### GET THE NUTRITION BASICS

| Carbohydrates: The #1 source of energy to sustain youth during physical activity. | Fruits, vegetables, breads and grains are carbohydrates. | Brown rice, Couscous, Graham crackers, Rice crackers, Reduced fat Triscuits, Rice noodles, Buckwheat or soba noodles | Whole grain bread, Corn tortillas, Apples/ Bananas/ Oranges, Mangoes, 100% fruit/ vegetable juice, Fruit and nut trail mix | Apple chips, Honey, Jicama, Cole slaw, Nopales |
| Protein: Maintains muscle, supports growth and satisfies hunger. | Meats, beans, seeds/nuts, dairy products and meat alternatives are high in proteins. | Turkey/Beef jerky, Turkey lunch kit, Teriyaki chicken bowl, Chicken skewers, Chicken/beef fajitas | Cheese ravioli, Stuffed chicken breast, Garden/Boca Burgers, Black beans, Three-bean salad, Cottage cheese | Soy milk, Lowfat pudding cups/ yogurt, Licuados made with low or nonfat milk |
| Fats: Supports energy needs, growth and development. | Nuts, seeds, avocados and oils are high in healthy fats. | Avocados, Cashews, Peanuts/Almonds/Walnuts, Hummus/ Tahini, Peanut butter/Almond butter, Sunflower seeds, Pumpkin seeds | | You can eat fat before exercise and in small amounts throughout the day. Avoid fats during or after exercise. |

For a complete list of healthy snacks, sample menus and recipes, download CANFIT’s Healthy Snack Guide at www.canfit.org.

### ASSESS YOUR PROGRAM

Use this checklist to conduct an inventory of how the snack patterns at your program support physical activity and to see where changes can be made. Choose one or two of the guidelines to start.

<table>
<thead>
<tr>
<th>DOES YOUR PROGRAM . . .</th>
<th>YES</th>
<th>NO</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Provide water with all snacks, especially during physical activity?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Avoid packaged foods with sugar listed as the first two ingredients?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Serve fresh fruits and vegetables every day?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Serve a variety of snacks from different food groups?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Choose the reduced-fat and reduced-sodium snacks when possible?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Serve only 100% fruit juice?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Combine a protein with a carbohydrate for an after activity snack?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Pick whole grains, as listed in the ingredient list, for all bread products?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Follow the calorie requirements for snacks? elementary schools — 175 calories per item; middle and high schools 250 calories per item</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Provide culturally relevant snacks, such as pico de gallo with corn tortillas or peanut sauce with soba noodles?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
If you’ve followed the steps in ACTIVEX, you’re already offering youth exciting, effective physical activity, but every strong physical activity program continues to evolve over time. Youth can get tired of the same activities, and the needs of your program two months or two years from now may be different than your current needs. In this section, you will find a number of great resources that you can use to help your physical activity program stay strong today and in the future.

**CANFIT RESOURCES**

Download physical activity and nutrition resources at: www.canfit.org/publications

**SUPER MANUAL**
CANFIT’s Super Manual is an all-in-one resource for after school providers, teachers, program managers, mentors, and any youth service provider who wants to incorporate nutrition education and physical activity into their everyday programming. From basic background information to detailed lesson plans, handouts, and recipes, the Super Manual has it all. The 135-page guide contains program ideas, tips on evaluation, assessment tools, curriculum standards, and 25 different nutrition and physical activity lesson plans that are contemporary, educational, and best of all, fun! Get the order form at: http://canfit.org/images/uploads/CANFIT_Super_Manual.pdf

**P.H.A.T. (PROMOTING HEALTHY ACTIVITIES TOGETHER)**
CANFIT launched the Promoting Healthy Activities Together (P.H.A.T.) program in 2002. P.H.A.T. embraces music, dance, emceeing, and other elements of hip-hop culture to improve the nutrition and physical activity knowledge, attitudes, skills and behaviors of today’s youth. The program consists of a curriculum kit (which includes a DVD, music CD, and guidebook) and training for youth service providers. The DVD contains interviews with youth, a hip-hop DJ, and a registered dietitian emphasizing the need for students to drink adequate water and start reducing their risk of chronic disease through smarter food and activity choices. Get P.H.A.T for your program: http://canfit.org/our_work/programs/phat/

**99 WAYS TO MAKE YOUR AFTER SCHOOL PROGRAM EVEN HEALTHIER**

The 99 Ways Toolkit is an interactive booklet (available in English and Spanish) that provides everything from nutrition and fitness lesson plans to shopping menu tips to strategies to involve parents and community members—all to help you make your after school program and your community healthier places for youth and families. Download for free at: http://canfit.org/pdf/CANFIT99Ways.pdf

**HEALTHY AFTER SCHOOL SNACK GUIDE**
The Guide helps staff serve healthy snacks while respecting the unique challenges that after school programs face, such as funding, equipment limitations and cultural influences. The guide contains helpful tips on how to start serving snacks as well as sample menu plans that make it easier for you. For those already providing healthy after school snacks, the guide contains several new recipes and additional snack ideas. Available in Spanish. Download for free at: http://canfit.org/our_work/programs/snackguide

**PHYSICAL ACTIVITY**

**RECOMMENDED QUICK LINKS**

- **After School Physical Activity**
- **Alliance for a Healthier Generation**
  - http://www.healthiergeneration.org/
- **Eat Smart, Play Hard**
  - www.fns.usda.gov/eatsmartplayhard
- **California After School Resource Center (CASRC)**
  - http://www.californiалаfterschool.org/c/$(AiiZEclkr TW_k/Pages/physical_activity.html
- **California Association for Health, Physical Education, Recreation and Dance**
  - www.caahperd.org

**California Center for Physical Activity**
- www.caphysicalactivity.org

**National Association for Health & Fitness (NAHF)**
- www.physicalfitness.org

**Operation FitKids: Free Curriculum!**
- www.acefitness.org/ofkyouthfitness/default.aspx

**PE Central**
- www.pcentral.org

**SPARK After School, Sports, Plan and Active Recreation for Kids.**
- www.sparkpe.org

**Sport Time: Sports Equipment and Supplies**
- www.sporttime.com

**Yoga Ed**
- www.yogaed.com

**VERB: Physical Activity**
- www.cdc.gov/youthcampaign/index.htm

**NUTRITION & BODY IMAGE INFORMATION RESOURCES**

**Body Positive**: www.bodypositive.com
A website about boosting body image at any weight. The Body Positive looks at ways we can feel good in the bodies we have and reminds us that our bodies hear everything we think.

**GirlTalk**: www.livezone.com/girltalk
A website designed for girls to learn about growing up. It includes information on nutrition, physical activity, eating disorders and healthy snacks.

**Body and Soul Wellness Program**: www.bodyandsoul.nih.gov/index.html

**Nutrition for Teens**: www.library.thinkquest.org/10991/nutriquiz.html

**CHOW: Nutrition Curriculum Grades 7-12**: www.cspinet.org
PHYSICAL ACTIVITY TRAININGS FOR PROGRAM STAFF AND YOUTH

CANFIT
www.canfit.org
CANFIT trainings are designed for youth providers and community members who work with adolescent youth. In our train-the-trainer approach, we deliver hands-on ways to empower the community around creating a healthier environment for youth. We have a variety of food, nutrition, physical activity and policy related trainings as well as trainings in Spanish.

SPARK
www.sparkpe.org
SPARK provides a training method (organized by age level) for youth providers on how to incorporate activity into their school programs. SPARK has workshops and curricula on how to implement SPARK that are specific for these 5 areas: Early Childhood, K2, 3-6, 6-8, Lifelong Wellness, and After School Training; Standard 1-day (6 hours) or Premium 2-day (12 hours) trainings available.

Team Up For Youth
www.teamupforyouth.org
TUFY provides trainings for youth development in AS programs & believes that sports can be a powerful vehicle to encourage the development of youth. TUFY targets ethnic youth of all ages (especially girls) in low-income neighborhoods around the San Francisco Bay Area and has the following community based trainings: Team up Training camp, Girls in Sports, Measuring Quality, Games, Sandwich Chat, & Positive Behavior Management Training: 1/2, full, and 2-day trainings available.

Play Works
www.playworks.org
Play Works (formerly Sports4Kids) promotes play from a physical, emotional, and cognitive standpoint and uses physical activity programming as a framework for youth development. It works with low-income public schools with 50% or more free or reduced lunch eligible students. Program is year round and implemented in surrounding areas of Baltimore, Boston, DC, and San Francisco. Play Work's program includes 5 components that are implemented at each school and has trainings in Sports & Play, Conflict Resolution, and Violence Prevention.

Find more physical activity training provider options here: http://canfit.org/pdf/Trainings%20in%20PA.pdf

BIBLIOGRAPHY


ACKNOWLEDGEMENTS

Support of the ACTIVE8 Toolkit was provided by a grant from the California Endowment as part of the Healthy Eating Active Communities Initiative (HEAC).

ACTIVE8 was created and co-written by CANFIT Program Director Lloyd Nadal, with contributing authors Misty Avila and Mariah Martin.

Special thanks to Siamac Ehsan, Phyllis Fang and CJ Premyodhin.

CANFIT, ACTIVE 8 Physical Activity Toolkit. September 2011. Copies of this publication can be accessed online at www.canfit.org.
Since its inception in 1993, CANFIT has led the field of adolescent nutrition and physical activity by working in partnership with lower income communities and communities of color to design innovative, culturally specific interventions that address the root causes of health disparities. Our high-impact public policy engagement and long-standing grounding in diverse communities extends from crafting guidelines in state policy committees to serving as a conduit for policy implementation to collaborating with policy think tanks. From community models to policies, we build momentum for widespread change that allows lower income youth of color to thrive.

CANFIT’s mission is to work with communities, youth and policymakers to develop culturally resonant policies and practices that improve food and fitness environments for youth in lower income communities of color. CANFIT primarily focuses its work supporting and working in partnership with lower income, African-American, American Indian, Latino/Hispanic, Asian-American and Pacific Islander youth.