



Kohl's Cooks for Kids
presents

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Tampa Bay
Times
NIE
newspaper in education
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About NIE

The Tampa Bay Times Newspaper in Education program (NIE) is a cooperative effort between schools and the Times Publishing Co. to encourage the use of newspapers in print and electronic form as educational resources – a “living textbook.” Our educational resources fall into the category of informational text, a type of nonfiction text. The primary purpose of informational text is to convey information about the natural or social world.

Since the mid-1970s, NIE has provided schools with class sets of the daily newspaper plus award-winning original curriculum supplements, teacher guides, lesson plans, educator workshops and many more resources at no cost to schools, teachers or families. Each year, more than 5 million newspapers and electronic licenses are provided to Tampa Bay teachers and students free of charge thanks to our generous individual, corporate and foundation sponsors. NIE teaching materials cover a variety of subjects and are correlated to the Florida State Standards.

For more information about NIE, visit tampabay.com/nie, call 800-333-7505, ext. 8138 or email ordernie@tampabay.com. Follow us on Twitter at [Twitter.com/TBTimesNIE](https://twitter.com/TBTimesNIE).

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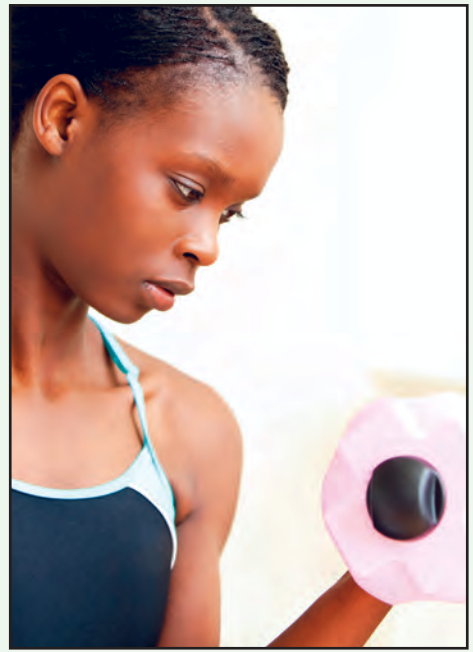
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Credits

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Florida Standards

This publication and its activities incorporate the following Florida Standards for middle and high school students. Physical Education: PE.C.2.1; PE.C.2.10; PE.C.2.11; PE.C.2.12; PE.C.2.18; PE.C.2.4; PE.L.3.6 **Health:** HE.B.3.1; HE.B.3.3; HE.B.4.1; HE.B.4.4; HE.B.5.1; HE.B.5.2; HE.B.5.3; HE.B.5.4; HE.B.6.2; HE.B.6.3; HE.C.1.2; HE.C.1.3; HE.C.2.5; HE.C.2.6; HE.C.2.8; HE.P.7.1; HE.P.7.2; HE.P.8.1; HE.P.8.2; HE.P.8.3; HE.P.8.4 **Language Arts:** LAFS.L.1.1; LAFS.L.1.2; LAFS.L.2.3; LAFS.L.3.4; LAFS.L.3.5; LAFS.L.3.6; LAFS.RH.1.1; LAFS.RH.1.2; LAFS.RI.1.1; LAFS.RI.1.2; LAFS.RI.1.3; LAFS.RI.2.4; LAFS.RI.2.5; LAFS.RI.2.6; LAFS.RI.3.7; LAFS.RST.1.3; LAFS.RST.2.6; LAFS.SL.1.1; LAFS.SL.1.2; LAFS.SL.1.3; LAFS.SL.2.4; LAFS.SL.2.5; LAFS.SL.2.6; LAFS.W.1.1; LAFS.W.1.2; LAFS.W.1.3; LAFS.W.2.4; LAFS.W.2.5; LAFS.W.2.6; LAFS.W.3.7; LAFS.W.3.8; LAFS.W.3.9



Meet the team

The Fit4Allkids team at Johns Hopkins All Children’s Hospital works with kids, teens and families every day to encourage them to eat healthy and be more active and fit. Our team members are focused on creating a healthy tomorrow for all children and truly hope that everyone will enjoy the information in this publication.



Kellie Gilmore
Fit4Allkids outreach coordinator



Sky Roberts
Fit4Allkids writing specialist



Janelle Garcia, Ph.D.
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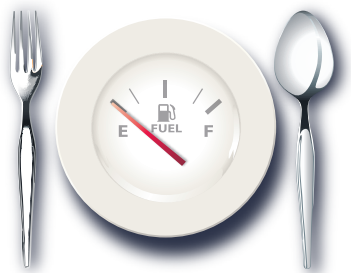


Sarah Krieger, M.P.H., R.D.
Fit4Allkids nutrition expert and instructor

Special thanks to our contributing experts: Dr. Pamela Paul, NCC, LMHC, CFT, RRCA, DSc, Fit4Allkids motivational coach; Patrick Mularoni, M.D., medical director of pediatric sports medicine at Johns Hopkins All Children’s Hospital; and Ryan Ross, certified athletic trainer.

The Fit4Allkids team would also like to thank the Tampa Bay Buccaneers, the Tampa Bay Lightning and the Tampa Bay Rays for generously providing their insights on nutrition and fitness and supporting this project.





Fuel your fitness

“You are what you eat.” It’s a phrase that has been said many times, and the Fit4Allkids team at Johns Hopkins All Children’s Hospital knows how important nutritious food is to good health. However, good nutrition is only half of the equation to being fit. It takes making nutritious choices and being active to create a healthy lifestyle.

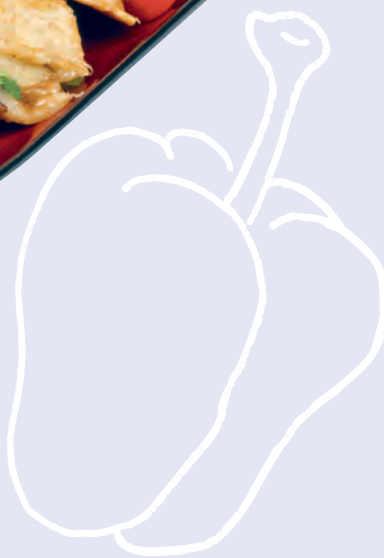
Every day, the Fit4Allkids team works to make sure that all teens, children and families

in the Tampa Bay area have the resources needed for making healthy lifestyle choices. We hope this publication will inspire you to make good nutrition choices and be more active. As you read, think about the little changes you can make in your day, from eating more vegetables to walking a little bit more, which will get you started on a path to better health.

Fajita Quesadillas

What you need:

- 1 large onion, sliced
- 1 red pepper, sliced
- 1 banana pepper, sliced
- Olive oil
- 1 teaspoon salt
- 1 teaspoon oregano
- 1 teaspoon cumin
- 2 teaspoons chili powder
- 1 rotisserie chicken, shredded (about 4 cups)
- 8 10-inch whole wheat tortillas
- 2 cups grated cheese (jack, cheddar or “Mexican” blend)
- ½ bunch cilantro, coarsely chopped
- 3 tablespoons butter
- Guacamole, salsa and sour cream (optional)



What you do:

1. Heat a skillet to 350 degrees and add enough oil to coat the bottom of the pan. Add the sliced peppers and onions and cook, stirring occasionally, until they are wilted and beginning to brown, about 15 minutes.
2. Put the vegetables into a bowl and mix in the chicken and spices. Let the skillet cool enough to wipe it clean with a paper towel.
3. Heat the skillet to 250–300 degrees. Add about one teaspoon of butter and swirl to coat the pan. Put ⅛ of the chicken mixture on half of a flat tortilla and sprinkle with ¼ cup of cheese and 1–2 tablespoons of cilantro. Fold over to create a half circle and place the tortilla in the skillet. Repeat, cooking 2 quesadillas at a time, carefully flipping the quesadillas after 2 to 3 minutes so that the tortillas brown and the cheese melts. Top with your choice of guacamole, salsa and sour cream.



Creating fit families

Since 2004, Fit4Allkids at Johns Hopkins All Children’s Hospital has been helping families develop healthy and active lifestyles and reach their individual goals by providing the latest nutrition information, family coaching and fun fitness activities. Learn more about Fit4Allkids programs, including the Kohl’s Cooks for Kids family cooking series, by visiting Fit4Allkids.org and KohlsCooksforKids.org.

Going beyond the text:

Being active

What does the term “healthy and active lifestyle” mean to you? In small groups, discuss what these words mean – denotatively and connotatively. Write down your thoughts on a piece of paper. Next, look for examples of healthy and active lifestyles in the *Tampa Bay Times*. Look for headlines, photos, advertisements and cartoons that depict this type of lifestyle. Then, find an article discussing an inactive and unhealthy lifestyle. Using a blog discussion post format, write a fully developed paragraph discussing the basics of the article and why the lifestyle shown is unhealthy. Report on what you have learned with your class.



Hydration station



INFUSED WATER:

What you need:

Water
Ice
Fresh or frozen fruit
Fresh herbs
Pitcher or carafe

What you do:

1. Add ice to your container.
2. Slice up the fruit and place it over the ice.
3. If using fresh herbs, chop or gently crush larger leaves such as mint or basil. Use whole sprigs of herbs such as rosemary.
4. Add water and allow to sit before serving.

Note: The more ingredients you add, and the longer you let it sit, the more flavorful the water will be. For example, five medium oranges should be enough for two gallons of water.

FLAVOR IDEAS:

- **Citrus Trio** - orange, lemon and lime
- **Berry Chill** - cucumber, strawberry and basil
- **Lemon Aid** - lemons, raspberries and/or strawberries
- **Melon Medley** - watermelon, honeydew and cantaloupe
- **Going Solo** - try watermelon, kiwi, peach, orange or pineapple by itself
- **Fruit Punch** - grape, strawberry and lime
- **Relax** - cucumber and lavender
- **Refresh** - grapefruit and rosemary
- **Spa Day** - cucumbers, limes and mint

Quiz time! When it's time to hydrate, what should you reach for: a soda, sports drink, fruit juice or water?

If you picked something other than water, you might want to think again. Soda and fruit juice can be tasty, but they also can be very high in sugar – even 100 percent fruit juice. Look at it this way: One can of regular soda can contain around 10 teaspoons of sugar, while a 20-ounce fruit juice can have the same amount of sugar as two canisters of whipped cream. It's best to save the sugary drinks for an occasional treat.

While sports drinks often seem like a good idea because of the electrolytes they contain, these beverages also can contain a fair amount of sugar. Sports drinks are best for when you've been participating in intense physical activity for more than an hour.

When you're feeling thirsty, a refreshing water is the best option. If you like the bubbles of soda, try a sugar-, sodium- and calorie-free sparkling water. If a splash of flavor is what you like, try adding slices of fresh fruit to your water. Check out some of our favorite flavor ideas.

Preventing dehydration

Whether you're an athlete at practice or just spending time outside with family or friends, the intense Florida heat can be tough on your body. Keep moving by following good hydration practices, and be aware of the symptoms of serious heat-related issues. Dehydration can lead to heat-related illnesses such as heat exhaustion or heat stroke.

Stay hydrated

- Hydrate with water throughout the day – don't rely on your thirst.
- When you know you'll be outside, hydrate before your activity and take water breaks every 15-20 minutes.
- Sports beverages are okay if you are participating in more than 60 minutes of intense activity or if you are playing in a tournament with multiple games in a day. In all other situations, choose water.
- Make sure there is a shaded area nearby where you can rest if needed.

Signs and symptoms of dehydration

- Elevated heart rate
- Reduced sweating
- Dark urine, small urine volume
- Clammy skin
- Headache
- Muscle cramps
- Chills
- Nausea, vomiting

Kohl's Cooks for Kids Kitchen

Created by our culinary experts, these recipes are teen-approved. Try one for yourself:

Chicken Tortilla Soup

What you need:

1 tablespoon olive oil	½ onion, diced
½ yellow or orange pepper, diced	3 garlic cloves, minced
½ cup carrots, shredded	½ teaspoon oregano
1½ teaspoons cumin	1 teaspoon paprika
2 tablespoons fresh cilantro or cilantro paste	½ cup green salsa
1 (8 ounce) can tomato sauce	3 cups low-sodium chicken stock
1 (8 ounce) can diced tomatoes	1 (8 ounce) can black beans, rinsed and drained
2 cups cooked chicken	
2 cups frozen corn	

Plain Greek yogurt, shredded cheddar cheese, tortilla chips, sliced scallions and avocado (as toppings)

What you do:

1. Heat a pot to 350 degrees. Sauté the onions, peppers, garlic and carrots in the olive oil until they are almost tender, about 2-3 minutes.
2. Add the spices, salsa, tomato sauce, chicken stock, tomatoes, corn and beans to the pot. Bring to a boil, then reduce the heat to a simmer for 10-12 minutes. Mix the cooked chicken into the soup and cook for another 5 minutes.
3. Top with your favorites!

Greek Turkey Sliders with Tzatziki Sauce

What you need for the sliders:

1 pound lean ground turkey	1 tablespoon fresh dill, chopped
1 tablespoon fresh basil, chopped	¼ cup fresh parsley, chopped
1 tablespoon garlic, minced	¾ cup feta cheese, crumbled
Salt and pepper to taste	10-12 wheat slider buns or wheat muffins
Nonstick cooking spray	

What you need for the tzatziki:

6 ounces plain Greek yogurt	¼ cup cucumber, chopped
1 tablespoon fresh dill, chopped	2 tablespoons lemon juice
1 teaspoon honey	

What you do:

1. In a medium bowl, mix together all the slider ingredients except the buns until completely combined. Form the mixture into 10-12 small patties.
2. Heat a skillet to 325 degrees. Spray with nonstick cooking spray and place half of the patties in the pan. Cook for 3-4 minutes on each side or until cooked through. Repeat with the remaining patties.
3. In a small bowl, combine all the ingredients for the tzatziki. Top the cooked sliders with the sauce and assemble on the buns.

Note: You can use dried spices if fresh spices are not available.



Open-faced Tangy Tuna Melts

What you need:

2 cans of chunk light tuna, drained	1 small carrot, grated
2 green onions, chopped	1 stalk of celery, diced
1 teaspoon fresh lemon juice	1 clove of garlic, minced
½ cup chopped parsley	2 tablespoons sweet pickle relish or diced sweet pickle
¼ teaspoon salt	⅓ cup light mayonnaise
Pinch of pepper	6 Campari tomatoes, sliced
1½ ripe avocados, halved	6 slices of whole grain bread
6 slices of Monterey jack cheese	

What you do:

1. Put the first 9 ingredients in a bowl and use a fork to break up the tuna and mix all the ingredients well.
2. Add the mayonnaise and mix evenly.
3. Preheat a skillet to 275 degrees.
4. Place half an avocado on each slice of bread. Place the tomato slices on top of the avocado.
5. Spread the tuna salad evenly over the tomatoes, then top each sandwich with a slice of cheese.
6. Put the sandwiches in the skillet and cover, cooking until the cheese is melted and the bread is toasted on the bottom.

Quinoa Burrito Skillet

What you need:

1 tablespoon olive oil	2 garlic cloves, minced
¼ red onion, diced	1 cup quinoa, uncooked and rinsed
1 cup vegetable broth	1 (15 ounce) can black beans, drained and rinsed
1 small can corn	1 (14.5 ounce) can fire-roasted diced tomatoes
1 teaspoon chili powder	1 avocado, diced
½ teaspoon cumin	2 tablespoons fresh cilantro, chopped
¼ teaspoon salt and pepper, each	
Juice of 1 lime	

What you do:

1. Heat the olive oil in a large skillet to 325 degrees. Add the garlic and onion and cook, stirring frequently, for about one minute.
2. Stir in the quinoa, broth, beans, tomatoes, corn, chili powder, salt and pepper. Bring to a boil. Reduce the heat to 250 degrees, cover and simmer until the quinoa is cooked through, about 20 minutes.
3. Stir in the avocado, lime juice and cilantro and serve.

Going beyond the text: Healthy eating

Good nutrition is important for all people, especially growing teens. The recipes on this page and throughout this publication can help you plan ahead. And planning your menu ahead of time can keep you focused on healthy eating. It also can save you some money each week. Plan a healthy eating week for your family to increase awareness of good nutrition. Think about how to plan your meals for the week. Think about some of the basic ingredients you will need. Write a process analysis essay analyzing your ideas. Use the articles in the Taste section of the *Tampa Bay Times* to help with suggestions for healthy eating. With a partner, create a plan for the healthy eating week. Use the ads and articles in the *Tampa Bay Times* to assist you. Create a graphic organizer with the information and share it with your class.



Build a better plate:

1 Game day or hard-workout day plate

Depending on your sport and goals, up to half of your plate can be carbohydrates on a day when you participate in more than an hour of activity at a time. Choose a mix of complex and simple carbohydrates. Fill one quarter of your plate with lean protein and the remaining quarter with vegetables. Consider enjoying fruit as a snack during the day, instead of during your meal. A meal for a game day will have slightly more fat and higher calories than an off-season or light workout day.

Yummy Red Beans and Rice

What you need:

- ¼ pound smoked turkey sausage, chopped
- 1 tablespoon olive oil
- ½ large onion, chopped
- 1 tablespoon garlic, chopped
- 1 rib celery, chopped
- ½ bell pepper, chopped
- ½ can diced tomatoes
- ½ can red beans
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- ½ teaspoon dried thyme
- 1 teaspoon dried basil
- ½ tablespoon paprika
- 1 cup instant brown rice
- 1 cup water

What you do:

1. Measure the salt, black pepper, thyme, basil and paprika into a small container and set aside.
2. Heat the oil in a skillet at 350 degrees. Add the sausage, onion, pepper, celery and garlic and cook until the vegetables are soft, about 5 minutes.
5. Add the spice mix to the skillet.
6. Add the tomatoes, beans, rice and water to the skillet and stir to mix. Cover and cook for 5 minutes.
7. Turn the heat off and let stand, covered, for an additional 5 minutes. If there is a lot of water remaining, continue to cook uncovered until the liquid has evaporated.

HEALTHY FOOD OPTIONS

Veggies

- Broccoli
- Carrots
- Spinach
- Kale
- Peppers
- Tomatoes

Protein

- Fish
- Chicken
- Turkey
- Eggs
- Beans
- Nuts and seeds

Grains

- Quinoa
- Whole wheat toast
- Whole wheat wrap
- Whole wheat pita
- Whole wheat pasta
- Brown rice

Fruit

- Apple
- Banana
- Grapes
- Oranges
- Berries

Dairy

- Low-fat or fat-free milk
- Low-fat or fat-free cheese
- Low-fat or fat-free yogurt

Carb confusion

Chances are you've heard someone talk about simple and complex carbohydrates. Put simply, simple carbohydrates are sugars. All simple carbohydrates are made of just one or two sugar molecules. They are the quickest source of energy because they are digested rapidly. Some examples of simple carbohydrates include table sugar, brown sugar, corn syrup, honey, maple syrup, molasses, jams, jellies, fruit drinks, soft drinks and candy.

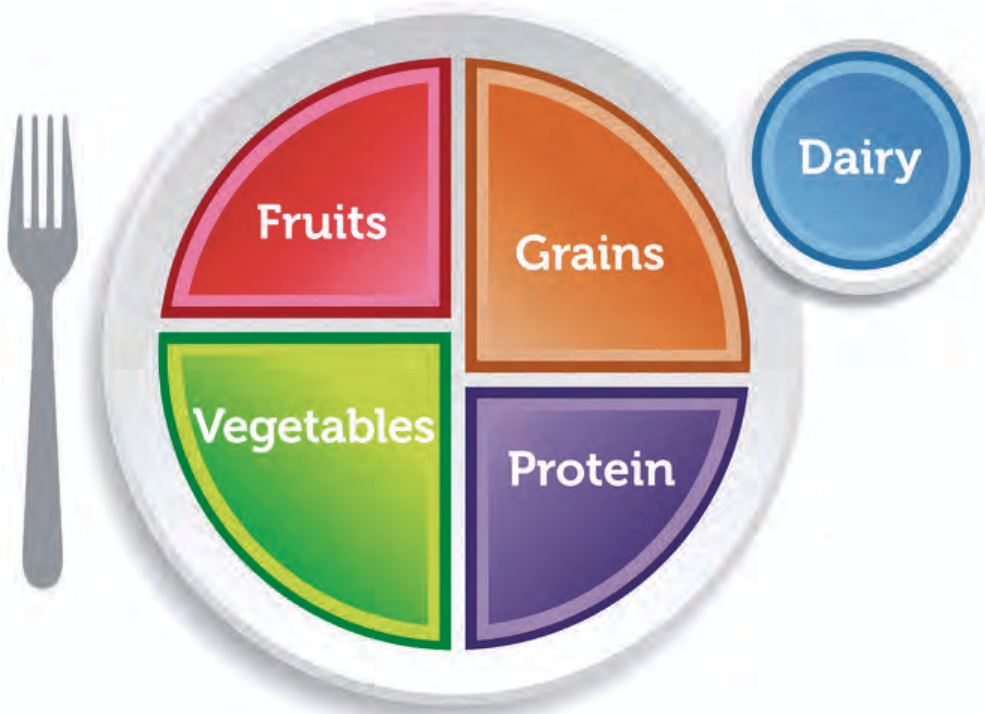
Complex carbohydrates are commonly referred to as starchy foods. They are often rich in fiber and high in vitamins and minerals, and are usually filling. You can find complex carbohydrates in whole plant foods such as green vegetables, potatoes, corn, pumpkin, beans, lentils, peas and foods made from whole grains such as oatmeal, pasta and breads.

What to eat when

2

Off-season or light-workout day plate

During the off-season and on light workout days, make sure that half of your plate is vegetables and fruits, and try to have more vegetables than fruit. Protein should fill a quarter of your plate, and complex carbohydrates should fill the last quarter.



Choose **MyPlate**.gov

Confetti Fritters with Hoisin Sauce

What you need for fritters:

- 3 cups cabbage, finely shredded
- 1 cup sweet potato, peeled and finely grated
- 1 packed cup kale, finely chopped
- 3-4 green onions, sliced
- 1 clove garlic, minced
- ½ – 1 inch fresh ginger, peeled and minced
- ¼ cup flour
- ½ teaspoon salt
- 3 eggs
- Canola oil

What you need for sauce:

- 3 tablespoons hoisin sauce
- ¼ cup soy sauce
- ¼ teaspoon ground ginger

What you do:

1. Mix the cabbage, sweet potato, kale, green onions, garlic and ginger together in a mixing bowl.
2. Sprinkle the flour and salt over the vegetables and toss well with your hands.
3. Whisk the eggs until well blended and pour over the vegetables. Mix with your hands or tongs.
4. Heat two tablespoons of oil to 350 degrees in a skillet.
5. Using a ¼ cup measuring cup, drop 4 mounds of batter in the skillet. Cook for 2-3 minutes or until nicely browned before flipping. Press down on the browned side and continue to cook another 2-3 on the second side. Repeat until all the mixture is used.
6. Mix the sauce ingredients in a small bowl and serve on the side.



Going beyond the text: Reading labels

It is not just information about the different carbohydrates that can be confusing. There is a lot of conflicting and confusing information about nutrition. Reading food labels can help you understand what you are eating. But food labels can be confusing. Believe it or not, there is a lot of science behind each food label that you see. The information on the labels is important and required by law. You can see an example of a food label on the Choose My Plate website: choosemyplate.gov/downloads/NutritionFactsLabel.pdf. Some typical items on a food label are calories, fat, cholesterol, sodium, potassium, carbohydrate, dietary fiber, sugars, protein and various vitamins. What are these things and why is it important for you to know that they are in your food? Look up the terms listed and do some research to find out why they are listed on a nutrition label. Using the advertisements in the *Tampa Bay Times*, make a list of some of your favorite foods. Look up the nutritional information for these foods. Are the foods you like healthy choices? Explain why they are good or bad choices for you. If they are bad choices, find an alternative item to include in your daily food plan. Write a blog post about the information you have learned and share the information with your class.





Start low, go slow

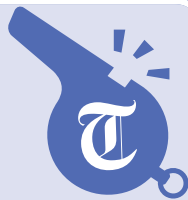
If you're new to a fitness routine, remember to "start low and go slow." Becoming physically fit does not happen overnight. Don't rush things when you are just getting started. Doing too much too quickly can lead to injuries, which will set you back even further from your goal. If you've never exercised before, don't commit to working out for two hours per day, five days per week. Start with 20 to 30 minutes one or two days per week, and increase your workout time as you become more comfortable.

Before you start a fitness routine, always be sure to check with your doctor. He or she will make sure that you are healthy enough to exercise, and can even give you guidelines for a routine.

5K run training schedule

A 5K (kilometer) run is 3.1 miles, which is a great distance for a beginner. You can prepare for a 5K run in just one month.

Going beyond the text: Chilling out



When you are stressed out, you may lash out at others and say or do things in the heat of the moment. Being aware of stress is the first important step in reducing it. Try stepping back for a moment to calm down before you react. Here are some other helpful suggestions:

- Step back and take a few deep breaths.
- Talk to a trusted friend or adult.
- Listen to music, sing, play a musical instrument.
- Exercise, take a brisk walk, jog, dance.
- Write down your feelings and thoughts or draw them.
- Meditate or practice deep breathing.
- Read a good book or watch a movie.
- Punch a punching bag or pillow, or squeeze a stress ball.
- Do yard work or other physically demanding work.

What exactly is stress? How does it affect the body and mind? In a small group, research stress and its effects on the body. Write down the information you have learned. What other ideas can you and your classmates think of to help relieve stress in a healthy manner? As a class, discuss what works and what doesn't work. In your small group, design a full-page newspaper ad to help students destress. Use the ads in the *Tampa Bay Times* as models. After the ads are complete, have your peers in the other groups critique the ads.

Fit4Allkids 5K Training Schedule							
Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Recovery Walk	Optional Cross Training: 30 Minutes Cross train = bike, swim, Zumba, boot camp, yoga	Moderate	Optional Cross Training: 30 Minutes Cross train = bike, swim, Zumba, boot camp, yoga	Easy	Rest	Training Run
1	Easy Walk 20 Minutes		30 minutes interval walk/run		30 minutes interval walk/run	Rest	1 min. jog/2 min. walk 2 miles
2	Recovery Walk 20 Minutes		2 min. jog 2 min. walk x 8 = 32 min		2 min. jog 2 min. walk x 8 = 32 min	Rest	2 min. jog/2 min. walk 2.5 miles
3	Recovery Walk 20 Minutes		3 min. jog 2 min. walk x 8 = 40 min		3 min. jog 2 min. walk x 8 = 40 min	Rest	3 min. jog/2 min. walk 3 miles
4	Recovery Walk 25 Minutes		4 min. jog 2 min. walk x 8 = 42 min		4 min. jog 2 min. walk x 8 = 42 min	Rest	4 min. jog/2 min. walk 3.1 miles

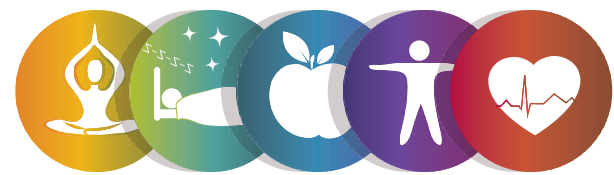
Running for All Children Sat., May 7, 2016 runforallchildren.com

By now, you know how to get started being active and you have a training plan. You're probably wondering what to do next.

Put your newly found fitness to work by joining the third annual Running for All Children on Sat., May 7, 2016. Starting near the Johns Hopkins All Children's Hospital campus at 501 Sixth Ave. S.,

St. Petersburg and winding along downtown St. Petersburg's waterfront, you can run your choice of a 10K, 5K or 1-mile family/group fun run.

Running for All Children's benefits the All Children's Hospital Guild Seminole/Largo Branch. This organization's mission is to advocate, volunteer and fundraise for children and families of Johns Hopkins All Children's Hospital. Learn more about the race and register for an event at runforallchildren.com.



Got Stress? Take ACTION!

Take charge of your thoughts, feelings and behaviors so you can manage the pressures and demands of life.

A First, you need to be aware of how you are feeling in response to the pressures and demands that you are experiencing.

C Do a self-check to identify how you are perceiving a situation and then choose how you will respond. You need to make the connection between your view of the world around you and how that impacts your thoughts, your feelings and, ultimately, your behaviors.

T Try problem solving. Brainstorm options or solutions to the problem or stress you are facing.

I Implement healthy life management habits such as good nutrition, rest, exercise, relaxation and fun. Find support from your family or friends, try different relaxation techniques and learn how to let go.

O Be optimistic about your life and have confidence in positive outcomes.

N Never forget the power you have to choose how you are going to take control or let go when you are in a stressful situation.

Five tips to keep your head in the game

Whether on the field, in the classroom or at home, we all face stressful situations in our lives. Learning ways to let go, relax and focus is a key part of managing stress. Try some of these tips the next time you are feeling the pressure:

1 Practice makes performance

Staying tuned in during practices will not only make your coach happy, but also can help reduce game-time anxiety. During most practices, your coach is either helping you perfect a skill set necessary for your sport or mimicking game situations to better prepare you for what's to come. This works for acing the big test, too. Think of homework as a practice session. Giving each practice your all will help build your confidence when the ball is in your court.

2 Visualize the win

Take time before a game, practice or event, when things are still calm, to sit quietly and mentally rehearse exactly what you want to happen. Imagine yourself sinking the buzzer beater, hitting the curveball or crossing the finish line. Visualization can help you develop a competitive edge by renewing your mental awareness as well as heightening your sense of well-being and confidence.

3 Breathe in, breathe out

Breathing is essential to life, but doing so with purpose can help decrease stress and muscle tension, calm your nerves, sharpen your focus, minimize distracting thoughts, reduce fatigue and promote stamina. Diaphragmatic, or tummy, breathing is a simple technique that can be used to help you prepare for a stressful event. Try it out by placing one hand on your chest and the other over your belly button while taking a deep breath through your nose. Feel your ribcage expand from top to bottom and your belly button sink toward your spine. Next, breathe slowly out through your nose at an even pace. Try for six to 10 deep, slow breaths per minute for 10 minutes.

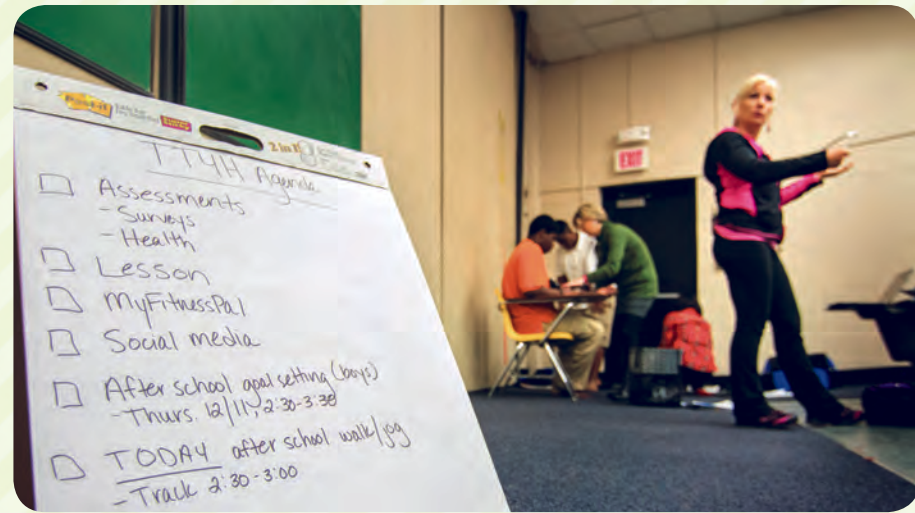
4 Shake it off

Losses and poor performances are inevitable in sports, and sometimes bad grades happen on tests and papers. The key to overcoming these moments is to channel your inner Taylor Swift and “shake it off” – or be like Elsa and just “let it go.” Wallowing in a disappointing moment not only zaps your focus, but also can destroy your confidence. So the next time life doesn't go as planned, take a deep breath and get ready for the next opportunity.

5 Give yourself a pep talk

All of the practice and preparation in the world won't help you become mentally tough. Doubts and distractions will inevitably pop up from time to time, so it is important to have a mantra that can keep you calm and refocus your mind. Choose a short phrase or a few words that make you feel strong and in control. When things start to get tough, repeat your mantra to yourself to divert your attention away from the negative. Think about phrases like “I am strong,” “I've got this” or simply “breathe.” If all else fails, just smile.

Health Squad on the **MOVE**



Health Squad kickoff banner signing.



Health Squad members represented Lakewood High School and Johns Hopkins All Children's Hospital at the Healthy St. Petersburg Initiative kickoff.



Spartan Palooza was an indoor field day held by the Health Squad for students on the Principal's List or Honor Roll or with perfect attendance.

#SquadGoals: Lakewood High School Health Squad

In the fall of 2014, a banner signing at Lakewood High School in St. Petersburg kicked off a new program with Johns Hopkins All Children's Hospital. Under the tagline of "Commit to Be Fit," students in the Lakewood High School Health Squad commit to living a healthy and fit life and have been championing health and wellness messages throughout the school year.

The program provides opportunities for students to participate in a variety of healthy living activities, including a lunchtime discussion series with All Children's Hospital experts and other special guests highlighting a variety of health topics.

"This is an important program for our students because it's a great time for them to commit to being fit," said Ste'Phan Lane, assistant principal and athletic director at Lakewood. "If we get them to commit to be fit with their eating habits, they will all have a better quality of life. Hopefully, by the time

they become adults, they won't have to worry as much about things like high blood pressure and diabetes. When students are more active and healthy, they also participate better in the classroom."

Under the guidance of Erika Miller and Greg Hinton, faculty program champions at Lakewood, students meet twice a week for a fitness boot camp. These training sessions are open to students and staff members of all fitness levels.

The Health Squad isn't just about fitness. These students know the importance of nutritious food, too. Squad members have taken part in taste tests for the school cafeteria and cooking classes are in the works for future activities. This group of students also takes their message of health out to the community, volunteering at events such as the Healthy St. Petersburg Initiative kickoff event, the Kohl's Cooks for Kids Mom & Me Cook-Off, and the Girlfriends Club at Campbell Park Elementary.

Taking change to heart: Health Squad member receives American Heart Association Award

The Fit4Allkids team at Johns Hopkins All Children's Hospital would like to congratulate Ke'Osha Anderson on receiving the Lifestyle Change Award from the American Heart Association.

As a student at Lakewood High School, Anderson participated in all of the Health Squad activities and used the information she learned to start eating healthier and exercising more. By graduation, she had lost 30 pounds and has maintained her new healthier weight as a busy college student. Anderson is one of the youngest recipients of the Lifestyle Change Award and is an incredible inspiration to teens and adults alike.





Health Squad members at the Mom & Me Cook-Off.

Going beyond the text: Media literacy

Why does the diet industry tend to make big promises about quick results? Television commercials, radio spots, newspaper ads ... the focus is always on losing weight quickly without any effort. The Purdue Online Writing Lab defines fallacies as “common errors in reasoning that will undermine the logic of your argument. Fallacies can be either illegitimate arguments or irrelevant points, and are often identified because they lack evidence that supports their claim.” Research the types of logical fallacies. Then find an ad or article in the *Tampa Bay Times* that focuses on a diet or fitness program. Apply your new knowledge to the information in the ad and analyze the points presented. Create a chart with the information you have read and learned about. Share your information with your class.



Going beyond the text: Body image

Think about it: Who decides how you should feel about your body? You know it is your decision, but often others influence you in negative ways. Does peer pressure affect how people perceive themselves? Does the media – television, movies, magazines, newspapers – influence people’s perceptions? Think about the television shows and movies you watch. Think about the song lyrics you listen to and the magazines you read. Look for articles and photos in the *Tampa Bay Times*. Ask your teacher to split your class into small groups. Discuss these ideas with your group members. Create a mock newspaper about this issue. Be sure to use real examples to support your articles and editorials. Be sure to include graphics, photos, cartoons and even ads in your newspaper. You can create your newspaper from your own template or use this one: readwritethink.org/classroomresources/student-interactives/printing-press-30036.html.

Buffalo Baguettes

What you need:

- | | |
|---|--|
| 2 tablespoons butter | ½ cup onions, diced |
| 1 (5 ounce) bottle of hot sauce | 2 tablespoons chili powder |
| 4 cups chicken, cooked and shredded
(1 rotisserie chicken will yield 4-5 cups) | ¼ cup blue cheese, crumbled |
| ½ cup light mayonnaise | 2 (8 ounce) Italian five-grain baguettes |
| 2 teaspoons vinegar | Juice of ½ lemon |
| 4 cups shredded cabbage or pre-packaged slaw | ½ teaspoon salt |

What you do:

1. In a large bowl, whisk together the mayonnaise, lemon juice, vinegar and salt.
2. Add the slaw to the bowl and toss with tongs until well coated. Set aside.
3. Heat a skillet to 300 degrees and add the butter. When the butter is melted, add the onions and cook uncovered, stirring frequently, until they are translucent.
4. Reduce the heat to 250 degrees. Add the hot sauce and chili powder, mixing them into the onions.
5. Add the chicken to the skillet and stir to evenly coat and warm through.

To assemble the sandwiches, cut the baguettes in half so that they open lengthwise. Pull out the dough from one side to make a hollow space and discard it. Fill the space with the chicken mixture, top with the slaw mixture and sprinkle with blue cheese. Fold to close.

Dragon Noodles

What you need:

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|--|--|
| 1 tablespoon canola oil | 12 ounces broccoli slaw |
| 1 tablespoon fresh ginger, minced | ¼ cup canola oil |
| 1 tablespoon sesame oil | ¼ cup rice wine vinegar |
| 2 tablespoons soy sauce | 1 lemon, zest and juice |
| ½ teaspoon salt | 2 tablespoons sugar |
| 8 ounces angel hair pasta | 2 cups shredded chicken
(about ½ of a rotisserie chicken) |
| ¼ teaspoon chili sauce (optional) | |
| 1 tablespoon black sesame seeds (optional) | |

What you do:

1. Cook the pasta according to the package directions, drain and rinse.
2. Heat a skillet to 300 degrees and add the tablespoon of canola oil. Add the broccoli slaw and ginger and sauté for 5 to 6 minutes, until the vegetables begin to wilt but still remain crisp.
3. Whisk the remaining canola oil, sesame oil, vinegar, soy sauce, lemon zest and juice, salt, sugar and chili sauce together in a large bowl.
4. Toss the pasta in the dressing to coat.
5. Add the vegetables, chicken and sesame seeds to the pasta and toss.

Chili Bean Dip

What you need:

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|------------------------------------|----------------------------|
| 1 cup refried beans | 1 cup low-fat Greek yogurt |
| 1 small can of diced green chilies | ¼ cup enchilada sauce |
| 2 teaspoon chili powder | 1 teaspoon cumin |
| ¼ teaspoon salt | Juice of ½ lime |

What you do:

Whisk all ingredients together until smooth. Serve this dip with raw veggies such as carrots, snap peas, cucumbers, jicama, broccoli, cauliflower and peppers.



A home run for the Health Squad

Lakewood Health Squad members are no strangers to lunchtime speakers on health and wellness topics. The teens were thrown a curve ball, however, when Tampa Bay Rays pitcher Chris Archer made a surprise visit.

This select group of students had the opportunity to ask the standout starting pitcher anything they wanted, touching on everything from life in the major leagues to tips for reaching their goals and living healthy. The answers to their questions brought a new perspective to life's challenges, as they were encouraged to be true to who they are and to make the best choices they can.

"Baseball is like life," noted Archer. "Work hard and you can do anything you want to."

At the end of the session, Archer took a few minutes for an interview with representatives from Lakewood's journalism program before signing autographs. The students were visibly energized by the talk as they eagerly discussed the experience with their peers.



Brown Bag Lunch huddle

Tampa Bay Buccaneer Louis Murphy is no stranger to the halls of Lakewood High School. The wide receiver is a proud alumnus who frequently returns to support school activities. With help from the Lakewood High School Health Squad, Murphy was able to bring a new message to students.

He spoke as a part of the Health Squad's Brown Bag Lunch series, an event that brings in guest speakers to discuss nutrition, health and fitness topics with interested students.

"Being fit is a lifestyle," began Murphy, as the students gave him their undivided attention. He went on to discuss the importance of staying active, even in the off-season, with activities such as running, weight lifting or yoga.

Fitting for a lunchtime talk, the main topic of the session was nutrition, and the Health Squad was eager to find out just what a professional football player eats throughout the day. Murphy gladly offered a typical menu (lots of vegetables) and stressed the importance of enjoying everything in moderation.

From good nutrition to setting goals, Murphy left the students with many



pieces of advice, including one he considers to be the most important: Don't be afraid to follow your dreams.

"Be the author of your own book," encouraged Murphy. "Don't let someone else write your story for you."

Before the students returned to class, Murphy took a moment to sign the Health Squad's "Commit To Be Fit" banner and to talk one-on-one with the students as he signed autographs and took pictures.

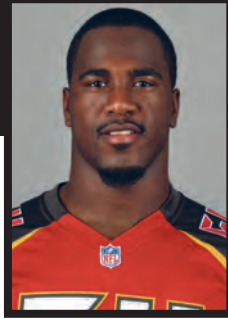
FOCUS on FITNESS

#TEAMTAMPABAY

Don't just take it from us – we asked some local sports professionals to share their advice on staying healthy, even in the off-season.

Lavonte David

Tampa Bay Buccaneers
linebacker



Lavonte David was born in Miami and selected by the Tampa Bay Buccaneers in the second round (No. 58 overall) of the 2012 NFL Draft. He was selected to his first Pro Bowl following the 2015 season.

Q: What is your go-to pre-workout or pregame meal?

A: Throughout the season, my pregame meal is usually some mashed potatoes and some grilled chicken because I want a carbs-and-protein mix. I also throw some vegetables on there and make sure I have a water.

Q: How do you stay fit in the off-season?

A: I have a legit workout schedule. I go hard four times a week, with one day off in the middle of the week. Then on the weekends, I try to do cardio.

Q: How do you cope with game-day nerves?

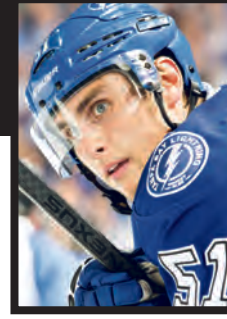
A: I visualize myself making plays out there. I go over my game plan with some last-minute studying of my tips and reminders. I usually feel confident in knowing what I need to know, so preparing during the week is the best way to cope with nerves on Sundays.

Q: Any advice or words of encouragement for students looking to make changes for a healthier life?

A: When you commit to something, stay committed to it. When you set a goal for yourself, always take it one step at a time. Don't try to accomplish your goal in one day, take it one day at a time. It takes patience, focus and mental toughness.

Valtteri Filppula

Tampa Bay Lightning
center



Valtteri Filppula was born in Vantaa, Finland, and was drafted by the Detroit Red Wings in the third round, 95th overall in the 2002 NHL draft. He won the Stanley Cup with the Red Wings in 2008. In July 2005, Filppula signed with the Tampa Bay Lightning. He has since become a major contributor to the Lightning and added much-needed experience during the Lightning's Stanley Cup Final run last season.

Q: What is your go-to pre-workout or pregame meal?

A: I eat chicken, pasta and sweet potato mash.

Q: How do you stay fit in the off-season?

A: I work out a lot and watch what I eat.

Q: How do you cope with game-day nerves?

A: To be honest, I don't really get that nervous anymore. I have been playing for a while, so if there are some nerves, once the game starts you forget about them and just start playing.

Q: Any advice or words of encouragement for students looking to make changes for a healthier life?

A: Eat healthy and try to only eat candy or sweets once a week. Stay active and try and do a little exercise each day.

Chris Archer

Tampa Bay Rays
pitcher



Chris Archer was born in Clayton, N.C., and made his major league debut in 2012 with the Rays. He has since become a leader on the field and in the community. Archer was selected to the 2015 MLB All-Star Game and also provided guest commentary for ESPN during the 2015 American League Wild Card Game.

Q: What is your go-to pre-workout or pregame meal?

A: I like to do brown rice or quinoa, any green vegetable – broccoli, asparagus, zucchini – and then a lean meat: fish or chicken.

Q: How do you stay fit in the off-season?

A: I think one of the most important parts of the off-season is getting rest, so getting a full eight to 10 hours of sleep every night and just being disciplined about my diet and exercise routine.

Q: How do you cope with game-day nerves?

A: At this point in my career, I don't really get nervous because I have prepared so hard and I have experienced a lot, so nerves aren't really an issue.

Q: Any advice or words of encouragement for students looking to make changes for a healthier life?

A: Eating healthy and being active isn't necessarily about right now, it's about quality of life 50 years from now. So just remember when you have the option to choose something healthy, go the healthier route, because it's not only going to help you today but it's going to help you down the road.

Take time for a time out

By Patrick Mularoni, MD, FAAP, FACEP, CAQ SM



Just as eating foods with good nutritional value is important for energizing your body, making sure you can stay on the move is just as important to your health. Sports are a great way to stay active, but continuing to play through an injury can make the damage much worse and, if left untreated, can make it more difficult to stay active and healthy later in life.

If you have an activity you like to do, you probably want to be involved in it as often as you can. While having a favorite sport is great, going through the same motions season after season without a break can place stress on frequently used areas of the body and increase the chance of injury. For example, baseball players can experience elbow or shoulder injuries, soccer players tend to injure their knees and ankles, and volleyball players and swimmers typically develop hip or shoulder injuries.

Known as overuse injuries, these types of injuries typically start out as a very mild, nagging discomfort that becomes severe as that part of the body continues to be stressed. Most athletes will try to play through the mild pain and will not address the issue until it becomes too painful to play.

Treatment for an overuse injury varies by injury and sport, but allowing plenty of time for rest and recovery is key. Taking some time away from your favorite sport is often difficult, but may be necessary to let your body heal. Following through with the doctor's or therapist's instructions will ensure a smooth recovery and will make a repeated injury less likely. For a pain-free return to activity, a recommended treatment plan may include plenty of rest, strengthening exercises and physical therapy to regain the previous level of function.

No one wants to spend an extended time out of the game or away from other fun activities. Use these tips to keep moving and avoid overuse injuries:

- Listen to your body. Take time off to rest when needed.
- Don't push through pain. Learn to recognize the difference between normal soreness after an intense workout and the pain of a possible injury. If one of your joints is painful or you need a pain reliever before the game even starts, then it is time to see a doctor.
- High school athletes often play on multiple teams during the same season, which can lead to increased risk of an overuse injury. Because of the increased risk of injury, play for one team per season and focus your energy on winning with that team.
- Learn from the pros. Most professional athletes will take time off from their sport and cross-train to stay active and healthy between seasons.

In fact, cross-training or playing multiple sports is one of the best ways to avoid overuse injuries. Different activities work different muscles, which contributes to increased strength and flexibility. Avoid getting stuck in a rut and try something new. You'll be healthier all around and less likely to experience an overuse injury.

Patrick Mularoni, M.D., FAAP, FACEP, CAQ SM, is the medical director of sports medicine at Johns Hopkins All Children's Hospital. He is board certified in pediatrics, pediatric emergency medicine and sports medicine. Dr. Mularoni lectures locally and internationally on pediatric emergency and sports-related topics and is a regular contributor to Fox television's Good Day show.

Warm up; cool down

By Ryan Ross, M.S., A.T.C., L.A.T.

Did you know that more than 40 million youth athletes play organized sports year-round? If you are one of these athletes, you may be putting yourself at risk for injury without even knowing it. Injuries due to increased participation are at an all-time high. One major reason kids are getting hurt is because they don't spend enough time on their warm-up or cool-down or they skip it altogether.

Your muscles need time to prepare for intense activity, so warming up should become as routine as putting on your uniform. A good warm-up routine will elevate the temperature inside the muscles and leave you feeling ready to go. Your warm up doesn't need to take a lot of time – just 10 to 15 minutes of sport-specific exercises prior to activity is all you need.

Once the activity is over, you're not done yet! Many believe a cool-down aids in recovery and muscle soreness. The truth is that cooling down after activity actually helps with heart and brain health. Suddenly stopping activity can deprive the brain of oxygen, which causes dizziness or fainting. You can eliminate the risk of serious injury by introducing a cool down of eight to 10 minutes of light dynamic exercises after all athletic activity.

Including a warm-up and cool-down into your daily routine is just as important as physical exercise. Properly preparing for and ending activity will decrease the risk of injury and improve your athletic performance and overall health.



Ryan Ross, M.S., A.T.C., L.A.T., is the head athletic trainer for the sports medicine rehabilitation program at Johns Hopkins All Children's Hospital.



Going beyond the text: Sports and fitness

Fitness is a way of life. Proper nutrition and exercise work in concert to help in the goal of being fit. In general, professional athletes spend a lot of time thinking about nutrition and exercising. In small groups, look in the Sports section of the *Tampa Bay Times* and make a list of every sport mentioned. Next, rank each one according to how much the competitors rely on muscle strength. The more brute strength required, the higher the sport should be on the list. Compare your group's list with your classmates' lists.



Fit fuel

What you need:

- 1 cup Cheerios
- ¼ cup Craisins
- 1 cup of popcorn
- Handful of mini pretzels
- 1 tablespoon chocolate chips

What you do:

Mix together all ingredients and enjoy when you need a quick snack.



Going beyond the text: Journaling to self discovery



Knowing who you are is the first step in being healthy and taking charge of your life. Keeping a journal is a great way to learn more about yourself. Who are you? Why do you do what you do? Do you have strong convictions? Are you able to stand up to others when your ideas are questioned? While you are keeping your journal, read the *Tampa Bay Times* to test yourself. What are your thoughts about the things you read in the news? To begin your journal, write about something that you have read in the *Times* or in this *Fuel Your Fitness* publication that directly affects your life. Share some of your journal entries and thoughts with your peers.



Sports medicine for all student athletes

AllSports medicine is the pediatric and adolescent sports medicine program at Johns Hopkins All Children's Hospital, developed to meet the special needs of children, teenagers and young adults who participate in athletic competition. AllSports medicine is the only comprehensive sports medicine program in the Tampa Bay area focused only on the care of young athletes.

Our program includes pre-participation screening and education, acute and long-term care of children and teens with sports-related injuries, and rehabilitation services to expedite a safe and thorough recovery. Our team includes a variety of specialty services that are available to treat any medical condition or injury that may affect sports participation.



Be a voice for all kids

Become a Voice4Allkids advocate and make a difference in the lives of every child who will need the care of Johns Hopkins All Children's Hospital now and in the future. Our advocates help to pass laws that protect and improve the health, safety and well-being of children and teens. It is an awesome responsibility and one that we take very seriously at All Children's.

Voice4Allkids advocates are contacted by email when children's issues need community voices. We ask our advocates to contact key legislators with concerns through a simple custom email that doesn't require much time. Sign up by visiting allkids.org/advocacy and encourage your teachers, family and other community members to do the same.

KOHL'S
Cares



Sassy Salsa

What you need:

- | | |
|---|--|
| 2 (16 ounce) cans black beans, drained and rinsed | 1 (16 ounce) can unsalted corn, drained |
| 4 plum tomatoes, chopped | 1 cup red onion, chopped |
| 3 green onions, chopped | 1 Hass avocado, cut into small pieces |
| 1 tablespoon ground cumin | 1 tablespoon garlic powder |
| ¼ cup fresh cilantro | Juice from 2 or 3 limes |
| 1 tablespoon olive oil | 2 fresh jalapenos, deseeded and chopped (optional) |

What you do:

1. Mix everything except the avocado together.
2. For best results, refrigerate for an hour to allow flavors to blend.
3. Add avocado before serving.
4. Serve as a salad or enjoy as a topping for chicken or fish.

Yum Yum! Let's Make Some

You can find more recipes like this one in our *Yum Yum! Let's Make Some!* cookbook. Our recipes are easy to make and kid-approved. The new third edition also includes meal ideas, suggestions for creating your own recipes and lots of nutrition and cooking tips to help you along the way. Request a free copy for your family by visiting KohlsCooksforKids.org.

