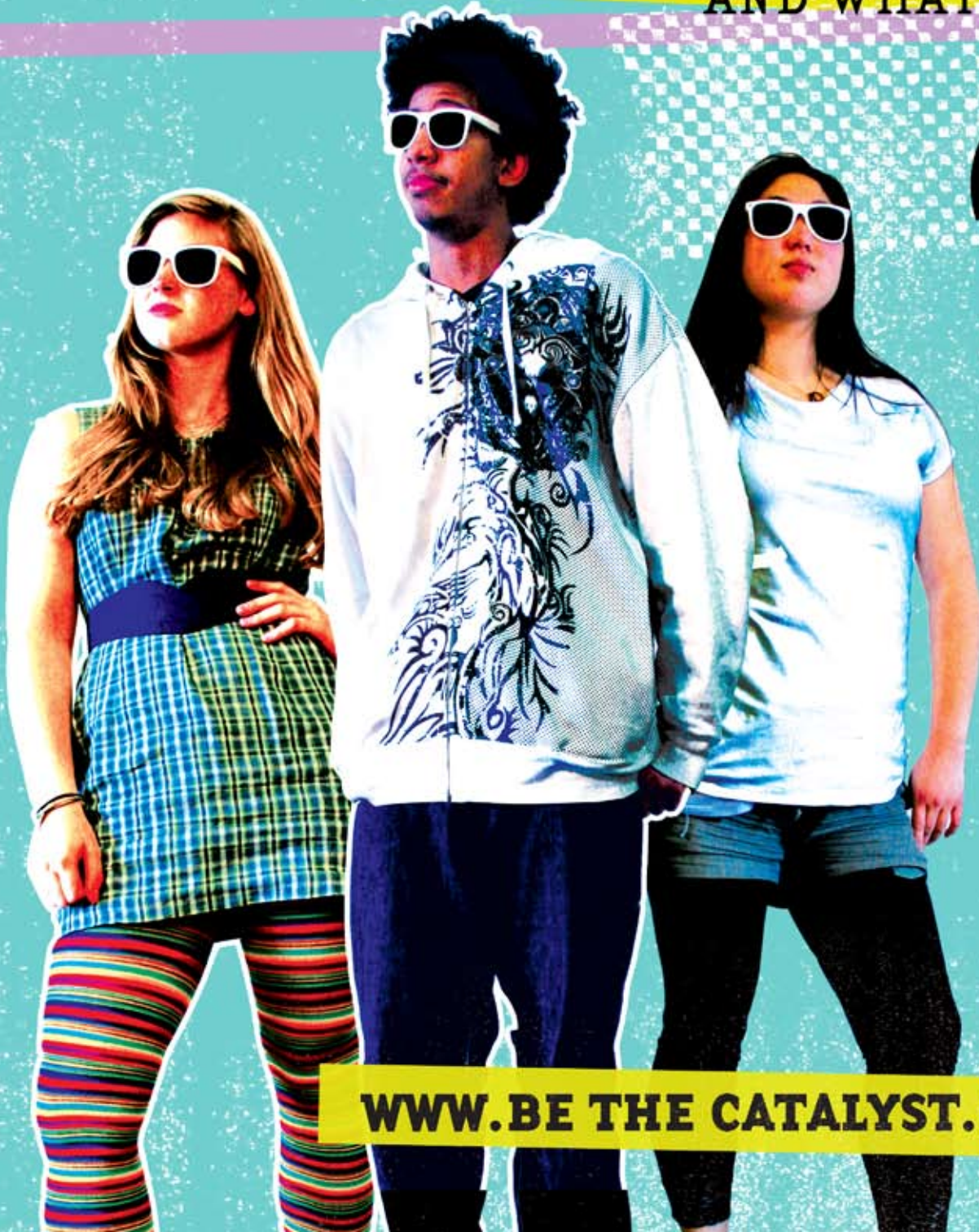


# ACTI WATE: U

ACTIVE IN WHAT YOU EAT  
AND WHAT YOU DO



[WWW.BE THE CATALYST.ORG](http://WWW.BE THE CATALYST.ORG)

# ACTIVATE: U WELLNESS WEEK AT YOUR SCHOOL!

Help launch the ACTIVATE: U campaign in your school by creating a week of wellness activities to promote awareness about healthy living, and discover what changes could be made in your school to make it a healthier place to learn and grow.

There is a lot that can be done in five days. Here are some ideas. Feel free to add your own as well.



## START WITH POSTERS AND VIDEOS!

### POSTERS

Catalyst can provide you with posters to hand around your school with info about how to reach Catalyst to get more involved. We can also come to your school and offer screen printing so you can make the posters yourself and create an event to make and hang Activate: U posters.



### VIDEOS

Catalyst has some great videos that are not your average health promotion videos. They are funny, and they are made by other high school students in Minnesota. If you have video monitors around your school, showing these videos is an easy and fun way to get people interested.



## HEALTH CLASS

Catalyst has lots of interactive games and lesson plans that your teacher can download and use in class during ACTIVATE:U week. We are also willing to come in and offer presentations in your class.



## ROGUE EVENT:

We are organizing monthly events for students to gather and get active. You can organize one at your school too. This can be anything from capture the flag, sledding, skating, yoga, basketball. You name it!

## EVALUATIONS

Another way to help improve your school's healthy rating is to find out what needs to be fixed.

A good way to start is to evaluate your school cafeteria. We can offer you simple evaluation forms to distribute to get your peer's opinions on what they think about the food options in the cafeteria. Are there fruit and vegetable options? Is the food affordable? What would you change, etc.

## WE CAN HELP!

You can have Catalyst come into your cafeteria and set up a table with lots of information, buttons, posters, and ways to get involved. We're happy to come to your school on your evaluation day and help.



# EVALUATIONS

**How many days a week do you eat school lunch?**

**Circle all that apply**

- \* I am a vegetarian
- \* I am a vegan
- \* I have food allergies

**There are plenty of options for school lunch**

- \* Strongly Disagree
- \* Disagree
- \* Agree
- \* Strongly Agree
- \* No Response

**There are plenty of healthy options available for school lunch.**

- \* Strongly Disagree
- \* Disagree
- \* Agree
- \* Strongly Agree
- \* No Response

**If you ran the cafeteria, what would you change?**

**If you ran the cafeteria, what are a few dishes you would add to the menu?**

# MORNING ANNOUNCEMENTS

Morning announcements are a great way reach your whole school at once!

Talk to your Principal about reading these healthy facts over the school's morning announcements during your wellness week.



## HERE ARE SOME IDEAS!

### TOP 10 FOODS TO BURN CALORIES:

(read two facts per day starting with #10 and count down to the number one calorie burning food)

- **Cayenne Pepper:** There's a reason you sweat when you eat spicy foods. Cayenne pepper, one of the best fat-burning spices, burns calories by triggering a thermodynamic burn that lasts hours after eating.
- **Cinnamon:** As little as a ¼ teaspoon of cinnamon added to food helps your body to metabolize sugar 20 times faster and lower your body's blood-sugar levels.
- **Ginger:** Ginger is a vasodilator, meaning it expands the blood vessels and increases body heat and metabolism by 20%. Ground, pickled, candied or fresh, it works in all formats to burn fat. Ginger's vasodilation properties also means that it detoxifies your body as it stimulates circulation.
- **Citrus Fruits:** Oranges can be eaten in many ways -- juiced, peeled and eaten fresh -- but why waste the peel? Peter Tutera suggests using the halves of orange peels as "bowls" for a scoop of vanilla ice cream. In citrus fruits, it's the vitamin C that is the fat-burning component because it reduces fat's effectiveness and can liquefy or dilute it so that it exits the body. Add some lemon to your water, drink orange juice, and eat grapefruit in the morning.
- **Apples and Berries:** You need to use the NorPro Red Apple Timer and keep it on your countertop to remind you that apples (along with berries) are a fantastic source of pectin, which limits the amount of fat your cells absorb because of its water-binding properties.
- **Soybeans:** Soybeans contain lecithin, which helps your body to keep your cells from accumulating fat. If you don't have the time to steam them frozen, just snack on dried or roasted ones.
- **Bananas:** Bananas have approximately 450 mg of potassium, a naturally occurring chemical that boosts metabolism and regulates the body's water balance.
- **Essential Fatty Acids:** Salmon, along with tuna, herring, and mackerel, are all excellent sources of essential fatty acids, or EFAs. Consume fish regularly lowers levels of a protein hormone called leptin, which has been linked to a slower metabolism and obesity.
- **Garlic:** Garlic is a natural antibiotic, a blood sugar regulator, and also works like a thermogenic in the body. It boosts metabolism and keeps insulin levels low to maximize fat burning.
- **Dairy Products:** Calcium and protein in low-fat dairy products promote weight loss and help to maintain muscle mass.