



**CHAMPIONS**  
**for CHANGE**  
Network for a Healthy California

# **PLAYING FOR HEALTHY CHOICES**

NERI-596/Rev. 12/13

## Information Card

### Before You Begin

1. If you haven't exercised for some time and you have health concerns, you may want to talk to your doctor before using *Playing for Healthy Choices*.
2. If you feel out of breath, faint, or dizzy, stop exercising.
3. If you feel pain, stop exercising.
4. Drink water before and after your workout.
5. Drink some water if your workout is more than 20 minutes long.
6. Choose the right level for your strength and skill level. Know your limits.
7. Do not lock your knees or elbows while exercising.
8. Do not hold your breath during exercise.
9. Use a towel for exercises on the floor.

Have a great workout!

*See other side*

## Information Card

### Warm Up

- Warm up before using *Playing for Healthy Choices*.
- Warm up to get muscles ready for activity.
- Warm up with 3-5 minutes of: jumping jacks, running in place, brisk walking/jogging, or stair climbing.

### Stretching

- Stretch to improve your flexibility.
- Stretch with slow movements.
- Stretch in each position for 15-30 seconds.

Note: See Stretching Card for sample stretches.

### Cool Down

- Cool down after using *Playing for Healthy Choices*.
- Cool down with a few basic stretches.
- Cool down to lower the risk of injury.

## Information Card

# Playing for Healthy Choices Categories

Playing for Healthy Choices are color-coded by body area:

**Upper Body** (12 Cards)

**Middle Body** (10 Cards)

**Lower Body** (11 Cards)

**Full Body** (12 Cards)

**Wild Cards** (4 Cards)

Use colors as a quick guide to make lots of different workouts.

**Shuffle** cards to mix up the order of the exercises.

**Group** cards to focus on one area of the body.

See other side

## Information Card

# Reading Playing for Healthy Choices

Ability levels with suggested repetitions\* or time

Exercise name ▶ **EGYPTIAN SQUAT**

Body area exercised ▶ FULL BODY 4 6 8

Exercise movements ▶ 

How to do the exercise ▶

- Stand with feet together and hands at your sides.
- Put palms together over head and step to the left into a wide squat.
- Step back to starting position.
- Repetitions should be based on comfort level, then switch sides.

Note: Do not allow knees to go forward over toes during the squat.

Wild Cards are included to mix up your routine.

\* A “repetition” is to do a movement from the start position to the end position. For example, one repetition of a squat would be from the standing position, down to the squat position, and back up to the standing position. Do several repetitions to keep muscles on all sides of your body in balance.

Information Card

## Stretching - Upper Body



Neck



Shoulders



Back/Arms



Chest



Triceps



Back

*See other side*

Information Card

## Stretching - Lower Body



Calves



Quads



Groin



Hip/Back



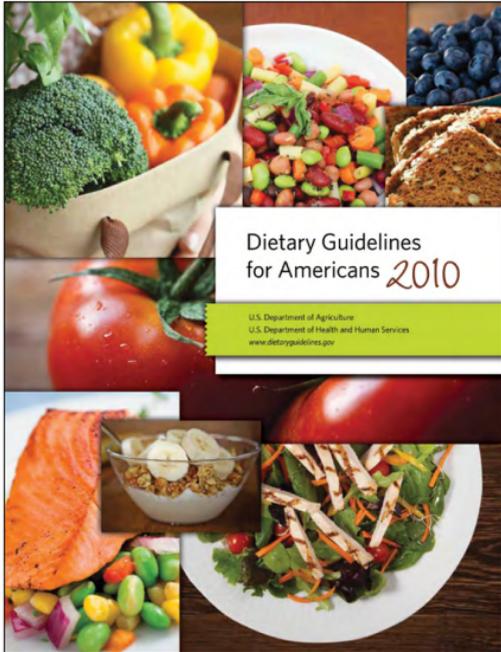
Lower Back



Hamstrings

## Information Card

# Dietary Guidelines for Americans



See other side

## Information Card

### Balance Calories

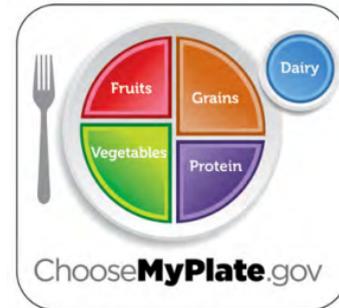
- Enjoy your food, but eat less.
- Don't eat big servings.

### Eat More of These Foods

- Make half your plate fruits and vegetables.
- Drink fat free or lowfat milk.

### Eat Less of These Foods

- Compare the sodium in foods like soup, bread, and frozen meals—pick the foods with the lower number.
- Drink water instead of sugary drinks.



## Information Card

### Fruits and Vegetables

Fruits and vegetables are two food groups that can be eaten every day at every meal. Half your plate should be fruits and vegetables.

What is the difference between a fruit and a vegetable?

- Fruits have seeds in them. Common fruits include apples, pears, and strawberries.
- Vegetables come from the stem, leaf, or root of a plant. Common vegetables include lettuce, carrots, and broccoli.

It is important to eat  $3\frac{1}{2}$  to  $6\frac{1}{2}$  cups of fruits and vegetables every day. The amount that is right for you depends on your age, gender, and physical activity level. To find out how many cups of fruits and vegetables you and your family members need, go to [www.choosemyplate.gov](http://www.choosemyplate.gov).

*See other side*

## Information Card

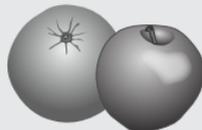
### How Much?

All fruits and vegetables are measured in cups. How much counts as a cup?

1 whole fruit or vegetable = 1 cup

Examples: apple, orange, tomato, corn on the cob

About the size of a baseball



1 cupped handful of fresh, frozen, or canned fruits or vegetables =  $\frac{1}{2}$  cup

Examples: strawberries, baby carrots, broccoli, chopped melon

About the size of  $\frac{1}{2}$  a baseball

## Information Card

# Balancing Act



It is important to have an idea of how many calories you are eating a day and if it is too much or too little. In order to keep a healthy weight, you need to balance the calories that you eat and drink with the calories that you burn by daily physical activities.

If your weight stays the same, you are in balance. If you are gaining weight or losing weight, you are not in balance.

*See other side*

## Information Card

# Calories

We all want to know how many calories we should eat to keep healthy and fit. This is a hard number to find because we are all different. There are many things that affect how many calories we need to stay healthy – our age, gender, and how much physical activity we get.

Calories are important because they give us energy to work and play. We burn calories when we don't even know it. We burn calories while breathing, sitting on the couch, and mopping the floor. The more active we are the more calories we burn. The less active we are the fewer calories we burn.

If you are not careful, it is easy to eat too many calories in a day. If this happens regularly, it can lead to weight gain.

Consider this: If you eat just 100 more calories a day than you burn, you will gain about one pound in a month. If this happens every day, you could gain 10-12 pounds in a year.



**CHAMPIONS**  
**for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Adults should try to get at least 30 minutes of moderate physical activity each day. Children should try to be active for at least 60 minutes a day.



## **30-SECOND BREAK**

It is important to take short breaks during physical activity. Take a 30-second break right now.



**CHAMPIONS**  
**for CHANGE**  
Network for a Healthy California

## **PLAYING FOR HEALTHY CHOICES**

When people sweat, they lose water through their skin. Sweating helps to cool the body down. If too much water is lost this way, however, you could get dehydrated.



## **RETHINK YOUR DRINK**

Water helps hydrate our muscles. Drink water when doing physical activities. Take a 30-second water break right now.



**CHAMPIONS  
for CHANGE**

Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Building good eating habits will help you for a lifetime. You may not see the change right away, but stick with it. Little changes become big changes over time.



## FRUITS

Fruits have seeds. Avocados, apples, bananas, and oranges are all fruits. Having a piece of fruit can be a healthy way to taste something sweet. Take a 30-second break right now and name as many fruits as you can.



**CHAMPIONS  
for CHANGE**

Network for a Healthy California

## **PLAYING FOR HEALTHY CHOICES**

Go to [www.choosemyplate.gov](http://www.choosemyplate.gov) to find ideas about the right mix of foods to eat. This Web site will also tell you how much food you should eat based on your age, gender, and physical activity level. Check out the kid's versions too.



## **VEGETABLES**

Vegetables usually come from the stem, leaf, or root of a plant. Common vegetables include spinach, carrots, cauliflower, and sweet potatoes. Take a 30-second break right now and name as many vegetables as you can.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

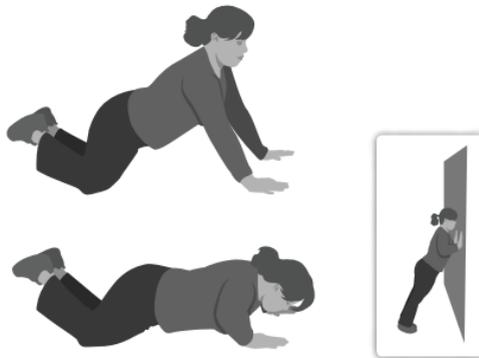
# PLAYING FOR HEALTHY CHOICES

Strawberries, blueberries, and grapes are grown in California. Add any of these fruits to a cup of yogurt to get more vitamins and minerals in your snack.

## PUSH UP ON KNEES

UPPER BODY

6 8 12  
BEG INT ADV



- Begin on knees with hands shoulder-width apart.
  - Tighten stomach muscles.
  - Keep head, neck, and back all in a straight line.
  - Bend at the elbows and lower chest to floor.
  - Return to starting position.
  - Repetitions should be based on comfort level.
- Option: Do push up against wall.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

## PLAYING FOR HEALTHY CHOICES

Raisins, dates, and prunes are fruits where most of the water has been taken out so they last longer. Mix any of them with a whole grain cereal for a healthy snack.

## CHAIR DIPS

UPPER BODY

6 10 14  
BEG INT ADV



- Sit on edge of a chair and place palms on the seat.
- Feet should be out in front so knees are not hanging over toes.
- Lower body until upper arms are even with the floor.
- Keep lower back close to edge of chair.
- Push back up to starting position.
- Repetitions should be based on comfort level.
- \* Skip this exercise if you have shoulder pain.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Apples are a good source of fiber, which helps you feel full. They are also a good source of potassium, which helps you keep a healthy blood pressure.

## BENT OVER FLY

UPPER BODY

6

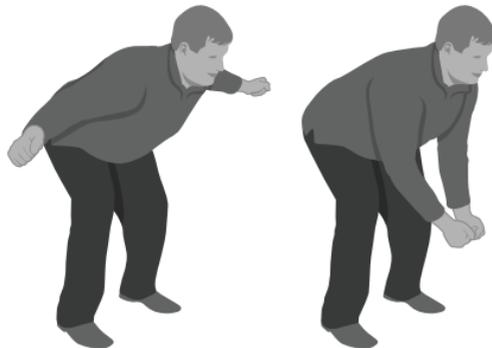
BEG

8

INT

12

ADV



- Stand with feet shoulder-width apart and knees slightly bent.
  - Bend at waist with arms stretched out to sides.
  - Keep a slight bend in the arms during the exercise.
  - Bring arms together in front of chest.
  - Return arms to starting position.
  - Repetitions should be based on comfort level.
- Option: Try with light weights or water bottles.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Make a goal to snack on more fruits and vegetables during the day. Try strips of green bell peppers or baby carrots for healthy and crunchy snack ideas.

## ARM RAISE

UPPER BODY

10 20 40  
BEG INT ADV



- Raise arms straight out to sides.
- Make your hands into fists.
- Do not raise arms higher than shoulder level.
- Lower arms and repeat.
- Repetitions should be based on comfort level.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

## PLAYING FOR HEALTHY CHOICES

We need iron in our diet. Iron is a mineral that helps move oxygen from the lungs to the rest of the body. We get iron from lean meats, beans, lentils, and fortified cereals.

## TRICEPS PUSH BACKS

UPPER BODY

8

BEG

12

INT

16

ADV



- Stand tall and hold hand weights at waist level.
- Point elbows back at an angle.
- Straighten arms behind you with palms facing each other.
- Keep stomach tight and head, neck, and back all in a straight line.
- Return to starting position.
- Repetitions should be based on comfort level.

Tip: Do not hold your breath during the exercise.

Option: Use water bottles or soup cans as weights.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

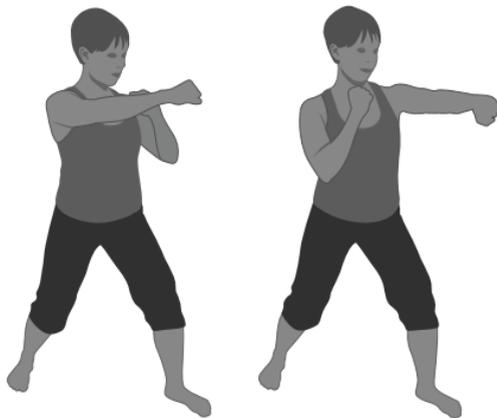
# PLAYING FOR HEALTHY CHOICES

Carbohydrates are the body's main source of energy. Fruits, vegetables, whole grains, and beans are good sources of complex carbohydrates.

## BOXER JAB

UPPER BODY

10 20 30  
BEG INT ADV



- Stand with left foot in front of right foot.
- Make a fist with both hands and hold fists at chin.
- Punch straight ahead with right fist, then left fist.
- Each right and left punch is one repetition.
- Repetitions should be based on comfort level.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

We get fiber from fruits, vegetables, whole grains, and beans. Try to eat foods with lots of fiber at every meal to help you feel full.

## BICEPS CURL

UPPER BODY

6 8 12  
BEG INT ADV



- Stand with legs shoulder-width apart and arms at your sides.
  - Keep back straight and stomach muscles tight.
  - Keep a slight bend in your knees.
  - Bend elbows and bring hand weights up to chest.
  - Keep elbows tight to your body during exercise.
  - Return to starting position.
  - Repetitions should be based on comfort level.
- Option: Use water bottles, soup cans, or no weights.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

## PLAYING FOR HEALTHY CHOICES

Vitamin K can be found in broccoli and dark green, leafy vegetables like spinach. Vitamin K helps your body to stop cuts and scrapes from bleeding too much.

## BENT OVER ROW

UPPER BODY

6

BEG

8

INT

12

ADV



- Place left knee and left hand on the seat of a chair.
- Hold a hand weight or water bottle with right hand.
- Bend over until your back is even with the floor.
- Keep head, neck, and back all in a straight line.
- Lower hand weight or water bottle until arm is pointed straight down.
- Pull weight up until upper arm is even with back.
- Return to starting position.
- Repeat based on comfort level, then switch sides.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

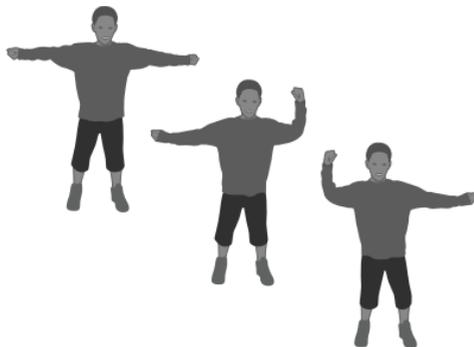
# PLAYING FOR HEALTHY CHOICES

Broccoli, spinach, and bok choy are vegetables that have calcium. Calcium helps keep teeth and bones strong. One fun way to serve these vegetables would be sautéed in a stir-fry.

## RIGHT & LEFT BICEPS CURL

6 8 12  
BEG INT ADV

UPPER BODY



- Stand tall with arms even with the floor.
  - Make a fist with both hands.
  - Tighten stomach and keep slight bend in knees.
  - Curl left fist to left shoulder and then back out.
  - Curl right fist to right shoulder and then back out.
  - Each left and right curl is one repetition.
  - Repetitions should be based on comfort level.
- Option: Try with hand weights or water bottles.



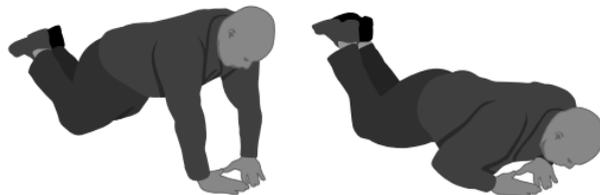
**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

## PLAYING FOR HEALTHY CHOICES

Oranges are not the only fruits that have vitamin C. Bell peppers, kiwi, papaya, and strawberries do too. Try slicing bell peppers for a healthy, on-the-go snack.

## TRIANGLE PUSH UPS

6 8 12  
BEG INT ADV



- Begin on hands and knees.
- Create a triangle with thumbs and pointer fingers.
- Tighten stomach and keep head, back, and neck all in a straight line.
- Bend elbows and slowly lower chest to floor.
- Return to starting position.
- Repetitions should be based on comfort level.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Potassium is a mineral that helps your brain tell your muscles when to move. Eat pinto beans, bananas, avocado, and melon for potassium.

## U DROPS

UPPER BODY

4 6 10  
BEG INT ADV



- Stand with feet shoulder-width apart.
  - Raise arms so that fists are next to ears.
  - Arms should form a letter “U.”
  - Tighten stomach and keep a slight bend in knees.
  - Drop fists down until arms are level with the floor.
  - Return fists to starting position.
  - Repetitions should be based on comfort level.
- Option: Try with light hand weights, water bottles, or soup cans.



**CHAMPIONS  
for CHANGE**

Network for a Healthy California

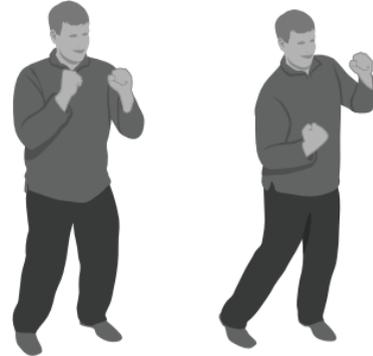
# PLAYING FOR HEALTHY CHOICES

Folate is a vitamin that helps make healthy red blood cells. Avocados, spinach, pinto beans, and blackeye peas are sources of folate.

## BOXER UPPER CUTS

UPPER BODY

10 20 30  
BEG INT ADV



- Stand with feet shoulder-width apart.
  - Make fists with hands and hold fists near chin.
  - Lower right fist down to waist level and punch up and to the left two times.
  - Return fist to starting position and switch to left fist.
  - Repetitions should be based on comfort level.
- Option: Try with light hand weights, water bottles, or soup cans.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

There are 13 vitamins that our bodies need to get from the foods we eat. These vitamins help our bodies work every day. Eating a balanced diet with lots of fruits and vegetables is the best way to get these vitamins.

## STANDING SIDE KNEE

MIDDLE BODY

6

BEG

8

INT

12

ADV



- Stand with feet apart and hands above your head.
- Raise left knee up to the side to meet your left elbow coming down.
- Return to starting position.
- Change sides with each repetition.
- Repetitions should be based on comfort level.



# PLAYING FOR HEALTHY CHOICES

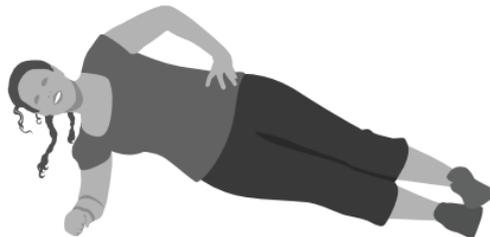
When planning a game, like soccer, bring sliced oranges to the field as a snack. They are juicy, loaded with vitamin C, and full of fiber.

## SIDE PLANKS

MIDDLE BODY

:10  
TIME

2  
REPS



- Start off on the floor on your right side.
- Place your right forearm and elbow on the floor.
- Place left hand on hip.
- Tighten stomach, legs, and shoulder and lift right hip off the floor.
- Keep head, neck, and back all in a straight line.
- Balance your body in this side plank position.
- Hold for suggested time and reps and then switch sides.

Option: If you get tired, lower knees to floor for added support.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

## PLAYING FOR HEALTHY CHOICES

Plantains, finger bananas, and red bananas are other popular types of bananas, which have potassium. Try adding bananas to smoothies for added flavor and thickness.

## V-UP BALANCE

MIDDLE BODY

:06

TIME

3

REPS



- Begin sitting on the floor.
- Tighten stomach muscles as you start to find the balance point on your buttocks.
- Balance your weight on your buttocks and lift arms.
- Keep head, neck, and back all in a straight line while balancing.
- Slowly lift your heels off the floor.
- Hold this V position for suggested time and reps.

Option: If too difficult, place heels or hands back on the floor.



## PLAYING FOR HEALTHY CHOICES

Fruits and vegetables come in many different forms: fresh, frozen, canned, dried, and 100% juice. Add frozen peas to your soup as an easy way to cook a healthy meal.

## SIDE CRUNCHES SEATED

MIDDLE BODY

6

BEG

8

INT

12

ADV



- Sit on edge of chair with feet shoulder-width apart.
- Place hands on the sides of the chair.
- Tighten stomach muscles and sit tall in the chair.
- Keep head, neck, and back all in a straight line.
- Raise left hand overhead.
- Slowly raise right knee and lower left elbow until they touch.
- Return to starting position.
- Repeat for suggested reps and then switch sides.

Option: Try from a standing position.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Beans are often a forgotten vegetable that have protein and iron. Eat beans as a side dish, in a salad, soup, or right out of the can.

## FLUTTER KICKS

MIDDLE BODY

8

BEG

10

INT

14

ADV



- Sit on edge of chair with legs straight out and heels on floor.
  - Hold onto side of chair with hands.
  - Tighten stomach before lifting heels off the floor.
  - Lean back slightly in chair and lift heels off floor.
  - Kick legs up and down about 12 inches off the floor.
  - Do not hold your breath while kicking.
  - Every leg movement is one rep.
  - Repetitions should be based on comfort level.
- Option: If your legs are tired, allow heels to touch the floor in between kicks.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

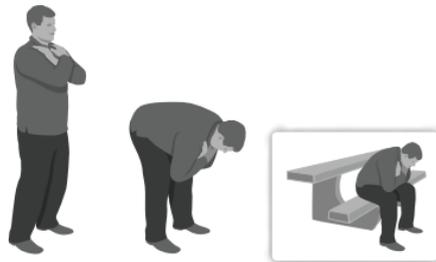
# PLAYING FOR HEALTHY CHOICES

There are more than 400 types of cabbage. The most common varieties in the United States are green, red (purple), Savoy, and Chinese cabbage. Try adding cabbage to soup, salad, salsa, stir-fry, or to your favorite sandwich.

## FORWARD BEND STANDING

:10 :15 :20  
BEG INT ADV

MIDDLE BODY



- Stand with feet shoulder-width apart.
- Cross your arms over your chest.
- Tighten stomach muscles.
- Bend forward from waist until back is even with floor.
- Keep slight bend in knees.
- Hold for suggested time.

\* To support your back, change your hand position to your knees.

Tip: Keep head, back, and neck all in a straight line. Avoid rounding back.

Option: Try this sitting down.



## PLAYING FOR HEALTHY CHOICES

Cactus leaves are a source of calcium and vitamin C. In Spanish, cactus leaves that you can eat are called nopales when whole and nopalitos when chopped. Mix them with diced tomatoes, green peppers, and hot peppers for a spicy salsa salad.

## PLANK ON HANDS

MIDDLE BODY

:10

TIME

2

REPS



- Begin on floor in the push up position.
- Keep stomach tight and knees off the floor.
- Keep head, neck, and back all in a straight line.
- Hold this plank position for suggested time and repetitions.

Option: If you start to tire out, place knees on floor for support.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

## PLAYING FOR HEALTHY CHOICES

One large ear of yellow or white corn is a good source of fiber. When shopping for corn, look for fresh, green husks with clean silk ends. Pick ears that are well-covered with plump, bright-colored kernels.

### SIDE ELBOW TO KNEE STANDING

MIDDLE BODY

6

BEG

8

INT

12

ADV



- Stand with feet apart and hands over head.
- Raise right knee and lower left elbow until they touch at your waist.
- Return to starting position.
- Change sides each time.
- Repetitions should be based on comfort level.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Dried fruits are a great way to get nutrients but take up very little space in your lunch bag and cupboard. Make sure to eat just  $\frac{1}{4}$  cup of dried fruit a day with no added sugar.

## POINTER

MIDDLE BODY

6

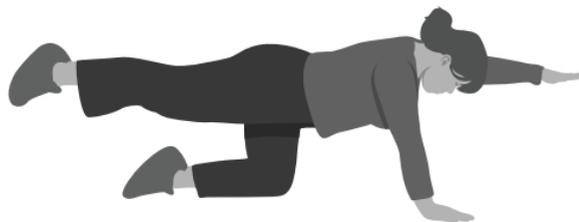
BEG

8

INT

12

ADV



- Begin on hands and knees.
- Raise left arm and right leg until both are even with floor.
- Keep head, neck, and back all in a straight line while in this position.
- Tighten stomach to hold position.
- Return to starting position.
- Switch to right arm and left leg halfway through reps.
- Repetitions should be based on comfort level.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Looking for an on-the-go snack?  
Spread peanut butter in a whole wheat  
pita and stuff with sliced apples or your  
favorite fruit.

## V UP KNEES IN

MIDDLE BODY

6

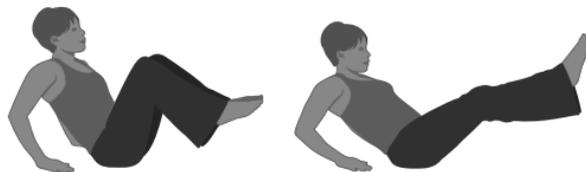
BEG

8

INT

12

ADV



- Begin seated on floor with elbows bent and heels raised off the floor.
- Tighten stomach and shift weight back onto arms.
- Straighten legs.
- Return to starting position.
- Repetitions should be based on comfort level.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

The body needs energy to work, which is why we eat food. What word starts with the letter “C” and describes how energy is measured in food? Hint: you can find the word listed on a Nutrition Facts Label.

(answer: calories)

## LEG EXTENSION ON CHAIR

LOWER BODY

8 12 16  
BEG INT ADV



- Sit tall in a chair with feet on the floor.
- Keep head, neck, and back all in a straight line.
- Straighten left leg out until it is even with the floor.
- Return leg to starting position.
- Switch to right leg halfway through reps.
- Repetitions should be based on comfort level.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

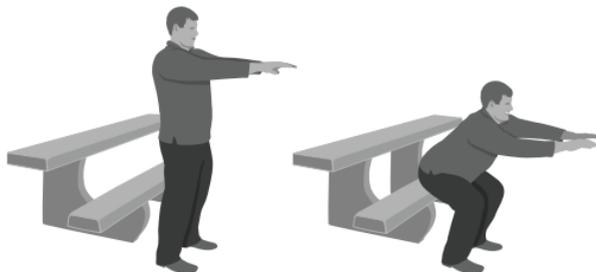
What word describes the study of food and how it works in your body? It includes what's in food, such as vitamins, protein, fat, and more.

(answer: nutrition)

## SQUAT

LOWER BODY

10 15 20  
BEG INT ADV



- Stand in front of a chair or bench with feet shoulder-width apart.
  - Bend your knees and slowly lower your hips down to the chair.
  - As you bend, raise arms in front for balance.
  - Continue to squat down until buttocks touch chair.
  - Return to starting position.
  - Repetitions should be based on comfort level.
- Tip: Do not allow knees to go forward over toes.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Where does your body first start to  
break down or digest food?

(answer: in your mouth)

## SIDE LEG RAISE WITH CHAIR

LOWER BODY

8

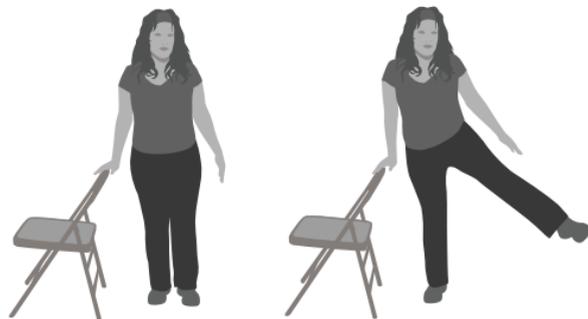
BEG

12

INT

16

ADV



- Stand up tall next to a chair or wall for balance.
- Keep head, neck, and back all in a straight line.
- Lift left leg out to the side.
- Return to starting position.
- Switch legs and repeat.
- Repetitions should be based on comfort level.

Tip: Keep back straight as leg lifts to the side.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Eat at least half of all grains as whole grains. Look for labels that say “whole” or “whole grain.”

## ONE LEG BALANCE TOUCH

LOWER BODY

4

BEG

6

INT

8

ADV



- Stand with feet together.
- Balance on right foot.
- Use arm for balance.
- Right leg should be slightly bent.
- Slowly bend down and touch right toe with left hand.
- Return to starting position.
- Switch legs and repeat.
- Repetitions should be based on comfort level.

Tip: Rest other hand on wall or chair for added stability.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Eat a variety of vegetables, especially dark-green, red, and orange vegetables.

## ROMAN LUNGE

LOWER BODY

4

BEG

6

INT

8

ADV



- Begin with left foot forward and right foot on chair behind you.
  - Place hands on hips for balance.
  - Slowly lower down into a lunge position.
  - Use the wall for more support if necessary.
  - Make sure left knee is not going over left toes during lunge.
  - Return to starting position by pushing up off the left foot, then switch legs.
  - Repetitions should be based on comfort level.
- Option: Try the exercise without the chair. Start with foot behind you on the floor.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

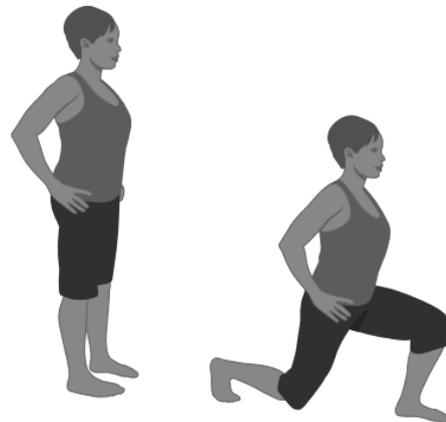
# PLAYING FOR HEALTHY CHOICES

Eat more seafood like salmon and trout instead of meat and poultry.

## STATIONARY LUNGE

LOWER BODY

6 12 18  
BEG INT ADV



- Stand with hands on hips.
  - Step forward and lower body until thigh is even with floor.
  - Step back and return to start position.
  - Switch legs and repeat.
  - Repetitions should be based on comfort level.
- Tip: Do not allow knee to go forward over toes.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

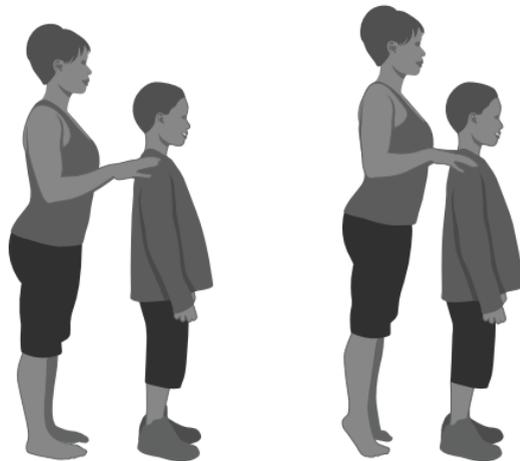
# PLAYING FOR HEALTHY CHOICES

Eat more whole grain like wild or brown rice, whole wheat bread, and oatmeal.

## CALF LIFTS WITH PARTNER

LOWER BODY

10 15 20  
BEG INT ADV



- Stand with feet shoulder-width apart (use a partner or wall for support).
- Lift heels off the ground and hold at the top for 1-2 seconds.
- Slowly lower down to starting position.
- Repetitions should be based on comfort level.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Drink more fat free or lowfat (1%) milk in place of higher fat milk.

## SUMO SQUAT

LOWER BODY

4

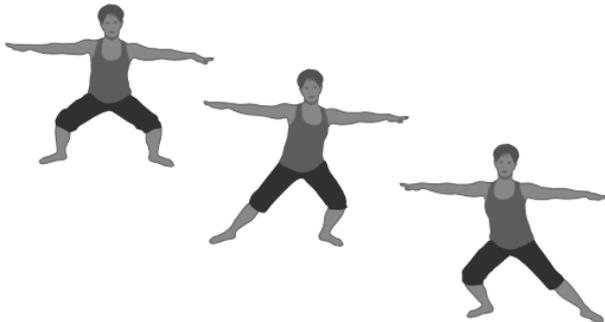
BEG

6

INT

8

ADV



- Begin with feet wide apart and arms out to sides.
- Lower body down into a squat.
- While in the down squat position, slowly shift side-to-side.
- Do not stand back up while shifting side-to-side.
- Each side-to-side shift is one repetition.
- Repetitions should be based on comfort level.

Tip: Do not let knees extend beyond toes during the squat or shift.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

## PLAYING FOR HEALTHY CHOICES

Compare sodium in foods like soup, bread, and frozen meals—choose the foods with lower numbers.

## STANDING KARATE KICK

LOWER BODY

6 8 12  
BEG INT ADV



- From a standing position, make hands into fists and place them near your chin.
  - Balance on right leg and raise left knee to waist.
  - Do a front kick while balancing on right leg.
  - Return to starting position.
  - Repeat for suggested reps, then switch legs.
  - Repetitions should be based on comfort level.
- Option: Rest hand on wall or chair for added balance.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

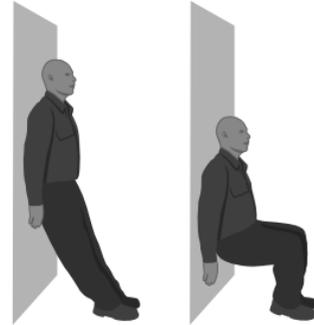
What has no calories, but is something our bodies need to work right and stay hydrated?

(answer: water)

## WALL SITS

LOWER BODY

:20 :30 :50  
BEG INT ADV



- Lean against wall with feet a few inches apart.
  - Feet should be flat on the floor and about two feet away from the wall.
  - Slowly slide down wall until thighs are even with floor.
  - Do not let knees go beyond toes.
  - Stay in a seated position for suggested time.
- Option: Stop halfway down wall if too tired or legs shake.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

True or false - on a Nutrition Facts Label the calories listed are the total calories for the whole package?

(answer: False, the calories listed are per serving, and many packages have more than one serving.)

## KNEE TAPS

LOWER BODY

12

BEG

24

INT

36

ADV



- Stand with hands out in front at waist level.
- Slowly jog or march in place.
- Raise knees high enough to touch hands or as close to hands as possible.
- Every other knee tap is one repetition.
- Repetitions should be based on comfort level.

Tip: Keep head straight and hands at waist level.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Proteins are nutrients our bodies need that are found in both plant and animal foods. Eat more fish, beans, peas, and lean meats for protein. Go to [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for recipe tips.

## EGYPTIAN SQUAT

FULL BODY

4

BEG

6

INT

8

ADV



- Stand with feet together and hands at your sides.
- Put palms together over head and step to the left into a wide squat.
- Step back to starting position.
- Switch legs and repeat.
- Repetitions should be based on comfort level.

Note: Do not allow knees to go forward over toes during the squat.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Keep fruit that needs to be cold in the front of the refrigerator so it is easy to see. Leave other fruit on the counter where it is easy to grab on the go.

## JUMPING JACKS

FULL BODY

10 20 30  
BEG INT ADV



- Start with arms at sides and feet together.
- Jump up, spread legs, and touch hands over head.
- Jump up again and return to starting position.
- Each time hands touch overhead is one repetition.
- Repetitions should be based on comfort level.

Option: Try doing easier jumping jacks by leaving a heel on the floor.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Most fresh fruits and vegetables are low in fat, calories, and sodium. Eat meals with plenty of colorful fruits and vegetables to be healthy.

## MAMBO STEP

FULL BODY

8

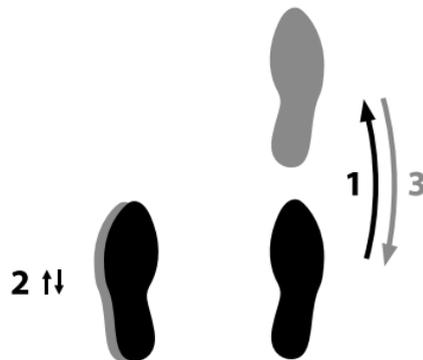
BEG

16

INT

24

ADV



- Start with feet shoulder-width apart.
- Right foot forward (1), left foot march in place (2), right foot back (3).
- Left foot forward, right foot march in place, left foot back.
- Completing three steps from both sides is one repetition.
- Repetitions should be based on comfort level.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

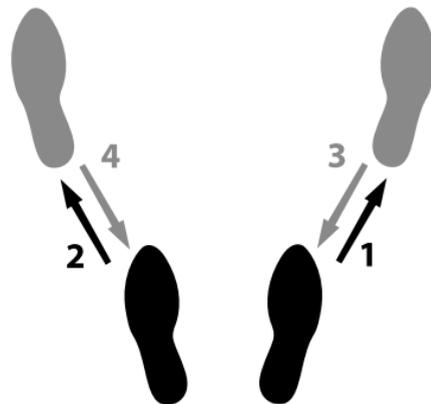
# PLAYING FOR HEALTHY CHOICES

When trying to lose weight or stay at about the same weight, it is important to pay attention to portion sizes. Focus on how much you eat. Also, pay attention to serving sizes on the Nutrition Facts Labels.

## V-STEP FORWARD & BACKWARD

FULL BODY

4 6 10  
BEG INT ADV



- Start with feet together, make a “V” with the feet.
- Move right foot forward (1), left foot forward (2).
- Right foot back (3), left foot back (4).
- Repeat the sequence and then switch beginning foot.
- Repetitions should be based on comfort level.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Drink water instead of sugary drinks. Your body needs water to stay hydrated and to keep you healthy. Make sure to drink water all through the day.

## STEP, TOGETHER, STEP, TOUCH

FULL BODY

4

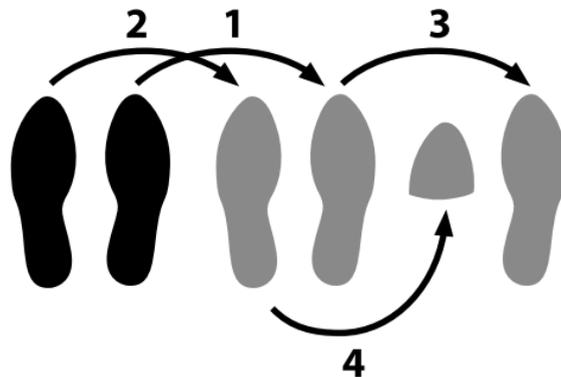
BEG

6

INT

8

ADV



- Start with feet together.
- Step right foot to right (1) then left foot to right (2) so feet are back together.
- Step right foot to right again (3) then left foot to right again with only a tap of the left toe (4).
- Repeat in opposite direction.
- Repetitions should be based on comfort level.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Fiber is a part of plant foods that people cannot break down. Whole grains or foods high in fiber help us feel full longer and help our digestive system work well.

## SQUAT, JAB, JAB

FULL BODY

4

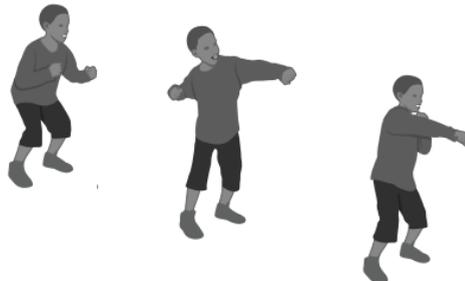
BEG

6

INT

8

ADV



- Stand with feet shoulder-width apart and knees slightly bent.
- Make fists with both hands and hold them at shoulder height.
- Squat down until thighs are even with floor.
- Pop up to standing position and punch two times with left fist.
- Quickly squat back down again until thighs are even with floor.
- Pop up to standing position again and punch two times with right fist.
- Repetitions should be based on comfort level.



# PLAYING FOR HEALTHY CHOICES

Looking for a hot, crunchy, orange snack? Try carrots with lime juice and chili powder for a healthy, spicy snack idea.

## HIP HOP KNEES

FULL BODY

6

BEG

10

INT

14

ADV



- Start with feet shoulder-width apart.
- Bring left knee up and across the body.
- Tap both hands on left knee as it pops up. Lower left leg.
- Bring right knee up and across the body.
- Tap both hands on right knee as it pops up. Lower right leg.
- Bring left knee up and across the body **two** times in a row.
- Tap both hands on left knee **both** times.
- This sequence is one repetition.
- Repetitions should be based on comfort level.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Eat fruits and vegetables that are different colors. Eating different colors will give you the vitamins and minerals your body needs to stay healthy.

## CALYPSO HIP

FULL BODY

6

BEG

10

INT

15

ADV



- Stand with feet shoulder-width apart.
- Put arms out to front so they are even with floor.
- Step right foot to front with a slight twist of hips to the right.
- Make sure right heel is up and toes point to left.
- As the right elbow comes in, the right hip goes up like closing a door.
- Return to starting position and switch feet.
- Repetitions should be based on comfort level.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

In the mood for something sweet? Try canned fruit packed in 100% fruit juice for a quick and healthy dessert.

## PARTY TIME

FULL BODY

6

BEG

8

INT

12

ADV



- Stand with feet wider than shoulder-width apart. Keep legs slightly bent at all times.
- Raise hands above head.
- Shift arms to the right, then to the left.
- Lower arms so that hands are at knees.
- Shift arms to the right, then to the left.
- Every four arm movements is one repetition.
- Repetitions should be based on comfort level.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Vitamins and minerals are nutrients that do not have energy but are needed for the body to grow, work, and fix itself.

## MERENGUE

FULL BODY

4

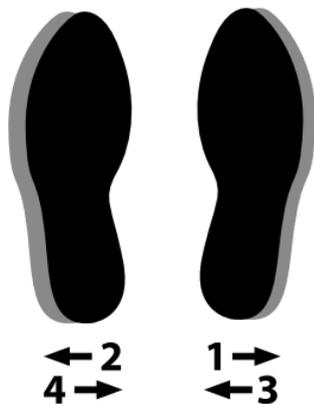
BEG

6

INT

10

ADV



- Stand with feet shoulder-width apart.
- Right foot steps out 1-inch (1), left foot steps out 1-inch (2).
- Right foot steps back in (3), left foot steps back in (4).
- Each in and out (4 counts) is one repetition.
- Repetitions should be based on comfort level.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

## PLAYING FOR HEALTHY CHOICES

There are many types of fats. Some are healthier than others. Try to eat fewer saturated and trans fats that are in butter and most fried foods. Small amounts of unsaturated fats are healthier, and found in nuts and olive oil.

## HAMSTRING CURLS

FULL BODY

4

BEG

6

INT

10

ADV



- Stand with feet wider than shoulder-width apart.
- Hands are out in front and arms are even with floor.
- Lift right heel up behind your body.
- As right heel lifts, pull both elbows back.
- Return right foot and arms back to starting positions.
- Switch to left foot and continue.
- Repetitions should be based on comfort level.



**CHAMPIONS  
for CHANGE**  
Network for a Healthy California

# PLAYING FOR HEALTHY CHOICES

Make half your plate fruits and vegetables for better health.

## CROSS COUNTRIES

FULL BODY

14 24 40  
BEG INT ADV



- Start with feet shoulder-width apart and arms at sides.
  - Jump up and move right foot forward and left foot back.
  - While jumping, swing arms in opposite directions of legs.
  - Imagine there are poles in your hands and skis on your feet.
  - Jump again and move left foot forward and right foot back.
  - While jumping, swing arms in opposite directions of legs.
  - Every two jumps is one repetition.
  - Repetitions should be based on comfort level.
- Option: Try holding light weights, soup cans, or water bottles.