

# New Moves...what's it all about?

**New Moves is a physical education class for girls...and so much more!**

This is the first in a series of postcards you will receive from New Moves that:

- 🌸 Help keep you informed about what your daughter is learning in class.
- 🌸 Provide tips to help your daughter make healthy choices about eating and exercise in a world that sometimes makes that hard.

Look for "talk about it" conversation starters on the back of each card!



## Why New Moves?

New Moves wants girls to feel good about themselves and bring about positive changes in physical activity and eating to improve overall health.

## Why girls?

Many girls become less active in their teen years. In fact, many get little or no physical activity and tend to eat less healthy foods.

## What will my daughter do in New Moves?

- ✿ Learn new activities that will help her be active for a lifetime
- ✿ Discuss social stressors and pressures faced by young women today
- ✿ Try different activities such as yoga, hip-hop dance, and kickboxing led by community guest instructors
- ✿ Talk about how to eat healthfully and get to try healthy and tasty foods
- ✿ Meet with a New Moves coach to help set goals and a plan for reaching them

New Moves  
parent postcard #1

Talk about



Ask your  
daughter  
about the  
New Moves  
goals!

## Balancing health and body image

Parents often find it hard to talk to their children about making healthier food choices and being physically active in a way that doesn't have a negative impact on their child's body image.

### What the research says...

Adolescent research supports four principles that parents can follow to encourage a lifetime of healthy eating, positive body image, and physical activity.

Turn over this card to learn more about how to balance helping your teen engage in healthy eating and exercise behaviors and have a great body image at the same time.



## Four principles for promoting a healthy weight and body image in your teen

New Moves  
parent postcard #2

### Model healthy behaviors for your children

- Avoid dieting and skipping meals
- Don't make weight-related comments
- Engage in physical activity you enjoy
- Model healthy eating patterns and food choices

### Focus less on weight, instead focus on behaviors and overall health.

- Adopt healthy behaviors without focusing on weight loss
- Help your teen develop an identity that is beyond physical appearance
- Establish a no-tolerance policy for weight-teasing in your home

### Provide an environment that makes it easy to make healthy choices.

- Make healthy foods and activities readily available
- Establish family meal times that work for your entire family
- Make physical activity a family affair
- Limit TV watching, or exercise while watching TV

### Provide an environment with lots of talking and even more listening.

- Listen and provide support when your teen discusses weight concerns
- Keep the lines of communication open as best you can
- Let your teens know you love them no matter their shape or size

from the book "I'm Like, So Fat!" by Dianne Neumark-Sztainer

Talk about it...



Ask your  
daughter  
how you  
can help her  
make healthy  
choices in  
your home.

## Are models really role models?

Our society makes many girls feel like they don't measure up to females in the media. Models, singer, actors, and even female athletes are often celebrated for what they look like, not who they are as a person.

If your daughter doesn't feel like she measures up to today's standards of beauty, see the back of this postcard for ideas on helping her feel better about herself, inside and out!



## **Body shape and size: every body is beautiful**

Remind your daughter that people come in all shapes and sizes and beauty is more than skin deep. Help her focus on what her body can do, not what it looks like.

## **Take care of the skin you're in!**

Our bodies look and feel better when we take care of them, which is a big body image booster! Take care of your body by making sure you:

- ✿ eat healthy, nutritious foods,
- ✿ are physically active,
- ✿ get enough rest,
- ✿ take care of your emotional health.

## **Body image boosters**

- ✿ Focus on what you like about your appearance. If you have a negative thought, counter it with a positive one, until positive thoughts are normal for you.
- ✿ Wear clothes that feel and look good on you. Buy clothes that fit, regardless of what size they are or what the trends are.
- ✿ Turn off the TV or put down the magazine if it makes you feel bad about your body or appearance. Talk to your daughter about the unrealistic and often unhealthy images that surround us.
- ✿ Spend time with people that help you feel good about yourself. If you must be around people who make negative comments about your appearance or body, let them know their comments are hurtful and are not appreciated.

New Moves  
parent postcard #3

Talk about it...



Ask your  
daughter  
about who  
her role  
models are  
and why!



## Why eat healthy?

Healthy eating the New Moves way means making healthy choices like:

- ✿ eating breakfast every day
- ✿ eating fruits and vegetables
- ✿ choosing water instead of pop, coffee drinks, and other sugary drinks
- ✿ eating when you are hungry and stopping when you are full

It means balanced eating that fuels our bodies and gives us energy, nutrition, and of course, good taste!



How can I help my family eat healthier?

**Make healthy food choices the easy choice.**

Buy healthy foods and make them available at snacks and mealtimes.

**Encourage your teen to be involved with planning, buying, and preparing food.**

Ask your teens what kinds of foods they would like for snacks and meals.

**Plan ahead as much as possible.**

Ask for family input and plan dinners ahead. We know this can be difficult, so ask your teen for help!

**Bring home healthy choices.**

Take a look at your shopping cart before you check out. Does it have a variety of healthy foods and only a few higher in sugar and fat?

**Make small changes.**

Instead of buying regular pop or sugary drinks, choose water, diet pop, orange juice, or milk.

New Moves  
parent postcard #4

Talk about it...



Ask your  
daughter  
about what  
healthy  
eating  
means to  
her!





# Why exercise?



Our bodies are designed to be active, and benefit from regular movement. Being inactive leads to serious health conditions like:

- high blood pressure
- diabetes
- depression
- back pain
- heart disease



**See the back for simple ideas to increase physical activity.**



## Physical activity vs exercise...what's the difference?

Physical activity, quite simply, is movement. Exercise is planned physical activity for the purpose of fitness or health gains. ANY amount of physical activity will improve your health. The more active you are, the more health gains you will receive. It's easier and more fun than you may think...below are some ideas for both physical activity and exercise for the whole family!

### Outdoor fun

walk, run, skate, ski, bike, swim, jump rope, or head to the park!



**Every day**  
take the stairs, walk on your work breaks, bike to work, bike or walk your errands, shop in person rather than online, or do active chores.



### Play a game

kickball, flag football, basketball, softball, frisbee, tag, hopscotch, or any other family favorite. It's much more fun (and stress relieving!) than just watching TV!



**Take a class**  
yoga, dance, martial arts, fitness classes, tai chi, kickboxing, zumba, and many more options!

New Moves  
parent postcard #5

Talk about it...



Ask your daughter about her favorite ways to be active!

The New Moves class is coming to an end but  
the New Moves activities don't stop here!

**For your teen:**

Weekly New Moves Lunch Bunch



Individual sessions with a personal coach

Questionnaires and U of MN field trip

**And for everyone:**

New Moves parent event!

More details on the back of the card!



Past participants in New Moves asked that the program continue after the class ended. For that reason, there will be a variety of ways that New Moves will continue to support your New Moves girl.

**Individual sessions** will continue through the remainder of the school year.

**Weekly lunch bunches** will be held once a week at school and will include a **FREE**, healthy lunch, discussions about New Moves topics, and prizes!



**A Parent Event** will be held in the spring for you and your daughter to take part in New Moves activities such as yoga, a healthy meal, and more! Invitations will be sent out closer to the date.

**Questionnaires and evaluations** will occur at the end of the school year, look for field trip forms and parent surveys in the mail.

New Moves  
parent postcard #6

Talk about it...



Ask your daughter how she plans to stay active after the New Moves class ends!