

Healthy Hints for Teens

Molina Healthcare of California • Fall 2014



Goal Setting and YOU

Do you ever struggle with school, fitness, or confidence? Do you want to begin improving your life, but just don't know where to start? The answer might not be as hard as you think. Have you ever tried setting personal goals?

Goal setting is a great way to tackle life's challenges and improve your self-confidence. Whether you struggle with getting good grades, eating right, or staying active, setting goals can help you to become better **at dealing with daily challenges**.

Here are some tips for great goal-setting:

1. Decide what you want to accomplish, it starts with **DESIRE!**
2. Make a plan and **COMMIT** to sticking with it
3. Set **SMALLER GOALS** that will push you every day
4. Keep goals **CHALLENGING**, but realistic
5. Make sure you can **MEASURE** your progress
6. **GRADE** yourself, how are you doing?
7. If you are doing well, **REWARD** yourself. Be your own biggest **FAN**
8. **NEVER GIVE UP!** Remember, **YOU** wanted it, **YOU** committed to it, so keep going!

Goals don't have to be complicated. Here's an example—counting your steps is a simple and fun way to stay in shape. First, you need a pedometer, which is like a clock that automatically counts your steps. Wear the pedometer for one day and see how many steps you take. Can you do better? Set a goal for how many steps you want to walk and track your progress each day. Maybe you could start out with 500 steps per day, and work your way up. It may seem like a lot, but you'll be surprised that small changes can make a big difference. Keep trying to improve and to reach your goal.

It won't always be easy, but it will be worth it. Not all goals have to last a whole year or longer. Actually, the best goals can be short. Getting in the habit of setting small, powerful goals each day will help you improve and become the best version of **YOU**.

We want you to start making goals, and counting your steps can be a great start. If you want a FREE pedometer, just email us at HealthEducation.MHC@Molinahealthcare.com and we'll send you one in the mail. You can start counting steps and making goals!

In This Issue

Goal Setting and YOU	pg 1
Key to Goal Setting	pg 2
App Corner	pg 2
Teens... Protect Your Health! Get Your Check-Up Today!	pg 3
After-School Apple Pie	pg 4

Message to Parents

If you do not want the Healthy Hints for Teens newsletter sent to your home, just let us know. Please call Molina Health Education Department at (866) 472-9483, Monday through Friday between 8:30 a.m. and 5:30 p.m.

Mensaje Para Padres

Si no desea que enviemos nuestro folleto informativo titulado Healthy Hints for Teens (Sugerencias Saludables Para Adoloscenes) a su domicilio, por favor llame al Departamento de Educación de la Salud al (866) 472-9483, de lunes a viernes de 8:30 a.m. a 5:30 p.m.

All rights reserved. All information has been written and reviewed by doctors, nurses, health educators, and registered dietitians. All material in this newsletter is for information only. This does not replace your doctor's advice.

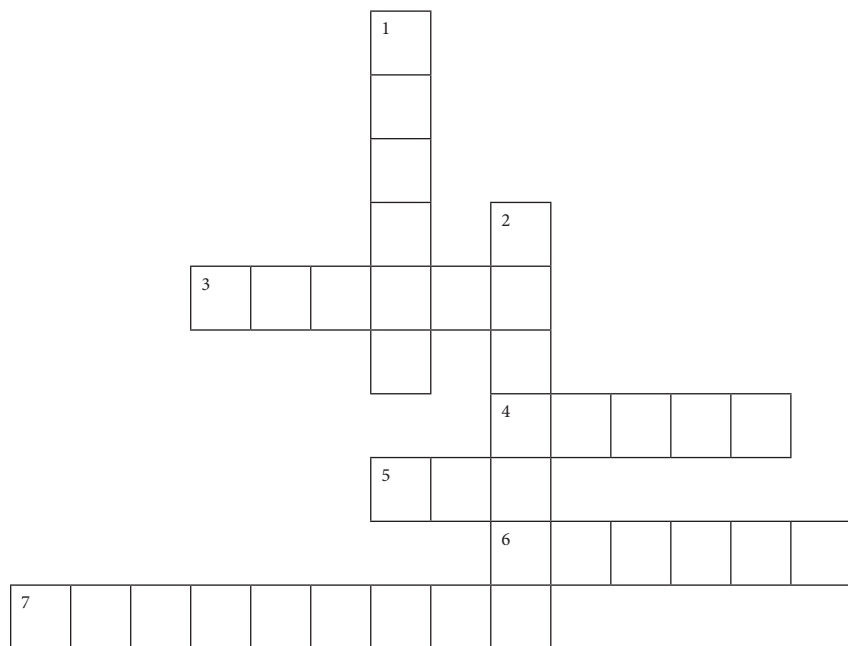
Go to www.MolinaHealthcare.com to find a list of doctors who work with teenagers. If you would like to change your PCP to one of these doctors, please call Molina Healthcare Member Services at (888) 665-4621 (Medi-Cal or Healthy Families).

Molina Healthcare does not discriminate in providing medical care on the basis of preexisting health conditions, race, color, religion, age, national origin, disability or sex.



40097CA1014

Key to Goal Setting



ACROSS

- 3 wanting it
- 4 size of best goals
- 5 who's the goal for?
- 6 when you reach a goal
- 7 push yourself

DOWN

- 1 never give up
- 2 check how you're doing

Hint - Use the "tips for great goal setting" from the "Goal Setting and You" article on the first page.

Answers: Across: 7 - challenge, 9 - reward, 5 - you, 4 - small, 3 - desire, Down: 2 - measure, 1 - commit

CHECK US OUT AT:
www.MolinaHealthcare.com



<https://www.facebook.com/MolinaHealth>



<https://twitter.com/MolinaHealth>



<http://www.youtube.com/user/MolinaHealthcare>

GOAL TRACKER APP

4.3/5.0 RATING

Description:

- GoalTracker is easy to use and free! It helps you track and reach your goals.
- Use GoalTracker to set daily, weekly, or monthly goals. Goals could be for fitness, school, sports, or creating new hobbies.
- Write down all the things you want to do. It will send you a friendly reminder every day!

- Available on Google Play
- For all ages



APP CORNER

Questions about your health?

CALL OUR NURSE ADVICE LINE!

English: (888) 275-8750
 Spanish: (866) 648-3537

OPEN 24 HOURS!
 Your family's health is our priority!

For the hearing impaired please call
 TTY (English): (866) 735-2929
 TTY (Spanish): (866) 833-4703
 or 711



MHI Corporate Health Communications
200 Oceangate, Suite 100
Long Beach, CA 90802

Tasty and Terrific Snacks!

After-School Apple Pie

2 Graham Crackers
¼ cup Light Cream Cheese
1 Apple
1 teaspoon Brown Sugar
Sprinkle of Cinnamon

Chop apples into small pieces.
Mix with brown sugar in a bowl.
Microwave the apples for one
minute. Spread a thin layer of light cream
cheese on the crackers. Place apples on
the cream cheese and sprinkle cinnamon
on top.

Also, you can use bananas or berries.
Enjoy!



Dr. Cleo says: “Take good care
of your health.”

