

# Slim Goodbody Corp. *Presents*

## A Teacher's Guide For "*Lighten Up*" *Starring Slim Goodbody*

Dear Teacher,

*Lighten Up* is a highly interactive musical performance designed to teach children the value of exercise and good nutrition in a non-threatening manner. With the number of overweight children tripling in the past twenty years, America is now home to over 9 million overweight kids. This program, along with the activities below, will teach children risk factors involved with being overweight, explain how calorie intake needs to match the number of calories burned, and explore ways to stay fit and healthy with good nutrition and exercise. The activities can be utilized before or after the program as reinforcement, depending on your schedule and curriculum needs. Please copy this guide for all of the teachers with students in attendance.

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- 1) Have the children keep a diary of what they eat for a week. Record all food and drink consumed in this time frame. During this same period, have them keep a record of physical activities performed. Please copy and pass-out the calorie intake and burn chart (attached). Have the children add the number of calories they took in, as well as the number of calories burned. Did anyone match their calorie intake with the number of calories burned? Exceed it? Explain to the children the importance of matching the number of calories taken in with the number burned, to maintain a healthy body weight. Further discuss how exceeding the number taken in by the number burned can cause weight gain.

- 2) There are numerous risk factors associated with being overweight.

Factors include:

Type 2 Diabetes

High Cholesterol

High Blood Pressure

Sleep Apnea (which leads to problems with learning & memory)

Orthopedic Problems

Liver Disease

Asthma

Adult Obesity (70% chance if obese as a child)

As a class, come up with a list of different risk factors such as those listed above. Besides physical effects, can being overweight carry other consequences as well? Explain how social discrimination can contribute to low self-esteem and depression. Explore reasons for being overweight in addition to over-eating, such as genetics and getting too little exercise. Explain the importance for friends to be supportive of their overweight peers. Children know if they are overweight and do not need to be reminded of this. Acceptance, support and encouragement from those they care about are necessary to maintain a healthy esteem, and lay a strong foundation to implement change.

3) Educating children in proper nutrition is crucial to fighting obesity. Students may know it is healthier to snack on an apple rather than a cupcake, but why? By teaching students to read nutrition labels, they can start to make educated decisions in choosing healthy snacks and meals for themselves. Bring in samples from your home of both healthy and unhealthy foods and have them read the labels. Have measuring spoons and cups available to easily visualize portion size. Compare the various labels and discuss the counts for calories, fat, sodium, protein, etc., which counts should be higher or lower, and how each effects good nutrition. Have students go to the supermarket with their parents and choose five healthy snacks and five junk food snacks they would normally eat, recording their nutritional information on the form provided. They can then see for themselves the difference in nutritional values with their choice snacks. This may be followed with another in-class discussion, if warranted.

4) Exercise not only keeps us physically healthy, but it helps with mental clarity, alertness, and reduction in stress levels. As a class, make a list of all the different, enjoyable, physical activities you can think of. Together, make a goal to reduce the number of hours spent watching t.v., playing video games, computer, etc., while increasing the amount of physical activity. By playing outside and reducing television just a half hour per day, it will not only increase their physical and mental health, but elevate esteem, attitudes, and imagination as well. In addition, you can have children make a list of their heroes as well, and incorporate how exercise and nutrition has played a key role in their professional lives (ie: Michael Jordan = basketball).

### Calorie Intake Chart

<b>Food</b>	<b>Calories</b>	<b>Food</b>	<b>Calories</b>
<b>12" Pepperoni Pizza</b>	<b>1040</b>	<b>Medium Orange</b>	<b>35</b>
<b>Cheeseburger</b>	<b>320</b>	<b>4oz. Raisins</b>	<b>5</b>
<b>Large French Fries</b>	<b>540</b>	<b>Cup of Spinach</b>	<b>10</b>
<b>8 Onion Rings</b>	<b>180</b>	<b>4oz Carrots</b>	<b>22</b>
<b>Hot Dog (Regular)</b>	<b>240</b>	<b>Bagel</b>	<b>10</b>
<b>6 Chicken Nuggets</b>	<b>250</b>	<b>Fish – Cod</b>	<b>150</b>
<b>Fish and Chips</b>	<b>210</b>	<b>Beef</b>	<b>300</b>

### Calorie Burning Chart

<b>Exercise (30 minute session)</b>	<b>Calories Burned</b>	<b>Exercise (30 minute session)</b>	<b>Calories Burned</b>
<b>Aerobic</b>	<b>192</b>	<b>Cleaning</b>	<b>114</b>
<b>Hiking</b>	<b>214</b>	<b>In-Line Skating</b>	<b>192</b>
<b>Running</b>	<b>360</b>	<b>Down Hill Skiing</b>	<b>183</b>
<b>Swimming</b>	<b>237</b>	<b>Tennis</b>	<b>204</b>
<b>Walking</b>	<b>150</b>	<b>Dancing</b>	<b>312</b>

