



A Toolkit for Healthy Teens & Strong Families

A large graphic of a stylized eye, split vertically into white and light blue halves, with a yellow outline, positioned above the red banner.

## FOR GUYS

EAT RIGHT • MOVE MORE • FEEL GREAT





BodyWorks *For Guys* is a publication of the Office on Women's Health (OWH) in the U.S. Department of Health and Human Services.

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**FEELING  
GOOD!**

**LOOKING  
YOUR BEST!**

**HAVING LOTS  
OF ENERGY!**

# ABOUT BODYWORKS FOR GUYS

These are just a few of the benefits of eating healthy foods and getting regular physical activity.

But you may ask, “What do I need to know? What can I do to lead a healthier lifestyle?”

You don’t need to totally transform the way you live. Even small changes can make a big difference.

*For Guys* can help you identify ways to eat right, move more, and feel great!

So turn the page...





**You don't have to be a superhero or star athlete to look good, feel your best, and be healthy.**

## **A HEALTHY TEEN BOY IS...**

**"A boy who eats well and takes care of his body."**

— Kahlil, age 13

**"Someone who is obviously not overweight. But someone who is healthy can be all different sizes — tall, short, big, small."**

— Max, age 13

**"I define a healthy boy as an energetic person."**

— Lawrence, age 14



# WHY NOW?

You are growing,  
and your body is changing.







Adolescence is an important time for your body. As you go through puberty (physical changes from a child into an adult), you will get taller, your shoulders will get broader, and your muscles will get bigger. Your voice may start to crack and get deeper.

Part of getting older means taking care of your health and making choices to be a strong and energetic teen.

*For Guys* gives you facts and suggestions to begin healthy habits now.

# WHY HEALTHY FOODS?

Eating healthy foods can help you feel good, look good, and get energized to do all the things you want to do.



1



# HOW TO EAT HEALTHY



## Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

## Foods to Increase

- Make half of your plate fruits and vegetables.
- Make whole grains at least half of all your grains.
- Switch to fat-free or low-fat (1%) milk.

## Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Drink water instead of sugary drinks (like sodas, juices, sports drinks, flavored milks, specialty coffees, and more).



## WHAT IT ALL MEANS: A HEALTHY EATING PLAN

Teen boys need to eat a good mix of foods each day.

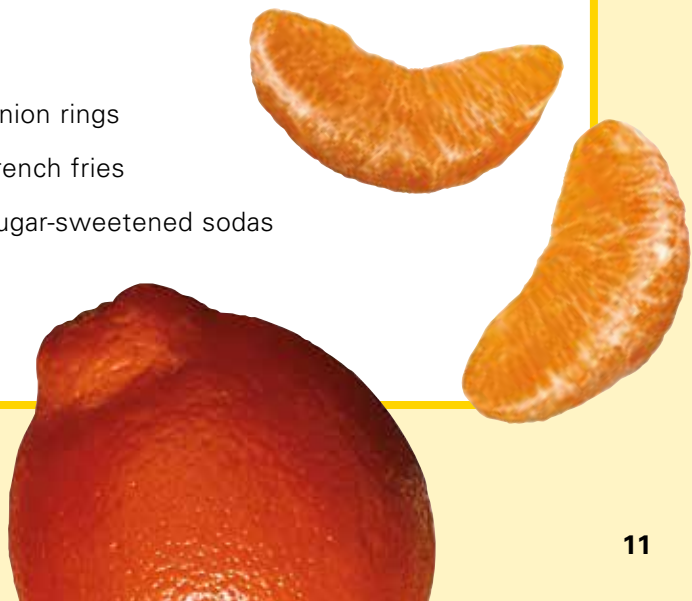
These **everyday** foods are:

- Fruits. Add more fruits each day.
- Vegetables. Eat a variety, especially dark-green, red, and orange vegetables, as well as beans and peas.
- Low-fat or fat-free dairy foods, such as milk, yogurt, and cheese.
- Whole-grain foods, like oatmeal, whole-grain breads, and brown rice.
- Protein foods, such as lean meats, poultry, seafood, beans, and tofu.

Some foods and drinks are treats to have only from time to time, because they are high in solid fats, added sugars, and salt (sodium), which add calories you don't need.

Examples include:

- Candy
- Onion rings
- Cookies
- French fries
- Chips
- Sugar-sweetened sodas



# WHAT DO YOU NEED TO EAT EACH DAY?

You need about 2,000 calories a day — more if you are very active. Get your personal daily calorie limit at [www.choosemyplate.gov](http://www.choosemyplate.gov) and keep that number in mind when deciding what to eat.

Food group	Servings teen boys need	What counts as 1 serving
<b>Fruits</b>	4 servings (2 cups)	<ul style="list-style-type: none"> <li>• 1 medium apple, banana, pear, orange</li> <li>• ½ cup of chopped, cooked, or canned fruit, fruit salad, berries</li> <li>• ½ cup of 100% fruit juice</li> </ul>
<b>Vegetables</b>	5 servings (2½ cups)	<ul style="list-style-type: none"> <li>• ½ cup cooked or raw peas, carrots, green beans, sweet potatoes, corn, broccoli</li> <li>• 1 cup raw, leafy vegetable (spinach, collard greens, salad greens)</li> <li>• ½ cup of vegetable juice</li> <li>• ¼ cup of cooked, dry legumes (such as lentils, black beans, kidney beans, chickpeas)</li> </ul>
<b>Grains</b> Whole-wheat or other kinds of breads, crackers, tortillas, cereal or pasta, brown rice, bulgur, couscous, popcorn, and oatmeal	9–11 servings (6 ounces)  At least 3 ounces (oz.) should be whole grain.	<ul style="list-style-type: none"> <li>• 1 slice of bread</li> <li>• 1 cup of cold cereal</li> <li>• ½ cup of oatmeal or other cooked cereal</li> <li>• ½ cup of cooked pasta, brown rice, bulgur, couscous</li> </ul>
<b>Dairy Foods</b> Low-fat or fat-free milk, yogurt, and cheese	3 servings (3 cups)	<ul style="list-style-type: none"> <li>• 1 cup of milk or yogurt</li> <li>• 1½ ounces of natural cheese (such as cheddar)</li> <li>• 2 ounces of processed cheese (such as American cheese)</li> </ul>
<b>Protein Foods</b> Lean meats, chicken and turkey, seafood, beans and peas, eggs, soy products, and unsalted nuts and seeds	2–3 servings (3½ oz.)	<ul style="list-style-type: none"> <li>• 3 ounces of cooked lean meat, poultry, or seafood</li> <li>• 1 tablespoon of peanut butter</li> <li>• ¼ cup of cooked, dry beans (such as lentils, black beans, kidney beans, chickpeas)</li> <li>• 1 egg</li> <li>• ½ cup of tofu or a 2½ ounce soy burger</li> <li>• ⅓ cup of nuts</li> </ul>

# WHAT SIZE IS A SERVING?

**FRUIT:** 1 medium fruit, about the size of a baseball



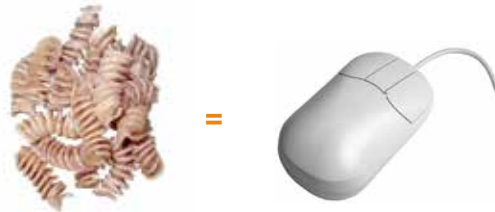
**VEGETABLES:** ½ cup, about the size of a small computer mouse



**CHEESE (LOW-FAT OR FAT-FREE):** 1½ ounces, about the size of six dice



**PASTA (COOKED):** ½ cup, about the size of a small computer mouse




**SEAFOOD OR LEAN MEAT:** 2–3 ounces, about the size of a deck of cards



You can get more information at [www.choosemyplate.gov](http://www.choosemyplate.gov).

**Source:** U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, D.C.: U.S. Government Printing Office. December 2010.

# POWER FOODS

NUTRIENT	BENEFITS	SOME FOOD SOURCES
 <p><b>VITAMIN A</b></p>	<ul style="list-style-type: none"> <li>• Good vision</li> <li>• Healthy skin and hair</li> <li>• Helps you grow</li> </ul>	<ul style="list-style-type: none"> <li>• Fortified instant cereals (cereals that have Vitamin A added to them)</li> <li>• Liver, dairy, and fish</li> <li>• Dark-green, leafy vegetables like spinach, collards, and kale</li> <li>• Carrots, sweet potatoes, pumpkin, and winter squash</li> </ul>
 <p><b>VITAMIN C</b></p>	<ul style="list-style-type: none"> <li>• Healthy bones, skin, blood cells, gums and teeth</li> </ul>	<ul style="list-style-type: none"> <li>• Strawberries, grapefruits, oranges, melons, mangoes, and tomatoes</li> <li>• Broccoli, red sweet peppers, cauliflower, and sweet potatoes</li> </ul>
 <p><b>VITAMIN D</b></p>	<ul style="list-style-type: none"> <li>• Reduces risk of bone fracture and prevents softening of bones (rickets)</li> <li>• Helps body absorb calcium from food</li> </ul>	<ul style="list-style-type: none"> <li>• Salmon, herring, mackerel, tuna, and egg yolks</li> <li>• Fortified foods, such as breakfast cereal, milk, and some yogurts</li> </ul> <p><i>Sunlight on the skin enables the body to make Vitamin D. Ten to 15 minutes of sunshine three times a week is enough to produce the body's requirement for many people.</i></p>
 <p><b>VITAMIN E</b></p>	<ul style="list-style-type: none"> <li>• Protects the body's cells</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts (almonds, hazelnuts, and peanuts)</li> <li>• Sunflower seeds and pine nuts</li> <li>• Vegetable oils</li> </ul>
 <p><b>CALCIUM</b></p>	<ul style="list-style-type: none"> <li>• Strong bones and teeth</li> </ul>	<ul style="list-style-type: none"> <li>• Low-fat or fat-free milk, yogurt, and cheese</li> <li>• Calcium-fortified cereals, juices, soy beverages, and tofu</li> <li>• Canned sardines and salmon (bones included)</li> </ul>
 <p><b>MAGNESIUM</b></p>	<ul style="list-style-type: none"> <li>• Helps contract and relax muscles</li> </ul>	<ul style="list-style-type: none"> <li>• Ready-to-eat 100% bran cereals</li> <li>• Spinach</li> <li>• Almonds, cashews, and pine nuts</li> <li>• Halibut and haddock</li> </ul>



Foods contain nutrients that help you look and feel your best and grow healthy and strong.

NUTRIENT	BENEFITS	SOME FOOD SOURCES
 <p><b>FOLATE</b> (also called folic acid)</p>	<ul style="list-style-type: none"> <li>• Helps your body make red blood cells</li> </ul>	<ul style="list-style-type: none"> <li>• Beans and peas</li> <li>• Peanuts</li> <li>• Oranges and orange juice</li> <li>• Dark-green, leafy vegetables, like spinach</li> <li>• Fortified cereals</li> <li>• Enriched grain products</li> </ul>
 <p><b>FIBER</b></p>	<ul style="list-style-type: none"> <li>• May help reduce risk for coronary heart disease</li> <li>• Helps make you feel full and have regular bowel movements</li> </ul>	<ul style="list-style-type: none"> <li>• Beans and peas</li> <li>• Ready-to-eat 100% bran cereals</li> <li>• Sweet potatoes and baked potatoes with skin</li> <li>• Pears and apples with skin</li> </ul>
 <p><b>IRON</b></p>	<ul style="list-style-type: none"> <li>• Helps red blood cells carry oxygen to different parts of the body to help produce energy</li> <li>• Lack of iron in red blood cells (called anemia) can make you feel weak and tired</li> </ul>	<ul style="list-style-type: none"> <li>• Lean meat and poultry</li> <li>• Clams, oysters, shrimp, and canned sardines</li> <li>• Spinach</li> <li>• Beans (white, navy, and kidney), lentils, and roasted pumpkin and squash seeds</li> <li>• Iron-fortified cereals</li> </ul>
 <p><b>POTASSIUM</b></p>	<ul style="list-style-type: none"> <li>• Helps muscles work</li> <li>• Reduces risk of high blood pressure and stroke</li> </ul>	<ul style="list-style-type: none"> <li>• Baked white or sweet potatoes</li> <li>• Tomato products</li> <li>• Squash (pumpkin, butternut, and acorn)</li> <li>• Bananas and plantains</li> <li>• Dried peaches, prunes, and apricots</li> <li>• Oranges and orange juice</li> <li>• Cantaloupe and honeydew</li> <li>• Low-fat or fat-free yogurt</li> </ul>

# CHECK THE FACTS

What you need to know about the Nutrition Facts label

1

Start here

2

Check calories

3

Limit these nutrients

4

Get enough of these nutrients

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 250      **Calories from Fat** 110

### % Daily Value\*

<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Potassium</b> 700mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

4

% Daily Value:

5% or less is low

20% or more is high

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

## HOW TO READ THE NUTRITION FACTS LABELS

- 1 Serving Size:** Always look at the serving size (this example is 1 cup) on the label. If you double the servings you eat, you also double the calories and nutrients. Notice that this container has two servings.
- 2 Calories:** Decide if this food is worth eating, based on the number of calories and the amount of nutrients you are getting. More than 400 calories per serving is high for a single food item.
- 3 Fat, Cholesterol, and Sodium:** To reduce the risk of heart disease, limit your intake of fat, saturated fat, and cholesterol and reduce your intake of sodium. Keep trans fat as low as possible.
- 4 Percent Daily Value (%DV):** The %DV tells you if a serving of food is high or low in a nutrient and provides information on how a serving of the food fits overall into a healthy diet. 5% DV or less is low and 20% DV or more is high. Limit your intake of fat, saturated fat, and cholesterol and reduce your intake of sodium. Keep trans fat as low as possible. Throughout the day, remember to eat foods that are high in dietary fiber, vitamins A and C, calcium, and iron. Accomplish this goal by eating foods from the various food groups.

**Read the ingredients on the label.** Check to see if sugars are listed as the first few ingredients. If so, this food or drink may not be very healthy. There are many different kinds of sugars, so look for ingredients such as brown sugar, corn sweetener, high-fructose corn syrup, dextrose, fructose, fruit juice concentrate, maltose, dextrose, sucrose, honey, and maple syrup.

# UNDERSTANDING FOOD LABELS: WHAT DOES IT MEAN?

	What does it mean?	Where does it come from?
<b>Calories</b>	<p>A measure of the energy content of food. Calories act as fuel for your body.</p> <p>Starting around age 14 teen boys need about 2,000 calories a day — more if you are very active.</p>	<p>Most foods have calories.</p>
<b>Fat</b>	<p>Your body needs some fat, both for energy and to keep your hair, organs, and blood system healthy. Too much fat can cause weight gain and increase the risk of health problems like heart disease.</p>	<p><b>Eat more of these fats:</b> vegetable oils (or oils from plants like olive, sunflower, etc.), nuts, and seafood.</p> <p><b>Eat less of these fats:</b> fatty meats, butter, and fried foods. Keep <i>trans</i> fat as low as possible.</p>





	<b>What does it mean?</b>	<b>Where does it come from?</b>
<b>Cholesterol</b>	A waxy substance. Too much can build up in your blood vessels and block blood flow to your heart.	Meat, whole milk, eggs, poultry, and seafood.
<b>Sodium</b>	Another word for salt. Most teen boys need less than one teaspoon of salt a day.	Many prepared and processed foods like deli meats, bacon, and some canned soups contain high levels of sodium (salt). Fast food is usually very high in salt.
<b>Dietary Fiber</b>	Helps digestion and may help prevent heart disease.	Fruits, vegetables, beans, whole-grain foods, and high-fiber foods.
<b>Sugars</b>	A source of energy. Natural sugars come from foods that also bring vitamins and minerals that you need. Added sugar in sodas, candy, and other sweets give you <i>empty</i> calories without added nutrients.	Natural sources of sugar include fruits and milk products (lactose). Added sugars come from corn syrup or white, brown, or powdered sugar.
<b>Carbohydrates</b>	A source of energy. There are two types: simple carbohydrates (sugars, as shown above) and complex carbohydrates that come from starchy foods.	Starchy foods include pasta, rice, bread, cereals, potatoes, and starchy vegetables (corn, sweet potatoes, peas, lentils).

# ASK THE DOC



Dr. Richard E. Kreipe, M.D., is a specialist in adolescent medicine at the University of Rochester's Department of Pediatrics and a professor at the University of Rochester Medical Center.

**Q I eat a lot of junk food and never gain weight, so why do I have to eat more fruits and vegetables?**

**A** Most people who eat a lot of junk food (foods high in fat, salt, and added sugars) don't give their bodies what they need to grow best. They are popular because these ingredients make them taste good, but junk foods aren't nutritious. This eating pattern can cause you to become overweight and increase your risk of diseases like diabetes, high blood pressure, and even some cancers. But if you develop good eating habits now, you are likely to keep them as an adult.

**Q I am not hungry when I wake up. Do I still need to eat breakfast?**

**A** Breakfast is for champions! Your body has been using energy while asleep and starts using more energy as soon as you wake up and get going for the day. A balanced breakfast is a good way to kick-start your day. It can help you be more alert and more focused in school. Also, kids who eat breakfast regularly are more likely to be able to control their weight. Simple foods like smoothies, yogurt, or oatmeal are excellent choices.

**Q What should I eat for a snack after school?**

**A** Most kids need a “pick-me-up” after school and before they eat dinner. Plan a snack that gives you lots of nutrition, like a glass of low-fat, skim, or soy milk, with half of a peanut butter and jelly sandwich on whole-wheat bread, or a bowl of cereal.

**Q How does caffeine affect me?**

**A** Caffeine is a stimulant that speeds up your body’s metabolism. Some people feel they can concentrate better after they’ve had a drink with caffeine in it, like coffee or energy drinks. But the best way to give your body more energy is to eat or drink something healthy.

**Q Lately I’ve noticed that my friends are getting taller. When will this happen to me? Will I lose weight like they have?**

**A** Everybody goes through puberty (changing from child to adult) in different ways. Some kids start growing in height before they are 10 years old. They may continue this growth very rapidly, while others may not get taller until they are 15, and even they may not get to their full height until a couple of years later. While it looks as if young people lose weight when they grow, adolescents between the ages of 10 and 20 usually gain weight steadily.

**Q Can chips or chocolate give me pimples?**

**A** Just about every person going through puberty gets pimples (also called zits or acne). This is especially true for boys because they have more of the hormones that cause the oil glands in the skin to develop. Pimples are not caused by specific foods, drinks, or even dirt. Your parents can help you choose over-the-counter medicines with the help of a pharmacist to address the issue. If these don’t work and you are still worried, talk to your doctor or nurse about prescription medications or about seeing a skin doctor, a dermatologist.

## TEST YOUR NUTRITION SMARTS

Circle your answers.

- 1 True or False:** Kids who eat a healthy breakfast tend to do better in school than those who skip it and don't eat until lunch.
- 2 True or False:** Teen boys need about 2,000 calories each day.
- 3 About how much sugar is in a 12-ounce can of soda?**
  - A** Three teaspoons
  - B** Five teaspoons
  - C** Seven teaspoons
  - D** Nine teaspoons
- 4 What counts as a serving (1 ounce) of bread?**
  - A** One slice
  - B** Two slices
  - C** Four slices
  - D** One loaf
- 5 True or False:** Skipping meals, fasting, and not eating whole groups of foods (like grains) are not healthy ways to lose weight.

### Answers

1 True 2 True 3 D 4 A 5 True



# CALCIUM WORD FIND

Find and circle the terms listed below in the word bank. All these foods are good sources of calcium, which helps build strong bones and teeth.

C	I	L	O	C	C	O	R	B
H	A	E	D	A	T	L	M	E
E	W	E	U	F	O	T	C	S
B	M	A	T	U	R	U	E	E
O	E	D	F	U	T	N	R	N
K	A	N	G	F	I	O	E	O
C	L	O	M	I	L	K	A	M
H	Y	M	R	U	L	E	L	L
O	S	L	L	M	A	N	S	A
Y	S	A	R	D	I	N	E	S
A	P	U	U	D	T	N	G	S
E	O	R	D	A	E	R	B	A
L	S	O	Y	M	I	L	K	B

## WORD BANK:

**Milk, (fortified) bread, soy milk (fortified beverage), yogurt, tortilla, broccoli, bok choy, almond, waffles, (fortified) cereals, (canned) sardines, (canned) salmon, tofu.**

**Check food labels.** Find out how much calcium is in different foods. Look for "Percent Daily Value" (written as %DV or % Daily Value). If it has 5% or less, that's low. If it has 20% or more, that's high.

# A HEALTHY DIET AND DIETING — THEY DON'T MEAN THE SAME THING

A healthy diet means getting the right balance of foods and nutrients that your body needs every day.

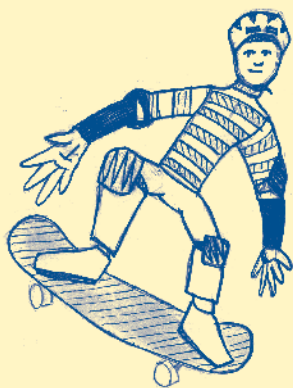
DiETING means limiting how much food (or the kinds of food) you eat to help lose weight. Teens should not diet unless they are under a doctor's care. They should not miss out on important nutrients.

**The best way to make sure you look and feel your best is to take steps to keep a healthy diet and maintain a healthy weight. Here's how:**

- **Start with breakfast.** This will help you have more energy, increase your attention span and memory, and feel less grouchy or restless.
- **Plan ahead.** Think about what kind of meals and snacks you would like to eat during the week. Help your family make a shopping list — you may even want to help with the shopping and cooking.
- **Pack your lunch.** Snacks and sodas from a vending machine will give you plenty of calories, but not many nutrients. Bring your own lunch. Create your own sandwich, and add healthy foods and drinks like fruits, unsalted nuts, low-fat yogurt, vegetables, water, and 100% fruit juice.
- **Eat dinner with your family.** Family meals help you reconnect after a busy day, and they are more likely to include more fruits, vegetables, and grains. Help your family make healthy dinner choices.

- **Make smart choices.** Skip “Super Size” fast-food portions.
- **Think about what you drink.** Try sticking to water and low-fat or fat-free milk instead of sodas, sports drinks, energy drinks, and other sugary drinks. There are about 10 packets of sugar in a 12-ounce can of soda.
- **Keep a journal.** Use an online food and activity journal such as [www.choosemyplate.gov/SuperTracker](http://www.choosemyplate.gov/SuperTracker).
- **Pick smart snacks.** Here are some ideas:
  - Fresh or dried fruit
  - Peanut butter on rice cakes, whole-wheat crackers, celery sticks
  - Baked potato chips or tortilla chips with salsa
  - Veggies with low-fat dip
  - Low-fat cheese or low-fat yogurt
  - Graham crackers, vanilla wafers, animal crackers, fig bars
  - Air-popped or low-fat microwave popcorn





### **I hear a lot about metabolism. What is it? Is everyone's the same?**

"Everybody's metabolism is different. It's the gasoline system that keeps your body moving. Some people are like sports cars with large engines that burn gasoline (food), while others have a more economical system that burns more slowly. We want our engines (bodies) to run hot, because that means we will be more energetic. In order for this to happen we need to make good choices by eating healthy snacks and meals and exercising regularly."

— Barry Kagan, Strength and Conditioning Coach, University of Maryland

## **AM I IN CONTROL?**

While there are many aspects of your life that you have control of, the way in which your body changes during puberty is certainly not one of them. Changes happen suddenly and often through adolescence. Here are some things to remember:

- Each guy goes through growth spurts (periods of fast growth) at different times, so be patient if you don't have yours when all your friends do.
- Girls often go through puberty earlier than guys.
- Your genetic makeup, or the traits passed down to you by your family, often has a large influence on the way you grow during puberty. Ask a parent or another relative about their adolescent phase.
- Teen boys change a lot during puberty. Don't waste your energy worrying a lot about how you look. You probably won't look the same next year.
- Maintaining a healthy lifestyle during the process can make these changes feel more natural.

## DIETING IS NOT THE ANSWER

DON'T DO THIS	BECAUSE...
<ul style="list-style-type: none"><li>• Skip meals</li></ul>	<ul style="list-style-type: none"><li>• Missing meals often leads to overeating at later meals.</li></ul>
<ul style="list-style-type: none"><li>• Starve yourself</li></ul>	<ul style="list-style-type: none"><li>• It's not likely you'll keep weight off in the long term. Also, you'll miss out on important nutrients your body needs for growth.</li></ul>
<ul style="list-style-type: none"><li>• Leave out a whole food group or just eat foods from a few food groups</li></ul>	<ul style="list-style-type: none"><li>• You need a balance of different food groups to make sure you get all the nutrients you need.</li></ul>
<ul style="list-style-type: none"><li>• Overeat or eat when you are not hungry</li></ul>	<ul style="list-style-type: none"><li>• Sometimes people use eating as a way to deal with emotions such as stress, boredom, or sadness. Overeating and eating when you are not hungry often signals other problems and can lead to unhealthy weight gain.</li></ul>



# WHY PHYSICAL ACTIVITY?

Riding a bike, shooting baskets, swimming, playing soccer, and practicing martial arts are all examples of physical activity.

In other words, it's an activity that gets your body moving and uses up energy.





2





**I am not very competitive. What else can I do to be physically active and stay healthy?**

“If you are not very competitive and want to be active, get involved in fitness activities or lifetime sports (activities that you can do on your own). Some examples are hiking, walking, jogging, weight training, bicycling, playing golf, bowling, racquetball, and martial arts. Walking your pets and playing with friends, siblings, and parents are other activities you can do. Eating good foods will also help you stay healthy.”

— Pete Yurish, Strength and Conditioning Coach, University of Maryland

**Physical activity is fun and is something you can do with friends. It also can help you to...**

- Build and keep healthy bones, muscles, and joints.
- Strengthen your heart, lungs, and blood vessels.
- Get your mind ready for learning.
- Feel less stressed.
- Boost your self confidence.

**“Having a goal to be physically active every day is very important for kids, and it can be achieved through activities as simple as doing jumping jacks. No one needs fancy equipment, specific clothing or a gym membership to get out and exercise.”**

— Dominique Dawes, Co-Chair, President’s Council on Fitness, Sports & Nutrition, on May 4, 2011

# HOW PHYSICALLY ACTIVE AM I?

## 1 What physical activities do you do now? (Check all that apply).

- Team sports *(example: football, soccer, basketball)*
- Biking
- Skateboarding
- School P.E. class
- Walking
- Rock climbing
- Martial arts
- Rollerblading
- Racquetball
- Hiking
- Swimming
- Yoga
- Running (jogging)
- Other \_\_\_\_\_  
*(fill in one or more activities)*

## 2 How many days do you do physical activity during a typical week?

- Every day
- 5–6 days
- 3–4 days
- 1–2 days
- 0 days

## 3 On a typical day, how much time do you spend doing physical activities?

- At least 60 minutes
- 30–60 minutes
- 20–30 minutes
- Less than 20 minutes
- 0 minutes



## It all adds up!

- 1 The key is to pick one or two physical activities that you like to do. Remember that you do not need to be competitive to be active.
- 2 Aim to do 60 minutes of physical activity each day. You should do a mix of activities (aerobic, muscle-strengthening, and bone-strengthening) and include both moderate and vigorous activity.
- 3 If you're not physically active for 60 minutes nonstop, it's okay to do physical activity for 10 or 20 minutes at a time throughout the day.

# WORK IT

## PHYSICAL ACTIVITY IDEAS

Try to get 60 minutes of moderate and vigorous physical activity every day. Find activities you enjoy. Try new activities with friends or a parent.

ACTIVITY LEVEL	WHAT IS IT?
<b>LIGHT</b> <ul style="list-style-type: none"> <li>• Not sweating</li> <li>• Not breathing hard</li> </ul>	Slow walking, frisbee, ping-pong, bowling
<b>MODERATE</b> <ul style="list-style-type: none"> <li>• Breaking a sweat</li> <li>• Can talk, but can't sing</li> </ul>	Rollerblading, swimming, walking fast, biking, mowing the lawn
<b>VIGOROUS</b> <ul style="list-style-type: none"> <li>• Sweating</li> <li>• Breathing hard</li> <li>• Can't talk or sing</li> </ul>	Jogging, playing basketball, biking uphill, swimming laps, martial arts, tennis, hockey

### Also try fitting in...

Type	What is it?	Why do it?
<b>MUSCLE-STRENGTHENING</b> (3 days a week, as part of your 60 minutes)	Yoga, push-ups, and sit-ups, using weight machines and resistance bands	<ul style="list-style-type: none"> <li>• Increases strength</li> <li>• Builds muscle</li> </ul>
<b>BONE-STRENGTHENING</b> (3 days a week, as part of your 60 minutes)	Walking, running, hiking, dancing, tennis, soccer, and other weight-bearing activities that work bones and muscles against gravity	<ul style="list-style-type: none"> <li>• Makes bones stronger</li> </ul>



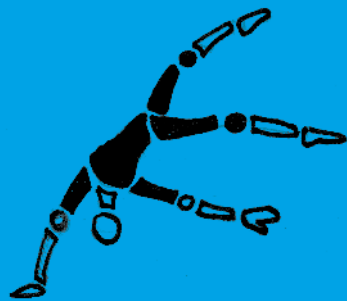
## WORD SCRAMBLE

What do all these words have in common?  
They are all physical activities you can do.

- 1 galf llabtoof \_\_\_\_\_
- 2 thgiew gniniart \_\_\_\_\_
- 3 llabteksab \_\_\_\_\_
- 4 gnidraobetaks \_\_\_\_\_
- 5 etamitlu eebisrf \_\_\_\_\_
- 6 laaslebb \_\_\_\_\_
- 7 laitram stra \_\_\_\_\_
- 8 gnimmiws \_\_\_\_\_

### Answers

1 flag football    2 weight training    3 basketball    4 skateboarding  
5 ultimate frisbee    6 baseball    7 martial arts    8 swimming



# STRENGTH AND CONDITIONING



Barry Kagan, University of Maryland  
Strength and Conditioning Coach

**Q** When will I get muscles?

**A** You already have all your muscles. As your body matures, the fibers that make up those muscles will begin to get larger by adapting to your activity level. When your body is ready, it will begin to produce a greater level of hormone called testosterone. Some boys will produce higher levels at a younger age; until your body is ready to do that, focus on exercise to prepare your body to build muscle when it's ready.

**Q** How long before I practice/become physically active should I eat?

**A** The goal should be to eat something 30 minutes to an hour before you work out. Something as simple as a peanut butter and jelly sandwich will do the job, and foods such as low-fat yogurt, fruit, and nuts also are good choices. Try to avoid high-sugar foods.

**Q** I like to eat junk food with my friends. How will this affect my athletic/physical performance?

**A** Junk food is usually high in fat, added sugar, or both. Neither will be beneficial to promoting good health. The occasional candy bar or bag of chips is not the end of the world, but limiting consumption is key to a healthier lifestyle. Making smart snack choices is often the biggest improvement you can make to your diet.



**Q Is there an added benefit to drinking sports drinks instead of water? When should I choose a sports drink instead of water?**

**A** Water is the most important aspect of proper nutrition before, after, and *during* exercise. Many sports drinks can be beneficial, but they often have too much sugar and need to be watered down a bit to have the best effect. If workouts will last longer than an hour, or if you are training midday in hot summer months, sports drinks in a watered-down form can be helpful.

**Q My older brother is taking creatine and other supplements. Is this healthy for someone my age? Will it make me stronger and more muscular?**

**A** Taking creatine or any supplements or steroids is not safe. Manufacturers claim that creatine is a way to get bigger and stronger. But your body has to be ready to get bigger and stronger — it cannot be forced to do so by adding a supplement. If you are bending the rules in other areas — not sleeping enough, not eating properly, drinking soda, or eating junk food — improving these habits will do more for your body than taking supplements.

**Q I like to play sports now and want to be on a team in high school. What are some things I should do now to prepare myself for this?**

**A** Put down the game controller and go for a run. No matter what sport you choose, athletic activity comes back to a commitment to treat your body like a temple. Once you determine which sports you are interested in playing, talk to a P.E. or gym teacher at your school and have him or her help you focus in on a more specific exercise routine for that sport. General physical fitness is important for all sports, but training for tennis or football is a lot different than preparing for cross-country season.

# GET READY

Making small changes to eat healthy foods or be physically active is a great way to help you feel good and have more energy.

**“If you learn good habits early, you’ll carry them with you for the rest of your lives. So let’s act. Let’s get going. Let’s move.”**

— Michelle Obama



3



# START SMALL

Just start with a few small changes you're most willing to do. The list below can help. **Check off the small changes or goals that appeal to you. Each goal you set is a small step toward a larger goal of living a healthier lifestyle.**

- Increase the number of fruits and vegetables you eat each day.
- Build up to one hour of physical activity each day.
- Eat fewer sweets.
- Turn off the TV when eating meals and snacks.
- Drink less soda.
- Drink low-fat or fat-free milk.
- Drink more water.
- Eat low-fat or fat-free yogurt or cheese.
- Eat breakfast most days of the week.
- Eat more whole-grain foods (such as whole-wheat bread, whole-grain pasta, or whole-grain crackers; oatmeal; or brown rice).
- Other \_\_\_\_\_  
*(fill in the blank)*



# NOW TAKE ACTION. TRY SOMETHING NEW!

**Pick a goal from the previous page and make it specific to you!**

Example: Drink milk instead of soda after school.

**1 When will you get started?** \_\_\_\_\_  
(month and day)

**2 What is your goal?** \_\_\_\_\_  
\_\_\_\_\_

**3 Why did you choose this goal?** \_\_\_\_\_  
\_\_\_\_\_

**4 Who can help you reach your goal? (Choose one or more options)**

Friends

Family

Other \_\_\_\_\_  
(fill in the blank)

**5 How will you know when you reach your goal?** \_\_\_\_\_  
\_\_\_\_\_

.....

## Sample answers

**1 When will you get started?**

*Monday, January 31.*

**2 What is your goal?**

*To substitute one fruit for one candy bar every day for two weeks.*

**3 Why did you choose this goal?**

*Because I eat at least two chocolate bars every day for lunch.*

**4 Who will help you reach your goal?**

*Family, friends.*

**5 How will you know when you reach your goal?**

*I will have eaten more fruit every day.*

# WHAT'S STOPPING YOU?



## PHYSICAL ACTIVITY

### WHAT'S GETTING IN THE WAY?

No time.

Too tired, no motivation.

Weather isn't good for being outdoors.

### HEALTHY IDEAS

"Wake up earlier."

— Max, age 13

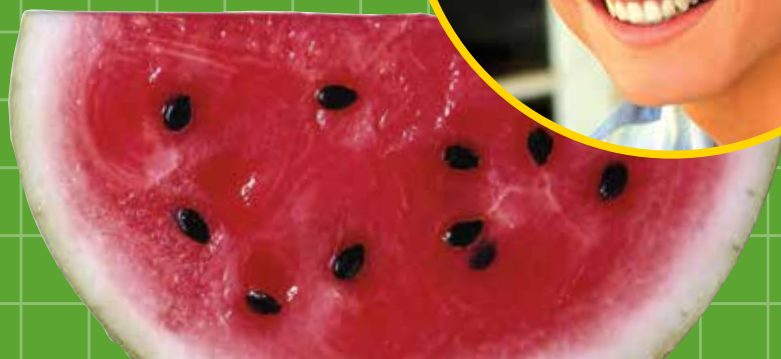
"Plan activities with a buddy, like running or shooting baskets, to get going."

— Adam, age 12

"I play basketball on an inside court."

— Nelson, age 14





## MAKING HEALTHY CHOICES

### WHAT'S GETTING IN THE WAY?

Sometimes I don't know what's healthy.

I don't have time to cook something healthy.

It's hard to find healthy foods to eat at the nearby stores and restaurants.

### HEALTHY IDEAS

"I find it easy to eat healthy because I like eating fruits and vegetables."

— Justin, age 13

"It's easier to eat healthy when it's already available — in the house."

— Zaid, age 14

"I go shopping with my mom and pick out healthy foods for the house."

— Max, age 13

# TAKE ACTION

Where do I start?

Begin with your meals.



4





# BREAKFAST BOOST

Eating breakfast gives you energy to start the day.

## Breakfast ideas

- Bowl of instant oatmeal or whole-grain cereal with low-fat milk. Add berries, banana slices, or raisins.
- Whole-wheat pita or sandwich bread stuffed with scrambled eggs, topped with a dab of ketchup or hot sauce. Wash it down with a glass of calcium-fortified orange juice.
- Toasted, frozen whole-grain waffles topped with peanut butter and a sliced banana. Add a glass of low-fat milk or low-fat yogurt smoothie.

## Why eat breakfast?



“So you can pay attention during class.”

— Mason, age 14

“So you aren’t tired. Even if you eat lunch and dinner, it’s still important to eat breakfast so you have energy.”

— Ben, age 13



“Breakfast is good for you because you need it to stay awake, alert, and strong. It’s healthy.”

— Johnny, age 14

# TRY A BAG LUNCH

**Long cafeteria lines, food you're not crazy about, and short lunch periods.** These are some of the reasons teens say they skip lunch or grab snacks from the vending machine. If this sounds familiar, think about packing a bag lunch and buying a carton of low-fat milk.

## Lunch Ideas

- Turkey sandwich on whole-wheat bread with mustard, baked potato chips, a pear, red pepper slices, and fat-free milk.
- Tuna salad on whole-wheat bread with lettuce, tomato, cucumber, and low-fat mayonnaise plus an orange, pretzels, fig bars, and low-fat milk.
- English muffin pizza with low-fat cheese, topped with pizza sauce, lean meat, and veggies. Add a glass of low-fat milk, a banana, and small cup of low-fat yogurt.
- Peanut butter and banana sandwich on whole-wheat bread with carrot sticks, an apple, an oatmeal raisin cookie, and fat-free chocolate milk.

## Snack Smart Ideas

- Fruit
- Veggies with low-fat or fat-free dip
- Low-fat yogurt
- Low-fat string cheese
- Baked potato chips
- Baked tortilla chips with salsa
- Pretzels (lightly salted or unsalted)
- Flavored rice cakes (caramel or apple cinnamon)
- Popcorn (air popped or low-fat microwave)



# FAMILY MEALS

Andrew, 14 years old, interviews his stepdad about eating together as a family.

**Q** Why do you think it's important for families to eat meals together?

**A** Meals help to bring a family together. And when families eat together, I think it helps to make sure everyone has a balanced meal.

**Q** A lot of families don't eat together these days. Why do you think that is?

**A** People have busy schedules. Both your mom and I have work schedules that require us to meet with clients outside of normal business hours, and both you and your brother play lacrosse and other sports. So oftentimes, we don't have the opportunity to get the whole family around the table at once.

**Q** What can be done to make family meals more possible?

**A** I think families can try to plan their outside activities around dinner time during the week so that everyone can have the opportunity to get together. Family members also can plan weekend meals when most people are not as busy. It's also a good idea to have healthy food available for meals that kids can make on their own or for whomever if the meal is prepared for another person. Our family is big on fruit, so we always have fresh oranges, mangoes, and plums around for mealtime.



**Q** What are your memories of eating together as a family while you were growing up?

**A** Yelling and laughter. I am from a big Greek family and grew up in a household that included a lot of my extended family (uncles, aunts, grandparents, cousins), so there were always at least seven people at the dinner table. Our family was loud and expressive, and everyone just let go, said what they wanted to say. It was just accepted that dinner was going to be a lively meal with lots of people expressing their opinions.

**Q** What were your favorite family meals?

**A** Weekend breakfasts. Every Sunday, my whole family would get up at a leisurely time, and my father would cook us all omelets. That was a great family tradition that I loved and always looked forward to.

**Q** Did you have any duties at family mealtime?

**A** Cleaning up after meals and setting up before dinner. Everyone who ate meals in my family had their own duties, so I was never really reluctant to do mine, because I knew everyone was pitching in.

**Did you know that kids who eat meals with their families eat more fruits, vegetables, and other healthy foods?**



Andrew gets good advice about eating meals with his family.

# FAST FOOD TIPS

- Order garden or grilled chicken salads with low-fat dressings on the side.
- Limit fried foods (french fries, onion rings, or fried chicken or fish).
- Choose grilled chicken and ask for sauce on the side.
- Order a plain burger without cheese or bacon.
- Buy the smallest sandwich on the menu.
- Use mustard, ketchup, or low-fat mayonnaise.
- Order low-fat or fat-free milk, or just have water.
- Pick vegetable toppings for your pizza, such as peppers, mushrooms, onions, and tomatoes.

**Many restaurants now include nutritional information on their menus or websites. Check out the stats of your favorite restaurant meals to help make healthy choices when you eat out!**



# PICK THE LOW-FAT CHOICES

## Which is healthier?

- 1  Grilled chicken sandwich    **OR**     Fried fish fillet sandwich
- 2  Bacon cheeseburger sandwich    **OR**     Lean roast beef sandwich
- 3  Turkey sub with mustard    **OR**     Tuna salad sub
- 4  French fries    **OR**     Baked potato

## Answers

- 1 **Grilled chicken sandwich (sauce on the side).** Fast food fish fillet sandwiches tend to be fried so they're higher in fat, calories, and salt.
- 2 **Lean roast beef sandwich.** The bacon and cheese add extra fat, salt, and calories. If you go with the burger, try it plain with extra lettuce, tomato, and onions.
- 3 **Turkey sub with mustard.** A tuna salad sandwich usually is made with mayonnaise, which is high in fat. Mustard is fat-free.
- 4 **Baked potato.** Since french fries are fried, they tend to be higher in fat than a baked potato. Choose low-fat cheese when adding toppings, and limit the amount of butter and sour cream on the potato.



## A Healthy Mind = A Healthy Body

Body image is a person's opinions, thoughts, and feelings about his or her own body and physical appearance.

It's normal to have a few minor complaints about your looks, but problems can occur when the focus on your appearance becomes too intense.

**Guys often put a lot of pressure on themselves to look a certain way. Here are some ways to fuel a positive body image:**

- Appreciate the things your body allows you to do well, rather than focusing solely on its appearance.
- Remember that your body size, shape, or weight has no influence on your masculinity. You don't have to look like a superhero to be strong and feel good.
- Respect your body by avoiding things you know are harmful such as steroids, junk food, or unhealthy dieting.
- Practice good grooming habits — regular showering; taking care of your teeth, hair, and skin; and wearing clean clothes.



# EATING DISORDERS & GUYS

**Eating disorders** may begin with preoccupations with food and weight but are most often about overwhelming emotions, including body image concerns. These disorders usually involve drastic means of losing weight (starving, excessive exercise, throwing up on purpose after meals, overuse of laxatives, etc.) or with overeating or bingeing.

People with eating disorders usually have a difficult time with self-esteem, relationships, and emotional pressures. While the majority of those with eating disorders are girls, guys also suffer from them.

**Muscle dysmorphia**, a type of body image disorder, is more common among guys. Guys may feel pressure to look big and strong. Even guys who are healthy and muscular may see themselves as puny and will use steroids, creatine, “andro,” and other supplements to gain muscle mass. Some may eat too much or exercise in an unhealthy way, such as lifting weights excessively. This obsession with their appearance may begin to interfere with their ability to function and to be happy.

Guys mature at different rates. Some become taller, heavier, or stronger sooner than others. The best thing you can do to develop a strong healthy body is to eat healthy foods and stay physically active.

If you think you or a friend may need help related to an eating disorder or muscle dysmorphia, talk to a trusted adult — a parent, coach, health teacher, counselor, or school nurse.

For more information about signs and symptoms of eating disorders and muscle dysmorphia, go to [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) or [http://kidshealth.org/teen/your\\_mind](http://kidshealth.org/teen/your_mind).

# DEALING WITH STRESS

There are lots of reasons why teens can feel stressed, including schoolwork, problems at home or at school, or even low self-esteem.

A little stress, like during a sports competition, can push you to do your best, but major stress can lead to health problems like depression or eating disorders.

Not Enjoying Your Usual Activities

Blaming Others

Negative Attitude

Sleeping Problems

Laughing or Crying for No Reason

\*Some of these signs are also linked to a more serious condition, depression. For more information about stress and depression go to: [www.kidshealth.org/kid/feeling](http://www.kidshealth.org/kid/feeling) or [www.cdc.gov/bam/life/butterflies.html](http://www.cdc.gov/bam/life/butterflies.html)

## SIGNS OF STRESS



Headaches

Feeling Down

Feeling Tired

Stomachaches

Feeling Overwhelmed

## STRESS BUSTERS!

- Be physically active.
- Eat healthy foods regularly (including healthy snacks).
- Get enough sleep.
- Limit caffeine (soda often has caffeine).
- Take a break (for example, listen to music or draw).
- Spend time with friends.
- Talk to someone you trust, like a friend or parent.

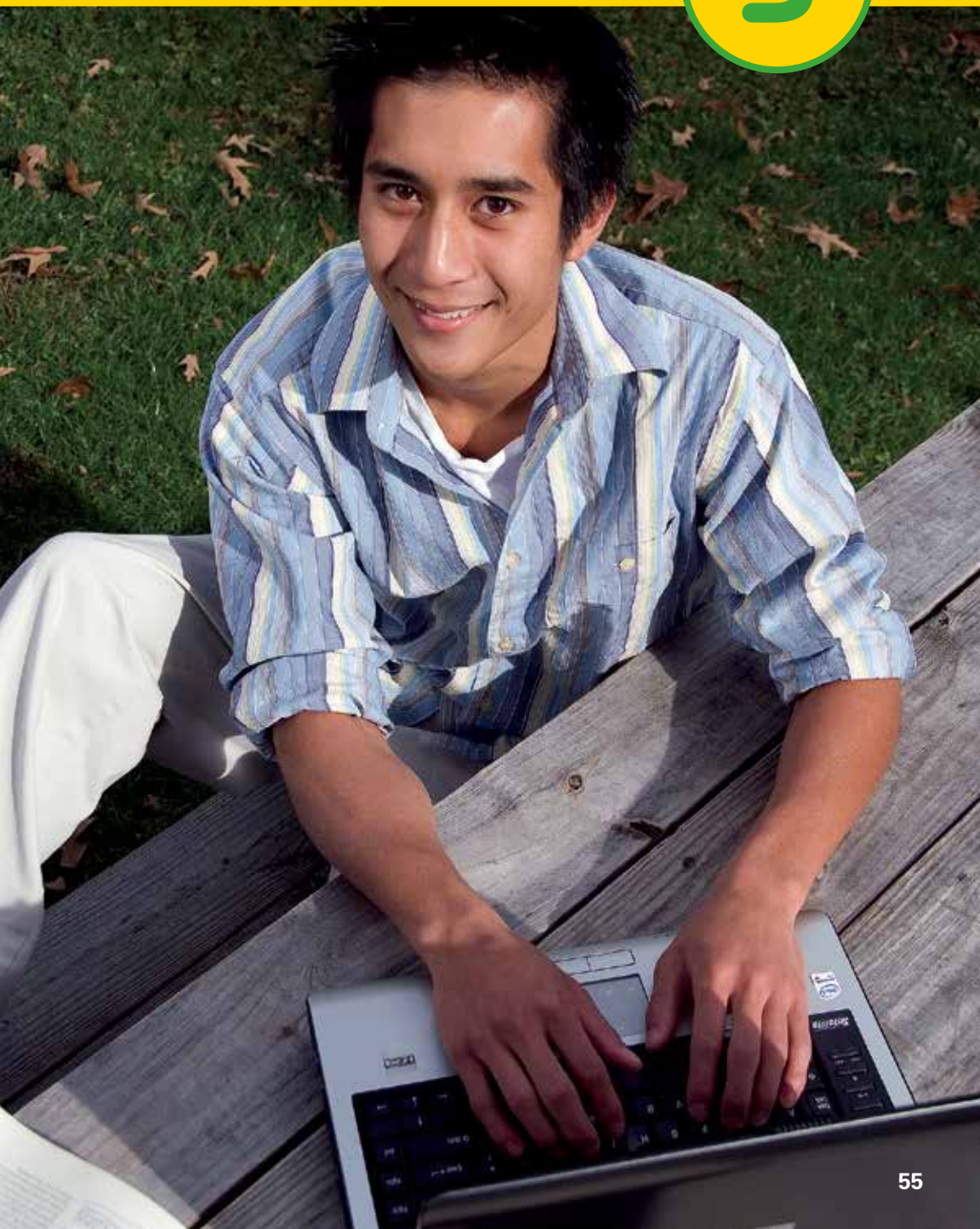


# LOOK AROUND YOU

TV, Internet, cell phone apps, movies, music, and magazines are all types of media many teens use every day. What you see, hear, and read in the media can affect the way you look at the world — and how you think of yourself.



5



## ANABOLIC STEROIDS

### Fact

#### What are they?

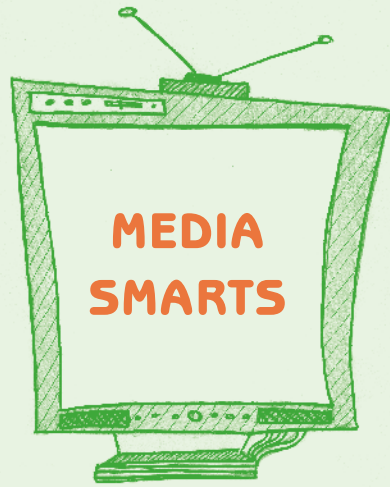
Steroids are artificially produced hormones that are taken in the form of pills, powders, or injections to increase muscle mass and strength. They are illegal.

#### Possible bad effects on the body

High blood pressure and heart disease, liver damage, cancers, stroke and blood clots, severe acne, persistent bad breath, premature balding, shrinking of the testicles, aching joints and muscle cramps, pain when urinating, sleep problems, and aggressiveness and violence.

### Fiction

Take a look at plastic action figures like G.I. Joe Extreme and Star Wars' Luke Skywalker and Han Solo in toy stores. If G.I. Joe Extreme were life-size, he would have a 55-inch chest and a 27-inch biceps. In other words, his upper arm muscle would be almost as big as his waist and bigger than any bodybuilder in history.



**The media is filled with pictures of “perfect” bodies. But are these images realistic? Not really, and here’s why:**

- Many photos are airbrushed to take out wrinkles, pimples, and body hair or to add facial hair and muscles.
- Photos are often mixed and matched, placing a good-looking face on someone else’s muscular body.
- Athletes and TV and movie stars have whole teams of people to cook their food, cut and style their hair, pick out their clothes, and help them stay in shape.
- Remember, there is a limit to how much muscle a man can get naturally. Extreme dieting, excessive exercise, and steroid use are not healthy.

Teens see about 40,000 television ads every year.  
Most are for candy, cereal, and fast food.

Companies use many ways to get you to take notice.  
Look at the food ads the next time you turn on your TV.  
How are things being sold to you?

- Saying the product will make you popular or better looking.
- Featuring sports heroes and TV and movie stars.
- Showing kids who look older and more perfect than the kids/teens the ad targets.
- Making you feel good, like showing a father and son eating together.
- Playing music and sound effects that are enticing.
- Using cartoon characters to get your attention.

.....

Many foods are made over so they look good enough to eat  
on camera — even after a long photo shoot.

Here are just a few examples:

- Brown food dye, cooking oil, or even petroleum jelly (like Vaseline) can make burgers look juicy.
- Extra sesame seeds can be glued on strategically.
- The burger can be snipped and spread from behind so that it looks bigger in the bun.



# REALITY CHECK

Take a look around your home and school and answer these questions.

## AT YOUR HOME

What foods can you snack on at home? (check all that apply)

- Sweets     Chips     Fruit     Veggies  
 Low-fat or fat-free yogurt     Low-fat or fat-free cheese  
 Other \_\_\_\_\_

If you pack a lunch for school, what foods can you choose from at home? (check all that apply)

- Sandwich     Leftovers     Sweets     Chips  
 Fruits     Veggies     Low-fat yogurt  
 Other \_\_\_\_\_

What is there to drink in your house? (check all that apply)

- Water     Soda     Fruit drinks     Whole milk  
 Low-fat or fat-free milk     Other \_\_\_\_\_

How often does your family eat meals together at home?

- Every day     Sometimes     Rarely     Don't know

Do you have bikes, balls, jump ropes, or other sports equipment at home?

- Yes     No



## AT YOUR SCHOOL

**Does the cafeteria serve fruits and vegetables that look and taste good?**

- Every day     Sometimes     Rarely     Don't know

**How often does the cafeteria serve fast food like cheeseburgers and french fries?**

- Every day     Sometimes     Rarely     Don't know

**If your school has vending machines, can you buy fruit, baked crackers, water, or low-fat milk from them?**

- Yes     No    Explain \_\_\_\_\_

**How often do you go to P.E. or gym class each week?**

- Every day     Two or more days     One day     Never

**How often can students use balls, jump ropes, or other sports equipment before or after school?**

- Every day     Sometimes     Rarely     Don't know

**If your school has a gym, track, weight room, or pool, how often can you use them before or after school?**

- Every day     Sometimes     Rarely     Don't know  
 Never





# YOU CAN MAKE A DIFFERENCE

## At home

Ask your parent or caregiver about...

- Adding healthy snack and bag lunch foods to the shopping list.
- Eating some meals at home as a family when you can.
- Having balls, bikes, or jump ropes available at home.

## At school

Talk to a teacher, principal, or school administrator about...

- Offering better food choices in the school cafeteria and vending machines.
- Adding more P.E. or gym class time during school hours.
- Letting students use school sports equipment (jump ropes or balls) or gyms, weight rooms, or pools before or after hours.
- Posting a student survey about food and physical activity on your Facebook page or school website.

## Other ways to make changes at your school

- Joining or organizing a student group or school wellness committee to develop priorities.
- Passing out a student survey about food and physical activity.
- Writing letters to school principals or school administrators.
- Contacting local newspapers and TV and radio stations.
- Getting your parents and your school's PTA to help you.

For more information about making changes at your school, go to [www.californiaprojectclean.org](http://www.californiaprojectclean.org) or [www.healthiergeneration.org](http://www.healthiergeneration.org).

# COOL WEBSITES!

## [www.bam.gov](http://www.bam.gov)

Everything you want to know about health! Includes games, quizzes, and other interactive features.

## [www.choosemyplate.gov](http://www.choosemyplate.gov)

This site is designed to help you develop an individual plan to make smart food choices and build a good balance of physical activity into your daily life.

## [www.fitness.gov](http://www.fitness.gov) and [www.presidentschallenge.org](http://www.presidentschallenge.org)

Both of these sites tell you about programs and ideas for how to be more physically active. There is also information on how to become involved in programs supported by the President's Council on Fitness, Sports & Nutrition.

## [www.fns.usda.gov/ eatsmartplayhardhealthylifestyle](http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle)

Here you can find advice on how kids and families can take steps to make smart food choices and to fit physical activity into their everyday routine.

## [www.kids.gov](http://www.kids.gov)

This site has lots of information on health, fitness, and safety with links to other good sites, too.

## [www.letsmove.gov](http://www.letsmove.gov)

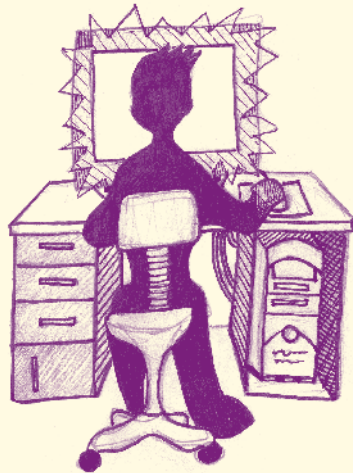
Let's Move is an initiative launched by First Lady Michelle Obama to change the way a generation of kids thinks about food and nutrition.

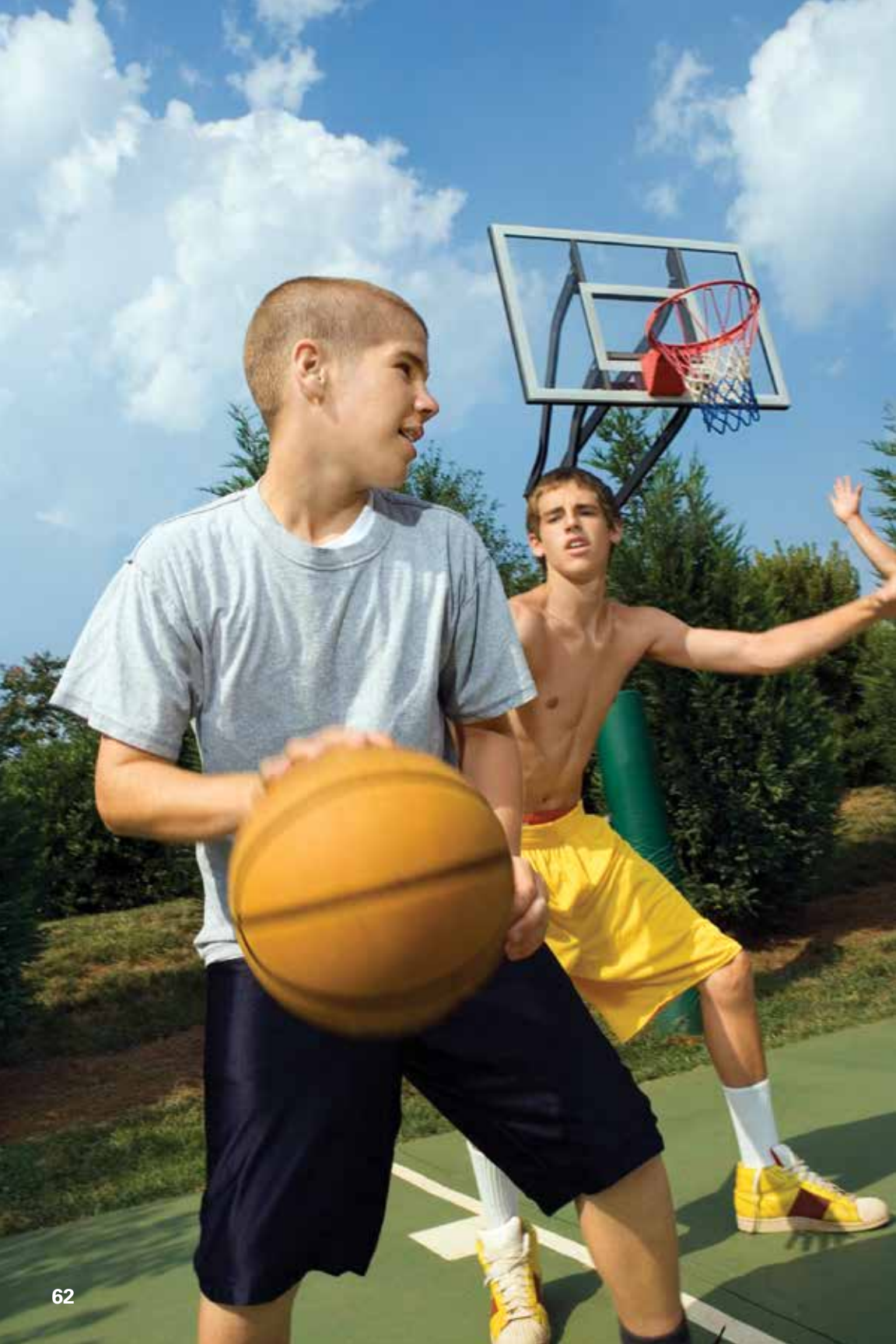
## [www.kidnetic.com](http://www.kidnetic.com)

This site tells you cool stuff about how your body works, how eating right helps you play better, and how staying active is lots of fun!

## [www.kidshealth.org](http://www.kidshealth.org)

Interactive website with articles, animations, games, and resources with health information on the topics you care about.







# BODWORKS

A Toolkit for Healthy Teens & Strong Families



[Womenshealth.gov](http://Womenshealth.gov)

OWH Helpline: 800-994-9662