



WORKBOOK

It is with great enthusiasm that we embrace the opportunity to coach you on your journey to better health.

The Camp **ENERGY** (Exercise, Nutrition, Emotions, Reflection, Goals, & You) experience is based on over 25 years of coaching, education, clinical practice, science, and evidence. We thank people from the University of Pennsylvania, the Children's Hospital of Philadelphia, Geisinger Health System, and many others for the knowledge we share with you.

Throughout camp, you learned what **ENERGY** means and practiced skills to make healthy habits. Enclosed you will find a road map of ENERGY habits to help guide you along the path to a healthy lifestyle once you return home.

We all need support! Identify others who will be part of your team. The good news is we are already on your team! Embrace the journey. Understanding that the ups and downs are normal. It is not what happens on any one day, but how you practice and react to events over time that will matter.

If you stray off course, it is okay – ask your team to help you get back on track. Create your vision of what change will do for you. Then, write it down in your journal or in an app. Reflection helps you practice and learn about your habits.

Camp **ENERGY** staff are standing by throughout the year to support you on your journey to an **ENERGY** lifestyle!

Please reach out to us at any time: campenergy@gmail.com

We look forward to the next time we are together again to celebrate your successes!



"Some people want it to happen, some wish it would happen, others make it happen" — Michael Jordan



Exercise

EXERCISE is planned physical activity to help improve your fitness or overall health and wellness. Exercise could be:

Individual activities like hiking or walking, weightlifting, and biking

Exercise classes like yoga, kickboxing, aerobics, and indoor cycling

Sports like soccer, basketball, swimming, and karate



How can you increase your exercise?

.....

.....



Lifestyle activities are physical activity which is a part of everyday life. Some examples are:

- ★ Walking the dog
- ★ Cleaning
- ★ Taking the stairs
- ★ Mowing the lawn

How can you increase your lifestyle activities?

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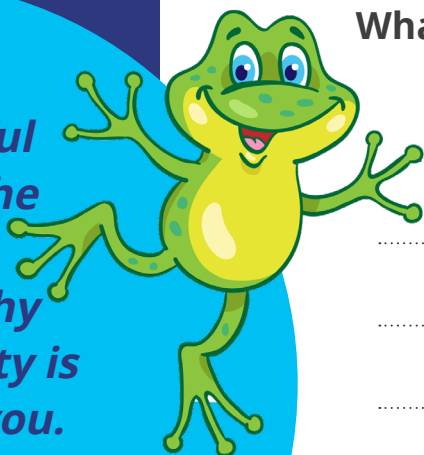


Aim for 60 minutes of moderate-to-vigorous physical activity every day.

Tips for Physical Activity

- Find an activity that you enjoy
- Identify and recruit an accountability partner
- Cut down on screen time (phone, TV, etc.) to less than 2 hours per day
- Engage in both lifestyle activities and exercise

It can be helpful to start with the end in mind – think about why physical activity is important to you.



Some examples of the importance of physical activity are listed below.

Check off the ones that are meaningful to you:

- ☐ It makes me feel good
- ☐ I want to build strong muscles and bones
- ☐ Increases my flexibility and stability
- ☐ Strengthens my heart
- ☐ Manages weight goals
- ☐ Strengthens my mind



What is your main reason?

Making It Happen

What will you commit to and what does success look like for you?

1. Put more steps in your day

For example, take the stairs instead of an elevator; go for a walk before or after dinner.

I commit to:

How often will you do this?

2. Start an exercise habit

Start with something you already like or something new you've wanted to try, like a new exercise video on YouTube.

I commit to:

How often will you do this?

3. Do it together

Find someone to be active with you and keep a routine with them. You could download a fitness app for friendly competition and encouragement with friends and family.

Who will you ask to be active with you?

How will you connect?



In-Person



Virtually



It can be challenging to start a new habit. Have patience with yourself and keep trying. It takes 21 days of practice to form a habit. Contact a friend from camp when you need help!



Nutrition

NUTRITION is the study of what we eat and how what we eat nourishes us for health and growth.

Food provides your body with vitamins, minerals, carbohydrates, proteins, and fats to help your body function and grow.

Choosing the Right Foods

Nutrient-dense foods are foods that have a lot of beneficial vitamins and minerals in every portion you eat.

How can we choose foods to nourish our bodies to grow and stay healthy? Focus on nutrient-dense food such as:



Protein

seafood, lean meat, poultry, eggs, beans, peas, nuts, seeds



Fruits:

fresh, canned, frozen, or dried



Vegetables

fresh, canned, frozen, or dried;
choose lots of different colors of vegetables



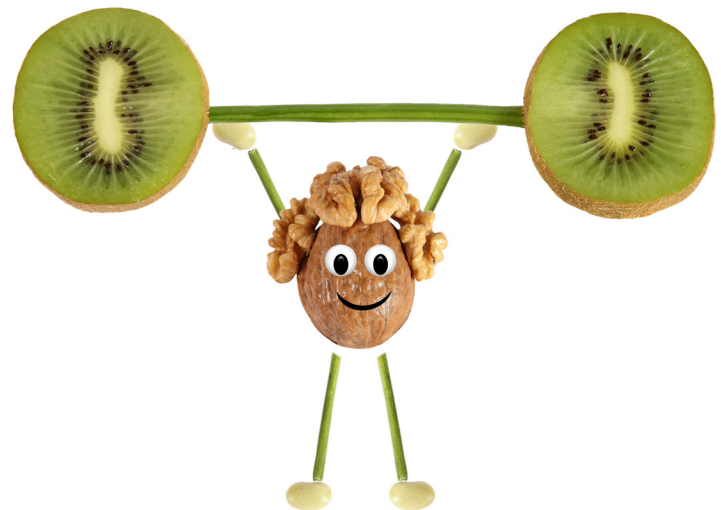
Grains

whole grains, bread, oatmeal, popcorn, quinoa, rice



Dairy

low-fat milk, yogurt, cheese



Which nutrient-dense foods do you like?

Understanding Nutrition

Calories

Calories are a unit of energy. The food we eat is made of energy (calories). Our bodies naturally burn energy (calories) from the food that we eat throughout the day. Physical activity is another form of burning energy (calories).

Nutrition Facts	
Serving Size	8 servings per container Serving size 2/3 cup (55g)
Amount of Calories	Amount per serving Calories 230
Nutrients	% Daily Value*
	Total Fat 8g 10%
	Saturated Fat 1g 5%
	Trans Fat 0g
	Cholesterol 0mg 0%
	Sodium 160mg 7%
	Total Carbohydrate 37g 13%
	Dietary Fiber 4g 14%
	Total Sugars 12g
	Includes 10g Added Sugars 20%
	Protein 3g
	Vitamin D 2mcg 10%
	Calcium 260mg 20%
	Iron 8mg 45%
	Potassium 240mg 6%
Footnote	<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>

Nutrition Facts

Many food packages contain nutrition fact labels, which provide information you need to make healthy choices. Use the labels to compare and choose foods.

Serving Size

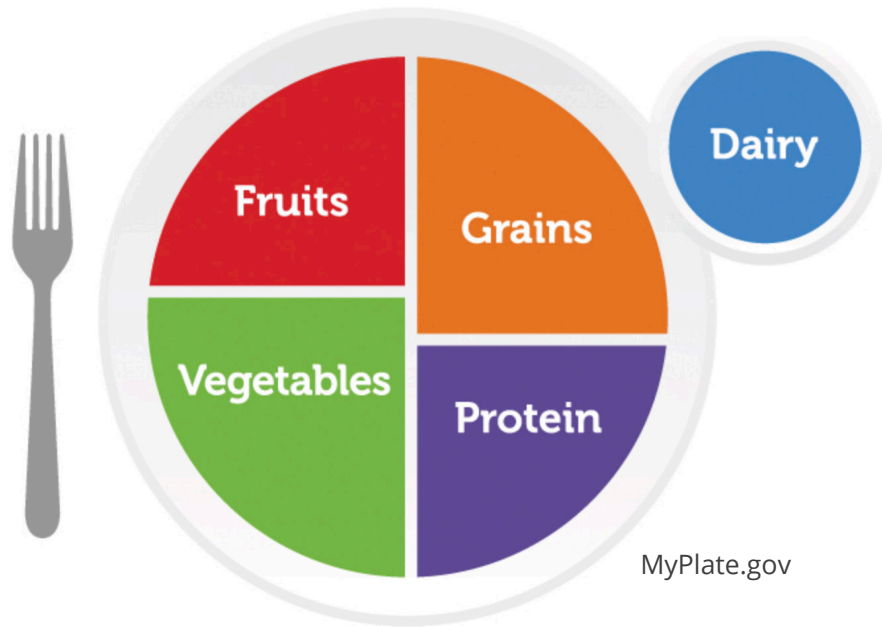
This tells you how much food/drink is counted as one (1) serving.

Servings per Container

This is how many servings are in the container or package.

Calories

The number of calories in one serving.



Filling Your Plate with “MyPlate”

Try following MyPlate to choose nutrient-dense foods. Start with small changes to work towards a healthier plate.

Make half your plate colorful with a variety of fruits and vegetables.

Choose whole grains like oatmeal, whole wheat bread, or brown rice.

Choose lean protein like beans, fish, lean meats, and nuts.

Eat sweets, like cookies or candy, occasionally and in small amounts. Everything in moderation, and leading a healthy lifestyle requires balance!

MyPlate also helps you balance meals with carbohydrates, protein, and fat. These are all important nutrients to help us grow and be healthy.



Let's Talk Carbs

Carbohydrates are important sources of energy, fueling our brain and our muscles, and are the way our body gets fiber.

There are two kinds of carbs: Simple and Complex

- Simple carbs are mostly sugar and are digested quickly, so you feel hungry sooner.
- Complex carbs are whole grain foods that are high in fiber, and digest slowly so they make you feel full.
- Fiber helps you digest food, get rid of waste, and decrease risks for certain cancers.
- Choose complex carbs such as carrots, broccoli, sweet potatoes, apples, and pears.

What carbs are your favorite?

What proteins are your favorite?

Let's Talk Protein

Protein is important for many functions within our bodies, like building muscle, transporting nutrients, and supporting our immune system. Choose beans, lean meats, fish, nuts, and seeds.

- The best ways to cook your protein? Bake it, broil it, grill it, steam it.
- Bored with the flavor? Try adding spices instead of sauces.

Let's Talk Fats:

Despite what you might hear, fats aren't all bad! We need fats to help us digest our food, store energy, protect our organs, and keep us full. Choose healthy (unsaturated) fats:

- Polyunsaturated (safflower, sunflower, soybean, corn, sesame oils)
- Omega-3 (salmon, tuna, walnuts, grains, flaxseeds)
- Monounsaturated (olives, peanuts, canola oils)
- Avoid trans fats in packaged foods that are harmful to your body.
- Ask for sauce, butter, dressing on the side so you can choose how much to add.

What fats make food taste good?

Balancing Your Meal Plan

How can food fuel our bodies to keep us full until the next scheduled meal or snack?

Start with a nutrient-dense breakfast and plan it based on MyPlate.

Plan 3 meals and 2 snacks to keep you from being hungry.

Make sure your snacks have a protein and a source of fiber; this will keep you fuller for longer between your meals.

Eat slowly, mindfully, and enjoy.

Planning for the week:

- Join other people in your home to make a meal and exercise plan for the week.
- Help your family make a grocery list based on nutritious foods and stick to it! This will also help stick to a budget.
- Focus on nutrient-dense foods at home and save packaged snacks and sugary drinks for special occasions outside of the house.

Tips for Eating In and Eating Out

When you eat, focus on eating:

- **Slowly.** The slower you eat the more time your stomach can process that you're full.
- **In one place** at home, the kitchen or dining area.
- **Without screens on.** Listen to a new album or your favorite playlist.
- **With others, if possible.** You'll enjoy the meal more and eat slower.

Eating out can be fun, and you can still follow your healthy habits:

- Choose a restaurant with healthy, nutrient-dense options.
- Choose foods that meet MyPlate guidelines and are cooked in a healthy way (baked or grilled).
- Choose whole grains, fruits and veggies, and frozen yogurt or sorbet for dessert.
- Try something new.
- If the portion is large, take half home.
- Most importantly, enjoy the meal!

Let's Talk Fluids



Your body needs **eight glasses of fluids each day** to stay hydrated.

Why Drink Water?

Water keeps you cool.

Water helps you feel better before, during, and after physical activity.

Water helps the blood transport good things to the cells and bad things (like lactic acid) away from cells.

Water and Exercise

- Drink water during exercise – have a few sips of water every 15 to 20 minutes.
- Drink water and eat nutritious foods as soon as possible after physical activity.
- Sports drinks (like Gatorade or PowerAde) have a lot of sugar. Added sugar means extra calories. To get some of the flavor, but to cut down on the calories, mix one part sports drink or juice to three parts water or try a sugar-free sports drink.



Tips for Healthy Drinking

- Keep a bottle filled with water with you during activities and throughout your day.
- Choose a drink you like that's low in sugar. Try diluting it with water.
- Add a lemon, lime, orange, or cucumber slice to water to add flavor to it.
- Low-fat and fat-free milk are healthy beverages. After water, these are the best drinks.
- Many carbonated drinks like sodas can be high in sugar. Try flavored seltzer water.
- Juice can also be high in sugar, even if it is 100% juice. Stick to 4-8 oz at most of juice per day.
- Try to limit caffeine beverages like coffee and tea because they will cause your body to lose water.
- Energy drinks have large amounts of caffeine, which may cause heart and blood vessel problems and may harm your still-developing cardiovascular and nervous systems.

Did you know

that your body is about two-thirds water, and with as little as 2% water loss you can start to feel tired or not perform as well at school?

Create Your



Meal Plan

Now, see if you can plan a balanced meal plan that tastes good and helps you feel good. For each mealtime included below list fruits, veggies, dairy, grains, protein and your drink.

Breakfast

Dinner

Lunch

Morning Snack

Afternoon Snack

Pick a New



fruit
to try:

veggie
to try:

grain
to try:

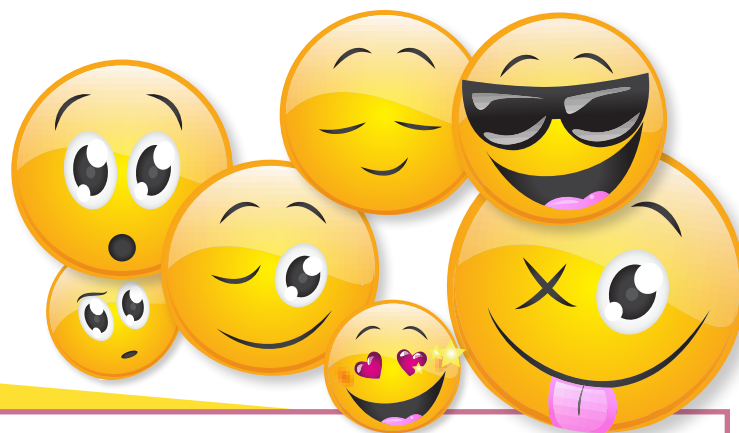
protein
to try:

**healthy
snack**
to try:



Emotions

Our emotions — also called feelings — are important parts of who we are. They can influence the things we do and even our physical health.



Have you ever **felt so sad** that you just wanted to curl up under the covers and not leave your bed for days?

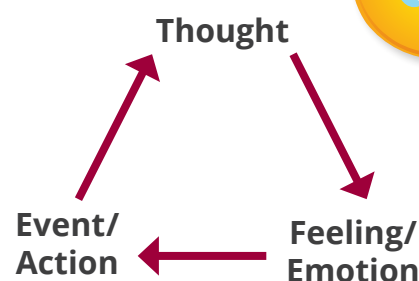


Have you ever **felt so afraid or anxious** that you swear there's no way you could make a presentation in class?

Feelings of sadness, or worry, or anger, or even excitement are very real even though we can't see them, and sometimes they keep us from doing things we need to, or want to, do.

The Cycle of Emotions

Emotions don't just appear out of nowhere, even though they can sometimes seem like they do. Right before every single feeling, we have a thought (or even multiple thoughts). Sometimes these thoughts happen deep in our brain and are so fast we don't notice them, sort of like a radio playing in the background that we only notice if we stop to pay attention to it. But even though we don't always notice it, it is always there. Something happens (an event, big or small), we have a thought (or several) about it, we feel something because of that thought, and then we act (or don't act). And this can start the whole cycle again.



While there are no 'good' or 'bad' emotions, some emotions are pretty uncomfortable for us (they feel pretty yucky) and some get in the way of us doing things. If there is an emotion you are feeling that you don't like, or is getting in the way, one way you can work to change or lessen that emotion is to pay attention to the radio in the background and figure out what you are thinking.




Different Kinds of Thoughts

Our thoughts can either be true or untrue (surprise: not everything you think is a fact!). They can also be helpful or unhelpful. All thoughts fall into one of these 4 categories: Untrue & Unhelpful, True & Unhelpful, Untrue & Helpful, and True & Helpful.




Our goal is to have more helpful and TRUE thoughts that will improve your mood, reduce your cruddy or scary feelings, and support you in doing the things that are important to you.

This chart shows some examples of the kinds of thoughts that fall into each category:




True & Helpful

-  I may not like math, but if I study, I'll be ready for the test.
-  I may not be great at soccer, but if I practice I'll get better.
-  I may not be friends with everyone, but the friends I have are really good ones.




Untrue & Helpful

-  Math is super fun and I love studying for tests!
-  I'm the best soccer player ever. I don't need to practice!
-  I am the most popular kid and don't need more friends.

True & Unhelpful

-  I hate math and I'd rather play video games than study.
-  I've never played soccer before and I'm afraid I'll be bad.
-  I only have a couple friends and I'm too scared to try to make more.

Untrue & Unhelpful

-  Even if I study, I know I'll fail the math test. I always fail.
-  I suck at everything. I might as well not even try out.
-  Nobody likes me so I might as well not try to talk to anybody.

Sometimes, we may pay too much attention to that thought radio in the background. If we are really anxious or upset about something, we can get stuck listening to the thoughts about how scared we are, or how bad that thing was. We play that negative thought song over and over on repeat and pretty soon it's all we hear (even when we don't want to). We might even forget that some of those thoughts aren't even true!

These thoughts might cause our bodies to get tense and even make us feel like we are going to get sick. Take control by focusing on relaxing your body and reminding yourself that your thoughts aren't always true and you don't have to be stuck on them.



Taking Care of Your Mind

★ Be intentional about your use of social media. What content are you consuming, and how does it make you feel? Who should you unfollow? What content brings positive energy in your life? (Check out the Camp ENERGY social accounts!)

★ It is common to ask for help to better manage your emotions. Reach out to a trusted adult (teacher, parent, caregiver, coach, faith leader) to help you find resources for therapy or counseling.

★ Practice mindfulness and deep breathing. Try the practices below!

Take a Deep Breath

Learning how to breathe deeply and slowly is one way to help your body relax:

1. Find a chair and get comfortable. Now close your eyes.
2. Place one hand on your belly and one on your chest. When you breathe in, your belly should get bigger than your chest.
3. Breathe in through your nose slowly like you are smelling something wonderful (your belly should blow up like a balloon) and hold it for 1 second.
4. Breathe out very slowly through your mouth, like you are blowing on hot soup or cocoa (don't breathe too fast or you'll splash it!). Your belly should flatten as you breathe out, like a balloon that is losing air.
5. When you breathe in, imagine the word "relax" and pay attention to how calm you feel.
6. Breathe in and out while imagining the word "relax" about five times in a row.
7. Now, slowly, open your eyes.

How do you feel?




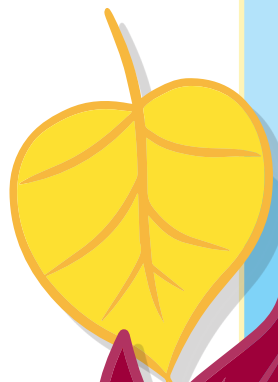





Letting Your Thoughts Go

You can also learn how to step back from the thoughts you are caught in and take away their power.

1. Find a quiet place and get comfortable sitting or lying down. Close your eyes and take slow, steady breaths.
2. Use all your senses, and imagine you are resting by a stream. Imagine the sound of the water as it goes by.
3. Just focus on the stream. When thoughts or feelings come up, just notice them without judging them. For example, if you are thinking about your homework, notice and acknowledge "I am thinking about my math homework".
4. After you take a moment to observe a thought or feeling, bring your attention back to the stream. Place that thought or feeling on a leaf, put the leaf in the water, and watch it float downstream until it disappears.
5. Keep imagining the stream and placing your thoughts on leaves for 5-15 minutes.
6. Practice this every day to get better at it so it can be helpful when you need it most.



If you have trouble imagining a stream, you could also **imagine a conveyor belt**, like at the grocery store, that you can put your thoughts on and let it take them away.



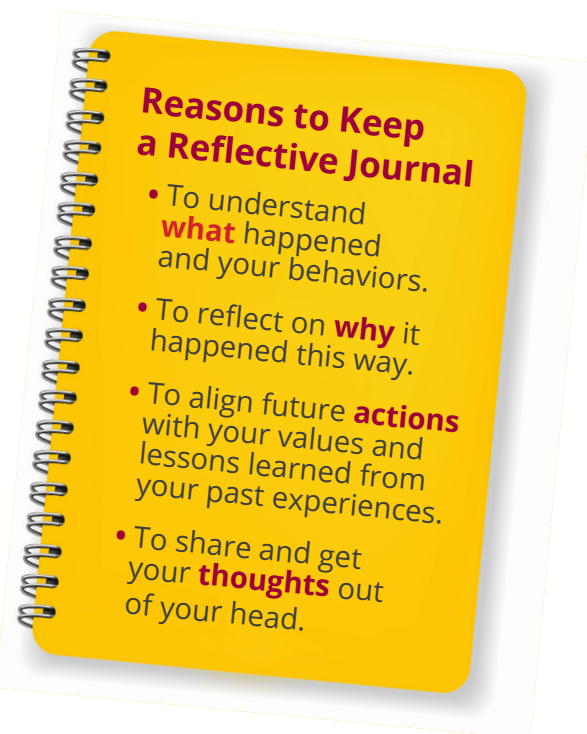
"I remember the past, and I learn from it. I rejoice and celebrate in the present, and I re-imagine the future. Now is the moment that never ends." – Deepak Chopra



Reflection

Reflection is thinking about anything that is happening to you now, has happened to you in the past, something that you are doing now, or something that you have already done. Reflection can help you learn from these experiences. One way to practice reflection is to write down daily entries in a reflective journal.

A reflective journal can help you to identify your behaviors and help you improve going forward. A reflective journal also provides a better understanding of your thought process.



Ideas for Reflective Journals

Gratitude Journal

Focus on the positive things in your life.

Try it! List 3 things that you are grateful for:

- 1
- 2
- 3



All types of journals accomplish the same goal – to help you learn about habits to make healthier changes in life.

Food Journal

Keep a log of food and drinks you are consuming to ensure a balanced and healthy diet.

Try it! List the foods and drinks you consumed today:

Breakfast:

Morning Snack:

Lunch:

Afternoon Snack:

Dinner:

After Dinner Snack:

Are there healthy choices you could try tomorrow?

.....

Physical Activity Journal

Keep a record of your physical activity and/or exercise progress.

Try it! List 3 times you plan to do some type of physical activity this week, then check each one off after you complete it:

1. ☐

2. ☐

3. ☐

Journaling Apps

Try a free app to help you consistently journal:

Foodility is a simple food and exercise tracker

See How You Eat is a photo food journal

Reflect – Guided Daily Journal captures thoughts and feelings

Habit Tracker reminds you to stick to your daily routines and achieve your goals

5 Minute Journal: Self-Care offers a gratitude journal

Self-reflection Journal

Recall a recent event that made you upset and write it down:

Who was involved?

What was the outcome?

Take a few minutes to think about the event ...

What is the most interesting or important aspect of the event?

Were there any challenges?

What have you learned from this that you can apply in the future?



"A goal without
a plan is just a wish."
— Antoine de Saint-Exupery



Goals

To create new healthy habits, set a goal to:



Bridge the gap
from a dream
to reality.



Give you
something to
work toward.



Make
you feel
confident.

We should all set goals that are **SMART**



SPECIFIC

Say exactly what you want to do.
Example: Eat breakfast.



MEASURABLE

Define how you will measure the goal, so you know if you have achieved it.
Example: I will write in my journal what I plan for breakfast for the next day, and track every time I'm successful in eating breakfast.



ACTION-ORIENTED

A goal should be something you do — the process — not something that happens as a result — the outcome.
Example: The goal of eating breakfast is the process. The outcome is I won't be starving by lunch and 'hangry' which often makes me choose fast foods.



REALISTIC

Set goals that you can control and that you believe you can reach.
Example: I will aim for breakfast 3 days this week, and 4 days next week.



TIMELY

Set goals with a certain time frame so you have a deadline to meet.
Example: I will work on this over the next two weeks.

Remember to set goals that are **YOURS**, and don't compare yourself to anyone else!

Ready, Set, Goal!



Try writing down two SMART goals and reflect on your goals.

	Short-Term Goal (days or weeks)	Long-Term Goal (months or years)
Setting Your SMART Goal		
What is the goal? (Make it specific and realistic)		
Steps I'll take:		
Who will I ask to help me:		
How I will know when I've achieved it:		
When it will start:		
When I plan to achieve it:		
Reflecting on the Goal		
Challenges that may occur:		
Solutions to the challenges:		

Getting to Your Goals

What is motivation?

Motivation is the reason we do something. It gets you charged up or excited about doing something.

Think about what motivates you to reach your goals.

It's important to celebrate when you reach your goal! Talk to your family and friends about supporting you in your celebration.

Some ideas for rewards:

- Plan a special meal with your family or friends.
- Ask your family for a special privilege, like a later bedtime or extra screen time.
- Plan a game or movie night.
- Make a special craft (a drawing, friendship bracelet, or maybe a kindness rock). Watch your collection of crafts grow as you continue to meet new goals!



Document your motivations and celebrations

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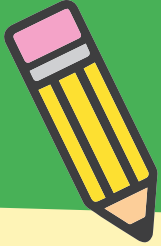
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Track Your Goals

You've learned about reflective journaling, which can also be helpful to keep yourself on track with achieving your goals.



Don't Break the Chain!

The "Don't Break the Chain" method can help you commit to working on your goals every day. You track each day that you've worked toward your goal with an "X" on a calendar. The idea is that you want to see a continuous string of X's, creating a chain that you won't want to break!

Try using this tracker. Mark an X for each day that you worked on one of your goals.

Goal:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What's the longest streak of X's on your tracker?

Did you face any challenges? How can you address them next week?

Try it Again!

Goal:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What's the longest streak of X's on your tracker?

Did you face any challenges? How can you address them next week?

There are many free apps to track your chains, too. Try "HabitShare" which allows you to track habits with friends.



"There is no elevator to success. You have to take the stairs." — Anonymous

You!

Only YOU can make your goals a reality.
Here are ways to make it easier:

Find an accountability partner (or partners!) to:

- Exercise with you
- Share healthy recipes
- Have open and honest conversations
- Limit online activities such as scrolling through social media
- Come to camp with you!



Your accountability partner(s) might be family or friends, especially those from camp.

List a few people you will ask to hold you accountable to your goals:

Some friends or family may not want to join you in your journey and that's ok. Choose what is best for you, and politely let others know if their habits are impacting yours. You can do this by:

- Being a role model for others
- Sharing what you learned at camp
- Explaining why healthy habits make you feel good

We often face challenges when we are working toward goals. It's ok.

- It's ok to get off track. It happens to everyone! Today is always a good day to start again.
- Reassess your goals. Is there a way to break it up into smaller, more achievable goals?

What will you do if you get off track from your goals?

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**"Congratulations!
Today is your day.
You're off to Great Places!
You're off and away!"** Dr. Seuss

Tips For an **ENERGIZED** Family

We know that everything is easier when you are part of a team. Here are some ways your family can create an **ENERGY** team:

T **TALK** with each other. Family members should be willing and available to talk about health, emotions, making changes, struggles they're facing, and goals to achieve. Don't worry if you aren't sure how to respond – often, the most important thing about talking is actually just listening!

E **ENCOURAGE** each other. You can help your family by being a cheerleader. When you see someone making healthy changes, take time to point it out and praise them. If you see them having trouble, or getting down on themselves, pick them back up with words of confidence. If kids or adults know you believe in them, they will believe in themselves. Below are some quick tips:

- Praise **often and right away**.
- Praise needs to be **honest** for it to work.
- **Be positive**. Even if it wasn't perfect, focus on the good things or ways to improve for next time.

A Provide **ASSISTANCE**. We all do much better with making and sticking with healthy habits when we have accountability partners doing it with us. You can assist your family with healthy eating habits by buying and serving more vegetables and whole grains. Even better, you can encourage them to prepare new foods! Try building in time for the whole family to be active, like after dinner walks.

M **MODEL** healthy changes. When we see each other engaging in healthy habits in how we grocery shop, cook, eat, move around, and cope with our emotions, others learn from what they see, not just what they hear. If you get excited about ENERGY healthy habits, others will too. If you make time to be active, they will see the value in being active themselves. We learn by example. Don't worry if you aren't perfect. Someone who can model trying, and troubleshooting mistakes, is often more helpful than someone doing it perfectly.

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 gocampenergy.org

Camp ENERGY staff are standing by throughout the year to support you on your journey to an ENERGY lifestyle! Please reach out to us at any time.

