



Independence
Blue Cross

Independent licensee of the
Blue Cross and Blue Shield Association.



Assessment

Name: _____

Date of Birth: _____

Height: _____

Weight: _____

BMI: _____

BMI %: _____

Risk Level: _____

Date of Assessment: _____

Get your health on track by adding these tips to your daily routine.

Eat 5 servings of fruits and veggies every single day.



Examples:

Fruits

- Apples, bananas, oranges
- Berries, grapes
- Pears, plums, melon
- Canned fruit (packed in 100% juice or water)

Vegetables

- Asparagus, broccoli
- Beans, lentils, peas
- Carrots, celery
- Spinach, collard greens
- Tomatoes, peppers
- Canned veggies

Limit screen time to 2 hours or less.



Screen time includes:

- Watching TV, videos or DVDs
- Playing or being on a computer
- Playing regular and hand-held video games
- Going to the movies
- Instant messaging or online chatting



Get at least 1 hour of physical activity.

Make sure an adult is there if necessary.

- Shoot baskets
- Play volleyball
- Dance
- Skateboard

Every meal should be balanced.

**1/2 of plate =
Vegetables, salads and fruit**

- 1 cup of raw leafy vegetables
- 1/2 cup of cooked vegetables
- 1 cup of fruit = 1 medium apple, orange or pear

1 cup =



1/2 cup =



**1/4 of plate =
Grains, rice or bread**

1 fist = 1 serving of cereal flakes



**1/4 of plate =
Meat, poultry or fish**

A deck of cards = a portion of meat, poultry or fish



Know your serving sizes.

Limit sweetened drinks to 0.

Examples of sweetened drinks to stay away from:

- Soft drinks, soda, pop
- Juice drinks
- Chocolate milk
- Sports drinks

Instead, drink:

- Water with lemon, lime or orange to add flavor
- 1% or skim milk
- Unsweetened drinks
- Ask your physician about other healthy drink options



Review provided by leading experts:
American Academy of Pediatrics
American Diabetes Association

Eat 5 servings of fruits and veggies every single day.



- Try to eat at least five or more fruits or vegetables a day. Use this as an opportunity to try new foods.
- Look at the labels of food that claim to be fruit-based, like gummy candy, because they may have a lot of sugar.
- Avoid eating at fast-food restaurants.
- Put food on small plates, like salad plates, instead of large dinner plates. Tell your family to do the same.
- Avoid eating fried foods, and look for healthier options like baked or grilled foods instead.
- Cook a meal with your parents for your family.
- Remember your portion sizes: 3 oz. of meat is the size of a deck of playing cards, a 4 oz. bagel is the size of a hockey puck, one cup of pasta is the size of a tennis ball, and 1 oz. of cheese is the size of four dice.

Limit screen time to 2 hours or less.



- Lower your screen time by at least 30 minutes a day, until you are getting less than two hours of screen time each day.
- Remove the TV from your bedroom.
- Suggest activities to do after dinner as a family, such as going for a walk or bike riding.
- Avoid eating food in front of the TV.

Get at least 1 hour of physical activity.



- Add 10 minutes of physical activity to your routine each day until you get at least an hour a day.
- Walk or ride your bike to and from school.
- Go for a bike ride.
- Swim at your local pool.
- Go for a hike.
- Dance to your favorite music in your room.
- Mow the lawn, wash the car or vacuum. You can be physically active when you are doing chores.
- Start a basketball or soccer team with your friends, and check out local pick-up games in your neighborhood park.
- Join a school sports team, outdoor club or dance class.
- Take a walk and bring your family along.
- Have a contest with a friend to see who is more active over a period of time (a few weeks, a month, two months, etc.).
- Make a list of all your reasons for being healthier. Read it often.
- Other activities: _____

Limit sweetened drinks to 0.



- Drink water or low-fat/nonfat milk instead of sweetened drinks like juice, sweet tea, sports drinks or soft drinks.
- Read the labels on soda, juice and fruit-based drinks to avoid those that have a lot of sugar.
- Tell everyone in your family to avoid drinks that have sugar.