

Fall 2015 Teen Newsletter

Back to School Edition



Managing Stress

With the start of a new school year, you may be scared, excited or nervous. The demands of school, after school activities, and family can cause stress. They may lead to using harmful methods to cope.

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What is stress?

Too much stress can affect the mind and body. Stress can affect many parts of your body that you may not realize. For teens, school is one of the top stressors.

Example of stressors include:

- Homework/school
- Family
- Working in group settings
- Activities outside of school
- Many things to do in so little time

Helpful tips to lower stress:

- Try to find a balance between school and personal time. It's ok to have fun too!
- Find an activity you enjoy, such as Zumba, swimming or team sports.
- Eat a balanced diet, including fruits and vegetables.
- Take a 20-minute nap during the day.
- Talk to a close friend, family member, or doctor if you need help to lower your stress.
- Take breaks between tasks.
- Take slow, deep breaths.



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Why is Exercise Key?

Working out daily is one of the best ways to improve your health and relieve some stress. You will feel better, sleep better, look better and have more energy to do things. Make working out fun by doing things you enjoy. Exercise is not just running or jogging! It can be any activity that involves movement. You can do it in the comfort of your home or with a group of friends!

Engage in movement during TV ads or during a study break! Every 1 hour of TV has 20 minutes of ads.

Tips:

1. Squats - Remember to keep your feet shoulder width apart.
2. High knees - Lift your knees up to your chest, like you are marching in place.
3. Lunges - Make sure your knees do not bend past the tips of your toes.
4. Push-ups- You can do push-ups with your knees or feet on the ground.
5. **Count your steps. It is a fun way to motivate you and track your activity. If you want a FREE pedometer, email us at HealthEducation.MHC@Molinahealthcare.com with your Name, Date of Birth, Address, and Member I.D. We will send you one in the mail.**
6. For information on physical activity for individuals with limited mobility, please visit <http://www.nchpad.org/> and click on the Individual and Caregivers tab.

Remember to stretch before and after any work out!



Importance of Rest/Sleep

With so many events throughout the week, it may be hard for you to get enough sleep. Sleep is crucial during the teen years because you are growing at a fast rate. Teens should get about 9 hours of sleep each night. However, most teens are getting less than that. Lack of sleep may take a toll on your mental and physical health. This can cause you to lose focus during the day.

Helpful tips to get the right amount of sleep:

- Cut back on watching TV or looking at a screen (phone or laptop) close to bed time.
- Avoid caffeinated drinks after 3 PM.
- Try taking a 20-minute nap during the day. This will make you more alert and improve your mood and memory.

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App Corner

Evernote



This app is great for keeping things in order! It allows you to type notes, scan images, create lists, save research links as well as keep web articles, files and photos in one place. It allows you to view your files across all devices so you can access them anywhere!

Fooducate



This app is great to learn about healthy eating habits! It allows you to scan bar codes on packaged food items in order to make sense of the food label. The app grades the product for you with an A, B, C or D. You can also track your food intake and workouts in order to reach your fitness goals.

Protect Your Health! Get Your Check-Up Today!

The chart below shows the immunizations you will need as you grow through your teen years. Be sure to schedule your yearly check-up today.

	11-12 Years	13-15 Years	16-18 Years
Diphtheria, Tetanus, Pertussis	Tdap		
Meningococcal conjugate	MCV4		MCV4
Human papillomavirus	HPV		
Influenza (Flu)	Influenza (every year)	Influenza (every year)	Influenza (every year)

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Snack Attack!

Tasty Parfait

Ingredients:

- ½ cup plain or vanilla yogurt
- ¼ cup frozen berries
- ½ banana
- 1/8 teaspoon vanilla extract
- Pinch of cinnamon

*Feel free to substitute berries for any other fruit!

Combine the yogurt, vanilla and cinnamon. Top it off with the frozen berries and banana. Serve in a glass and enjoy!



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Importance of a Balanced Diet

What you eat can greatly affect your health and mood throughout the school day. Eating a poor diet can make you feel lazy and tired. Remember it is crucial to eat a balanced diet that includes fruits, vegetables, and whole grains to provide your body with the nutrients needed to thrive.

Helpful tips:

- Do not skip breakfast
- Drink at least 8 glasses of water each day
- Eat five servings of fruits and vegetables each day

The Food Guide

How can you plan your meals using the Choose My Plate Guide?



Limit solid fats, such as butter, margarine or lard.

Keep consumption of saturated fats, trans fats and sodium low.

Choose foods low in added sugar.

Category	Grains	Vegetables	Fruits	Oils	Milk	Meats and Beans
Recommendation	Half of all grains consumed should be whole grains.	Vary the types of vegetables you eat.	Eat a variety of fruits. Go easy on juices.	Most fat should be from fish, nuts and vegetable oils.	Eat low-fat or fat-free dairy products.	Eat lean cuts, seafood and beans. Avoid frying.
Daily Amount <small>Based on 2,000 calorie diet.</small>	6 oz.	2.5 cups	2 cups		3 cups	5.5 oz.

Recommended nutrient intakes at 12-calorie levels can be found on ChooseMyPlate.gov.

source: ChooseMyPlate.gov
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Eat This, Not That

Eat This	Not That
Orville Redenbacher Smart Pop Up Butter – 6.5 cups popped Calories – 120 calories Fat – 2 grams Sodium – 290 mg	Pop-Secret Extra Butter Popcorn – 4 cups popped Calories – 190 Fat – 12 grams Sodium – 300 mg
Nabisco Toasted Chips, Wheat Thins (Veggie) – 16 chips (28 g) Calories – 120 Fat – 4 grams Sodium – 290 mg	Cheetos Flamin Hot Crunchy – 1 oz Calories – 160 Fat – 11 grams Sodium – 250 mg
Ellios Cheese Pizza – 2 slices Calories – 230 Fat – 6 grams Sodium – 490 mg	Hot Pockets (Pepperoni Pizza) – 1 piece Calories – 340 Fat – 17 grams Sodium – 740 mg
Plain Water No Calories, Fat or Sugar	Coca Cola – 12 oz. Calories – 140 Sugar – 39 grams
Kashi TLC Peanut Butter Chew Granola Bars – 1 bar Calories – 140 Fat – 5 grams Sugar – 5 grams	Jif Peanut Butter Chocolate Flavored Granola Bars – 1 bar Calories – 190 Fat – 11 mg Sugar – 12 grams



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