



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: \_\_\_\_\_

You can choose to be healthy and add these tips to your daily routine.  
There is no right or wrong place to start, just jump in when and where you can!



**Eat 5 servings of fruits and veggies every single day.**

**Ways to add fruits and vegetables to your meals:**

- Include lettuce and slices of carrots, cucumber and tomato on your sandwich
- Add peppers, mushrooms, onions to a low-fat pasta sauce and pizza
- Choose fresh, frozen or canned fruit for dessert

You have options; fresh is best, but frozen and canned options are also good. Try to stay away from fried vegetables.

**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 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
- Using a cell phone

Try to avoid eating in front of a screen



**Get at least 1 hour of physical activity each day.**

Split your 1 hour into three 20-minute sessions.

It might be fun to try a different activity each time.

**Limit sweetened drinks to 0.**


**Stay away from sugar-sweetened drinks like:**

- Soda or pop
- Chocolate milk
- Energy drinks
- Café mochas



Stick to water, sugar-free drinks or diet soda.

## Challenge yourself, friends and family to eat better and live healthier.

Eat Something Fresh	It's Your Choice, Make it Healthy	Little tricks that have big effects
<p><b>1) Try adding fresh fruit or veggies to your meals.</b></p> <ul style="list-style-type: none"> <li>• Eat a side salad, fruit slices or carrot sticks instead of fries, potato salad or onion rings</li> <li>• Eat fruit, like apple slices, with fat-free caramel sauce instead of a sundae, pastry, bagel or donut</li> </ul>  <p><b>2) A snack can be healthy and tasty if you choose a fresh option.</b></p> <ul style="list-style-type: none"> <li>• Eat a serving of fruit instead of a candy bar</li> <li>• Eat vegetable sticks instead of potato or tortilla chips</li> </ul> <p><b>3) Be adventurous, try a new fruit or veggie from time to time.</b></p>	<p><b>1) Baked, grilled, steamed or roasted food options are better than fried options.</b></p> <ul style="list-style-type: none"> <li>• Choose grilled or roasted chicken or fish instead of fried or crispy</li> <li>• Remove skin from chicken</li> <li>• Choose a favorite steamed or roasted vegetable instead of fried. For example, black beans instead of re-fried beans</li> </ul> <p><b>2) Avoid creamy dressings and skip the croutons when you order salads.</b></p> <ul style="list-style-type: none"> <li>• Ask for dressing on the side</li> <li>• Skip the croutons, crunchy strips or crunchy salad bowls</li> </ul> <p><b>3) Choose fat-free or sugar-free food options when available.</b></p> 	<p><b>1) If you decide to treat yourself, just have half.</b></p> <ul style="list-style-type: none"> <li>• Eat only half of a donut or pastry</li> <li>• Eat only half of a candy bar or the miniature version</li> </ul>  <p><b>2) Watch your portion sizes; bigger is not necessarily better.</b></p> <ul style="list-style-type: none"> <li>• Avoid piling food on your plate; maybe use a small dinner plate</li> <li>• Stop eating when you feel full</li> <li>• Restaurant portions can be larger than you need; order a small instead of a large size, share with a friend or save some to eat later</li> </ul> <p><b>3) Don't treat yourself everyday; if you limit your treats, you'll enjoy them more.</b></p>

## Increase your intensity!

Any activity is better than no activity. Set your goal to be active for one hour.

Low Intensity	Medium Intensity	High Intensity
<ul style="list-style-type: none"> <li>• Wash the car</li> <li>• Do light weight training</li> <li>• Stretch or do yoga</li> <li>• Prepare a meal for your family and friends</li> <li>• Put on your headphones and clean your room</li> <li>• Carry your books between class</li> </ul> 	<ul style="list-style-type: none"> <li>• Walk your dog</li> <li>• Play sports such as softball and baseball</li> <li>• Ride a bike or jump rope</li> <li>• Do jumping jacks</li> <li>• Skateboard or inline skate</li> <li>• Ice skate, toboggan, sled</li> <li>• Use the stairs instead of the elevator or escalator</li> </ul> 	<ul style="list-style-type: none"> <li>• Run or jog</li> <li>• Do heavy weight training</li> <li>• Play soccer or basketball</li> <li>• Swim</li> <li>• Dance</li> <li>• Shovel the snow</li> </ul> 

## Use your screen time wisely.

Check out these websites for more information:

[www.myfoodapedia.gov](http://www.myfoodapedia.gov) Tells you how many calories and servings are in the food you eat

[www.mypyramidtracker.gov](http://www.mypyramidtracker.gov) Lets you track your daily calorie intake and calorie burn

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) Helps you eat the right amount of fruits and vegetables daily

[www.presidentschallenge.org](http://www.presidentschallenge.org) Lets you track your activity to see the difference that staying active can make in your life