

2nd Level

8-week Plan

Week 1

Family Project:

- ❖ Weekly Family Meeting
- ❖ Take weight and measure height of each family member. Then, calculate each person's BMI – use the BMI chart in our *SuperSized Kids* book or use the BMI calculator at www.SuperSizeKids.com.
- ❖ Invest in a pedometer for each family member (a device worn around the waist belt that counts number of steps taken. Pedometers, cost around \$ 10)
- ❖ Start to log in notebook number of steps taken and type of activity each day for each family member. (Log available online at www.SuperSizedKids.com).

Activities:

- ❖ Take turns designing a family scavenger hunt once each week. Buy small pieces of fitness equipment (jump rope, stability ball) each time you find the pieces of equipment you have to use it for one minute.
- ❖ Play tag in the pool once or twice a week, if you get tagged you have to tread water until the game is over
- ❖ Yawn and stretch as big as you can each morning.

Mealtimes at Home:

- ❖ Eat one meal together as family each day. (pg. 69 and pg. 170)
- ❖ Be a healthy role model - let your children see you eating fruits and vegetables at least once a day. (pg. 63)
- ❖ Garnish your eating plates or serving dishes with vegetables/fruits that can also be eaten as part of the meal at least once a day.

Nutrition:

- ❖ Practice safe food handling techniques (Wash hands often; use separate cutting utensils/cutting boards for meat and non-meat foods; don't leave food at room temperature for more than two hours)
- ❖ Read labels and eliminate those foods with trans fats. Start with the foods in the refrigerator and pantry, and then check labels before you buy new food. DO NOT BUY ANY MORE FOODS WITH TRANS FATS. (pg. 143)

- ❖ Limit your use of canned fruits and vegetables using more frozen and fresh.
- ❖ Journal what your family eats each day.

Rest:

- ❖ Be sure that everyone in the family is getting eight hours of sleep five of seven days this week.

Media:

- ❖ Limit TV/Screen time to two hours /day for each family member.

Week 2

Family Project:

- ❖ Weekly family meeting to decide what you did last week that worked, what changes you need to make this week and what of the following steps does each person in the family want to start.
- ❖ Calculate the average steps taken per day. Increase the steps by 10-20% from week 2. Discuss how you plan to achieve that goal. See physical activities section for ideas.

Activities:

- ❖ Create your own family Olympic events, would work great at a family reunion or neighborhood gathering.
- ❖ Have each family member pick an exercise at the beginning of the week and do as many reps as they can. Then train throughout the week with the goal of improving by the weekend. An example would be sit-ups, push-ups or the hula- hoop.
- ❖ Play Twister (it's a game you can buy at most toy stores) one or two nights this week.

Mealtimes at Home:

- ❖ Pick one meal this week and compare your portion sizes to recommended portions (pg. 162)
- ❖ Begin serving one new vegetable and fruit to your family each week (try going through the alphabet).

Nutrition:

- ❖ Limit the amount of 100% fruit juice you serve, making the transition to whole fruit
- ❖ Bake, broil, grill, or stir-fry your poultry or fish (instead of frying....)
- ❖ Eat breakfast at least 3x this week. (pg. 164)

Rest:

- ❖ Set a "wake-up time" as well as a bedtime.

Media:

- ❖ Watch TV or time on computer for no longer than 30 minutes at a time. Take a break and do something active.

Week 3

Family Project:

- ❖ Weekly family meeting to discuss progress you have made with the steps. Encourage and challenge each other to increase steps by at least 10-20% from the previous week. Also, decide what you did last week that worked, what changes you need to make this week and what of the following steps does each person in the family want to start.
- ❖ As a family sit down and discuss food labels and serving sizes
- ❖ Plan 100 calories or less snack ideas (include fruits and vegetables). Sign up for the *SuperSized Kids Rescued Newsletter* for 100 calorie snacks.

Activities:

- ❖ If you own a camcorder, plan and shoot a family exercise video and create a name for it.
- ❖ Combine exercise and household chores. On small pieces of paper, write down chores and body weight exercise. Throw the papers into a hat and have everyone pick one each week. Maybe Mom gets to do squats while she does the dishes. Maybe the kids get to do push-ups while cleaning their rooms.
- ❖ Start each morning with a stretching routine and end each day the same way.

Mealtimes at Home:

- ❖ Decrease your number of meals eaten out this week to 3 or less.
- ❖ Have your children help you plan 2 to 3 meals this week (pg. 177)

Nutrition:

- ❖ Serve two different colored vegetables at each meal (blue/purple, green, red, orange/yellow, white) (pg. 133)
- ❖ Start substituting a whole grain flour for up to half the flour called for in your recipes (pg. 135)
- ❖ Begin making the transition to heart-healthy oils such as olive and canola oils (pg. 142)

Rest:

- ❖ Make sure everyone is in bed by 11PM

Media:

- ❖ Do some form of exercise while watching TV

Week 4

Family Projects:

- ❖ Weekly family meeting to decide what you did last week that worked, what changes you need to make this week and what of the following steps does each person in the family want to start.
- ❖ Discuss about adding at least 1000 steps/day to daily activity
- ❖ Use portion plates for meals, such as $\frac{1}{2}$ of plate for vegetables, $\frac{1}{4}$ for bread/rice, and $\frac{1}{4}$ for meats. You can buy disposable plates with these 3 sections at most large Grocery stores.
- ❖ Plan and have a picnic outdoors in the park, at the beach, or some other scenic spot
- ❖ Have healthy snacks, plenty of water and lots of play- Frisbee, ball, “your it”

Activities:

- ❖ Encourage everyone to “Act Out” a story that you read.
- ❖ During TV commercial breaks each family member does push-ups, sit ups or steps onto a low bench).
- ❖ Buy an fun exercise video and do it together on the weekend or your day or relaxation.

Mealtimes at Home:

- ❖ Decrease your number of meals eaten out to 2 or less this week
- ❖ Steam, stir-fry, or microwave your vegetables to retain the nutrition

Nutrition:

- ❖ Switch other dairy products to no-fat or low-fat versions (cheese, cottage cheese, yogurt) for all family members over 2 years of age (pg. 138)
- ❖ Use 1% or skim milk for all family members over 2 years of age (pg. 138)

Rest:

- ❖ Don't watch TV, video games, or computer one hour before bedtime.

Media:

- ❖ Continue to reduce TV/screen time to 2 hours/day
- ❖ Dance to music

Week 5

Family Project:

- ❖ Weekly family meeting to decide what you did last week that worked, what changes you need to make this week and what of the following steps does each person in the family want to start.
- ❖ Track your progress with the pedometer. Increase steps by at least 1000 per day from previous week
- ❖ In your notebook create a list of accomplishments at home, school or work that make you feel proud. List some physical, mental, emotional and spiritual challenges you can pursue. Discuss with family if you wish
- ❖ Learn about and limit foods high in fat and sugar
- ❖ Continue to use divided plates for all meals

Activities:

- ❖ Play tag in the yard, if you get tagged you have to do sit-ups until there is a winner.
- ❖ Canoe or raft, take a hike or bike, or play Frisbee golf for the entire afternoon
- ❖ Try to balance your body on a stability ball. Start by having both hands and both knees on the ball. See how long you can stay on. After you have achieved that try to balance using your knees only. A stability ball can be purchased at most sporting good stores.

Mealtimes at Home:

- ❖ Limit your number of meals eaten out to 1 or less this week
- ❖ Begin using herbs to season your food instead of salt or margarine

Nutrition:

- ❖ Eat a family breakfast or dinner at least 5x this week (pg. 164)
- ❖ Increase your intake of omega 3 fatty acids by adding ground flaxseed to your cooked/dry cereal or low-fat yogurt (pg. 143)

Rest:

- ❖ This weekend, have everyone in the family try taking a “power nap” in the early afternoon and see how much better it makes you feel. The nap should be between 10-30 minutes

Media:

- ❖ Pick out only one show for the day and have the whole family watch it together. During the commercials discuss some topics that came up during the show.

Week 6

Family Project:

- ❖ Weekly family meeting to decide what you did last week that worked, what changes you need to make this week and what of the following steps does each person in the family want to start.
- ❖ Continue to increase steps by at least 1000/day from previous week
- ❖ “Smart shopping with food labels”. Take the kids to shop for groceries and shop for foods after reading food labels. Make healthy choices

Activities:

- ❖ Play a game of dodge ball in the yard with socks (rolled up like a ball) instead of balls.
- ❖ Play tetherball, basketball, or volleyball
- ❖ Work on your posture for 10 minutes a day. Proper posture is when you are standing, it should be possible to draw a line from the ear lobe, through the shoulders, hip, knee, and into the middle of the ankle. In other words...stand up straight. Practice by trying to balance a book on your head as you walk across the room.

Mealtimes at Home:

- ❖ Serve one new whole grain this week (pg. 135)
- ❖ Compare your family’s portion sizes at 3 meals this week to recommended portions (pg. 162)

Nutrition:

- ❖ Eat 5 to 6 fruits and vegetables daily (pg. 132)
- ❖ Have one small handful of nuts 5x weekly

Rest:

- ❖ This week set a goal to have everyone in the family in bed by 10 PM. See how you feel at the end of the week.

Media:

- ❖ Challenge your family and see how long you can go without watching TV, Video games, or Computer.

Week 7

Family Project:

- ❖ Family meeting to decide what you did last week that worked, what changes you need to make this week and what of the following steps does each person in the family want to start.
- ❖ Monitor your family's progress with the pedometer. Encourage each other. Take walks together. Turn on the music and dance. Play freeze dance.
- ❖ Review the food groups. Ensure everyone is eating a balance meal. Track your progress on www.mypyramid.gov.
- ❖ Review the school menu and have meals at school with healthy options or bring lunch from home.

Activities:

- ❖ Play "hot potato" with a Frisbee
- ❖ Go for walks with a book bag to build extra strength
- ❖ Do a sit and reach contest at the end of each week. Place a yardstick on the floor and tape is placed across the 15-inch mark. Sit with yardstick between the legs and legs extended. Heels of the feet should touch the edge of the taped line, feet 10-12 inches apart. Slowly move forward with both hands as far as possible. Write down how far you reached each time to show your improvement.

Mealtimes at Home:

- ❖ Reduce desserts to 2 or less per week
- ❖ If your children are older, have them plan and prepare one meal on their own this week (pg. 177)

Nutrition:

- ❖ Serve 3 whole grains each day (pg. 135)
- ❖ Eat 3 meals this week that are "vegetarian"

Rest:

- ❖ Try taking a day of rest this weekend with your family. On that day, don't do any work or chores. Plan peaceful activities you can do like reading, writing, napping, walking, talking, playing, Lego's, drawing, painting, coloring, etc. No work, no agendas, just rest, rejuvenation and family time.

Media:

- ❖ Try one full week without TV, Video games, or Computer

Week 8

Family Project:

- ❖ Weekly family meeting to decide what you did last week that worked, what changes you need to make this week and what of the following steps does each person in the family want to start.
- ❖ By week 8, you should have reached at least 10,000 steps per day. If not, find ways to increase steps during your daily routine, such as take the stairs instead of elevators, walk back and forth while talking on the phone (see physical activity) Continue to increase steps as tolerated. Children generally need about 20, 000 steps/day.
- ❖ “Eating out” Discuss before going to a restaurant the ground rules that reinforce all the concepts learnt so far about healthy eating. Remember the portion plate.

Activities:

- ❖ Enter a “Fun Run” or map out your own family 5k run.
- ❖ Build a family tree house and all climb up and enjoy the view.
- ❖ Start each day with a stretching routine and end each day the same, but this week do it with your eyes closed.

Mealtimes at Home:

- ❖ Have your children help you plan 5 meals this week (pg. 172)
- ❖ Review with your family how you can continue to improve your nutrition

Nutrition:

- ❖ For family members older than 6, increase fruit and vegetable intake to 7+ servings daily (pg. 132)
- ❖ Increase your whole grain intake to 4 to 5 servings daily (pg. 135)
- ❖ Increase the times you eat breakfast to 7x this week (pg. 164)

Rest:

- ❖ Talk as a family about how the “rest” element has impacted your health and well being. What do you want to continue? What do you want to change?

Media:

- ❖ Treat yourself and the family to the movies. Have a healthy snack or a meal before you go. Walk or shop in the mall for at least an hour after the movies

At the End of Week 8

Family Project:

- ❖ Have a final family meeting to decide what you did last week that worked, what changes you need to make this week and what of the following steps does each person in the family want to start.
- ❖ Finish the 8-week program by re-assessing your fitness level so you can chart your health improvements. You can go to our website (www.SuperSizedKids.com) and click on our exclusive and complimentary Assessment Quiz. Fill out the assessment for each family member.
- ❖ Compare the assessment for each family member with each person's initial assessment and see how every one did!