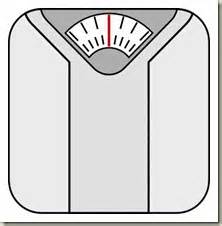
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**Counting Calories**

10 ways you can cut 500 calories

**Get enough sleep:** A lack of sleep can make you snack. People who got only 5 1/2 hours

of sleep snaked more during the day. **Kick the soda habit:** A 12-ounce soft drink has

about 150 to 180 calories. If you down two or three a day, you’re getting lots of extra

calories. **Ditch that buttered movie popcorn:** Yes, the large popcorn at the

concession stand weighs in at a whopping 1,005 calories. **Make mine a mini:** Check

out menus for small versions of great desserts, so you can dodge calories and end your

meal on a sweet note. **Count your chips (and crackers):** No, should not eat your

snacks from a large bag or box because its way too tempting to eat until the bag is

empty. **Don’t eat in front of the TV:** You’ll eat up to 288 calories more, according to

research from the University of Massachusetts. **Step away from the nuts:** Especially if they’re in

a big bowl. The bigger the serving bowl, the more you’ll eat. **Eat less pasta:** One cup of pasta is just 220 calories.

But typical dinner portions at restaurants can be as much as 480% **Drink sugar-free:** A 20-ounce tea with added fruit juices can have 400-plus calories. And Southern-style sweet tea isn’t much better than soda: a 16-ounce bottle of syrupy sweet tea has 180 calories; three of those are 540 calories. **Think small at the ice cream shop:** Even if you indulge in your favorite full-fat flavor, you’ll save as many as 550 calories with a 5-ounce size instead of a 12-

ounce.

**Answer the Questions**

1. Why should you “kick the soda habit”? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Why is eating in front of the TV not good?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. How does not getting enough sleep effect you’re eating habits? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Why should you eat less pasta? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Why should you not eat chips out of a bag? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Aerobic Activity**: Do at least 3 days of 20 minutes of aerobic activity such as: Running, Jogging, Walking,

Roller Skating/Blades, Riding a Bike, **ANY ACTIVITY THAT GETS YOUR HEART RATE UP AND KEEPS IT UP FOR THE ENTIRE 20 MINUTES.**

DATE ACTIVITY TIME

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**Strength Activity**: For strength development do **3 separate days** of each of the following:

2 sets of 10 push-ups & 2 sets of 45 seconds of Planks

Circle the days you complete Push-ups and Planks.

Fri Sat. Sun. Mon. Tues. Wed. Thurs.

PARENT SIGNATURE:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DATE\_\_\_\_\_\_\_\_\_\_\_\_

(A parent signature verifies that the above exercise was performed & is required in order to receive credit)