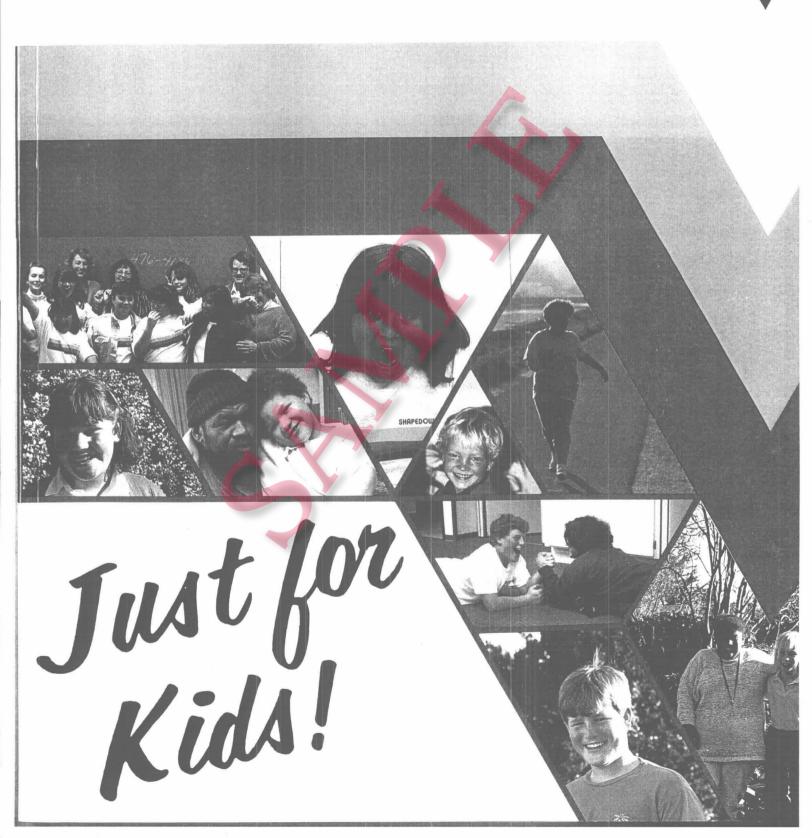
3

SHAPEDOWN



CONTENTS

Chap	Chapter		
1.	MR. DRAKES'S CHALLENGE Wanting to lose weight all about SHAPEDOWN	1	
2.	FLUFFY ROUND MERMAIDS Eating regular meals eating more foods low in fat and sugar eating small to medium amounts	21	
3.	THE RED BALLOON Why I am heavy developing my exercise plan getting ready to be lean	44	
4.	HECTOR GETS HIS How much to eat fixing lunch speaking up	68	
5.	BREAKFAST AT BUBBA'S Managing difficult feelings the nutrition you need	87	
6.	SKI TRIP BUCKS More on speaking up handling put-downs liking your body	109	
7.	THE CHOCOLATE DOUGHNUT Cravings eating secretly eating style eating cues	131	
8.	THE BASKETBALL HOOP Becoming more active chores and interests	152	
9.	THE FIRST DANCE Special occasions the progress you've made planning new goals	173	
	MY WEIGHT RECORD	195	
	MY BODY RECORD	197	
	FOOD SUMMARY	199	
	FOOD PYRAMID	201	
	ORDER FORM	202	

148

Just for Fun!

MAKE A CIRCUIT COURSE AT HOME

Take the fun of circuit training home! Ask your parent to help you set up a course in your house or apartment. Post a note at each station. On each note, put a number, the activity to be done and an arrow pointing toward the next station. Let the whole family take part!

- 1. Start off with 3 or more BODY STRETCHES.
- 2. Move to 6 or more HUFF AND PUFF or BODY BUILDER activities.
- 3. End with 3 or more BODY STRETCHES activities.

Use music, props, prizes, and equipment or places in your garage, basement, yard or neighborhood to make it more fun. Ask your parent to check that the circuit course is safe before beginning.

BODY STRETC	
neck rolls	knee lifts
shoulder shrugs	tuck and reach
arm swims	flex and point
reach for apples	foot rocks
sun circles	body hugs
HUFF AND PL	JFF
30 jumping jacks	go up and down a flight of stairs
dance for 5 minutes	jog to the neighbor's and back
run in place for 4 minutes	walk around the block
skip around the outside of your home	ride a stationary bike 2 miles
jump softly on the bouncer for 10 minutes	step up and down on a toilet seat
PODV PLIII D	ERS
push-ups on the arm of an overstuffed chair	chin-ups
•	dumb bells
curl-ups	dumb bens
hold onto kitchen sink and do side leg lifts	
FUN	
walk backwards to the next station	dribble around a kitchen chair
use a coffee table as a tunnel to crawl under	hop or skip between stations
jump back and forth over a pillow	crawl up a flight of stairs
ow much fun was it?	
ow much exercise was it?	
ow much exercise was it?	