweetened drinks and childhood obesity: A prospective, observational analysis. Lancet. 2001;357:505-508.

³ Fung TT, Malik V, Rexrode KM, Manson JE, Willett WC, Hu FB. Sweetened beverage consumption and risk of coronary heart disease in women. Am J Clin Nutr. Apr 2009;89(4):1037-1042.

⁴ Sohn W, Burt BA, Sowers MR. Carbonated soft drinks and dental caries in the primary dentition. J Dent Res. Mar 2006;85(3):262-266.

⁵ United States Department of Health and Human Services, U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2005, Table 4, Calories/Hour Expended in Common Physical Activities. <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm>. Accessed May 15, 2012.



For more information about healthy eating and physical activity, visit the *Network for a Healthy California*, at

www.CaChampionsForChange.net

or write to us at:

California Department of Public Health
PO Box 997377, MS 7204
Sacramento, CA 95899-7377



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