



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## CATCH MESSAGE #1: Physical Activity

### How Does Physical Activity Help You?

- Improves your concentration, so you perform better at home, work, and school
- Increases your strength and stamina
- Makes your heart stronger

### How Much Physical Activity Should You Do?

- At least 60 minutes every day of the week

In a busy schedule, it may be hard to find time for physical activity. But it's worth it! Family members can get moving by walking a dog, pushing a stroller, washing the car, dancing in the living room, cleaning floors—or, of course, by playing games and sports.

### Name 2 ways your family can do more physical activity.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_

## CATCH MESSAGE #2: Healthy Eating

Kids, teens, and adults can use the CATCH GO–SLOW–WHOA list to help them make healthy food choices.

### GO FOODS

Fruits and vegetables, whole-grain foods, and unsweetened 1% milk  
Commonly described as “whole foods,” which means they’re usually the least processed

Lowest in salt (sodium) unhealthy fats (butter or lard) and/or added sugars. They’re also lowest in unhealthy fats

Higher in healthy fats, which are vegetable oils

### SLOW FOODS.

Sweetened (including flavored) 1% milk, refined-grain foods, and fruit with added sugar.

Fruits and vegetables with added salts, sugars or fats

### WHOA Foods

Candy, cookies, chips, fried foods, ice cream, soft drinks, and sugary cereals.

Usually the most processed and are highest in unhealthy fats, added sugars, and/or salt.

All foods can fit into a healthy diet, and a healthy diet is made up of more GO foods than SLOW foods, and more SLOW foods than WHOA foods.

## CATCH MESSAGE #3: Energy Balance

Here’s a simple but important idea when you’re trying to live healthy: energy balance. It means taking in about the same number of calories as your body burns, or uses.

To help your body stay in energy balance:

- Be physically active almost every day.
- Eat more GO foods than SLOW foods, and more SLOW foods than WHOA foods.

### Do You Know?

How many hours would you need to walk in order to burn the calories in a double cheeseburger, large fries and large soft drink?

A: 6 hours

