

BACK IN WHACK for TEENS

Workbook

**Healthy Lifestyle and Nutrition Program
That Helps Teens Adopt Healthier Habits
and Achieve a Healthy Weight**



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This 2021 version of Back in Whack for Teens **[BiW4Teens]** is the Third Edition of the work book and the second edition of the program videos.

Back in Whack for Teens is a Positive Patterns for Life Program.

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Back in Whack for Teens (**BiW4Teens**) is a research-based, pediatrician approved, effective weight management program for teens/tweens. Expert guidelines from the American Academy of Pediatrics, Academy of Nutrition and Dietetics, National Institute of Health, Dietary Guidelines for Americans 2010, plus several more have been utilized in the development of this program.

Fourteen of the **BiW4Teens** healthy habits are proven to reduce risk of developing diabetes, heart disease and some forms of cancer as proven by the American Diabetes Association, American Heart Association, American Cancer Association, and the Centers for Disease Control.

BiW4Teens received the *National Association of Nutrition Professionals 2015 Community Award* for being a program that is having a positive impact on the health of our nation. This award winning program has also received national recognition from the Centers of Disease Control for being an effective weight management intervention for youth.

The Back in Whack for Teens Program has been helping youth adopt healthier habits - lower their BMIs - improve overall health since 2013. **Previously BiW4Teens has only been available in pediatric clinics for a minimum cost of \$1,600.**

I dedicate this program to my loving Father, who encouraged me to develop this program and who has been my inspiration every step of this exciting journey.

I want to thank my loving husband for his support and encouragement. Thank you for the sacrifices you have made so that I could devote myself to developing and completing this program. Thank you for believing in me.

I want to thank Dr. Mary Barnes and Dr. Richard Barnes for the opportunity to implement this program in their pediatric clinic – Fremont County Pediatric Clinic in Lander, WY.

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PART I

LET'S GET STARTED



WELCOME

Welcome Letter

Session 1

Program Introduction for Teens and Parents

PROGRAM SUPPLIES CHECKLIST

- | | | |
|--|--|--|
| ☐ Printer | ☐ Scale | ☐ Highlighter |
| ☐ Copy Paper | ☐ Measuring Tape | ☐ Pen or Pencil |
| ☐ Three-ring Binder | ☐ Bracelet | ☐ Journal |
| | ☐ Set of measuring cups | |

If you don't want to print the workbook, you can work from the PDF version on a tablet or laptop. The PDF version will allow you to highlight, draw and insert text boxes. Watch the video *How to Use the PDF Workbook* and learn how to type, highlight, and draw on the PDF pages of your workbook.

You will receive the link for the online program videos in a Welcome Email.
If you have not received a Welcome Email within 24 hours of purchasing this program, please email us at biw4teens@gmail.com.

DEAR TEEN/TWEEN

Welcome to **BiW4Teens** (*BACK in WHACK for TEENS PROGRAM*)! This is an exciting time for you! You are embarking on a journey that is going to change your life. Many teens and tweens have made this journey before you. **BiW4Teens** has helped these youth adopt healthier eating and lifestyle habits and achieve a healthier weight (lower BMI). But that's not all. These youth have reported that **BiW4Teens** has changed their lives. Here's just a few of the positive changes teens/tweens have noticed as they follow the program:

- Increased energy and stamina
- Easier breath during physical activity
- Regulated irregular menstrual cycle
- Decreased gastrointestinal upset
- Clearer smoother skin
- Able to concentrate better with ADD
- Getting better grades in school
- Improved self-esteem and body image
- Improved symptoms of depression and anxiety
- Fewer mood swings
- Strengthened family relationships

It is very important that your parent(s) are actively involved in this program with you. It would be ideal if they could watch all of the program videos with you, however this is usually not practical. There are however several sessions that are highly recommended for parents to watch:

Session 1 – Program Introduction of Teens and Parents
Session 5 – Unhealthy Habits
Session 12 – Support New Habits
Session 13 – Nutrition Plan
Session 14 – Food and Energy Balance
Session 15 – Grains
Session 16 – Label Reading

It is important that you and your parent visit about each session, whether or not you have watched the video session together. There is a discussion guide for each session, found in the Parents Support Pack, which will help make these talks easier and more productive. Another thing that will help make these talks more productive is to open up the workbook to the session you are discussing with your parent.

This healthy lifestyle and nutrition program is appropriate for the whole family. **BiW4Teens** includes many fun family activities that get the whole family moving more together and teaming up in the kitchen. Invite family members to join you for some of these fun activities.

There are a few things you need to do before you watch the first video titled *Program Introduction for Teens and Parents*. Print session one in the **BiW4Teens** workbook. It will work best to keep workbook pages in a 3-ring binder. Gather these supplies which will be needed during session one: 1- Pen or pencil, 2-Bracelet, 3-Measuring tape, and 4-Scale.

ENJOY THE JOURNEY!!

Sincerely,

Laurie Jean Ellis

SESSION ONE

Program Introduction for Teens and Parents



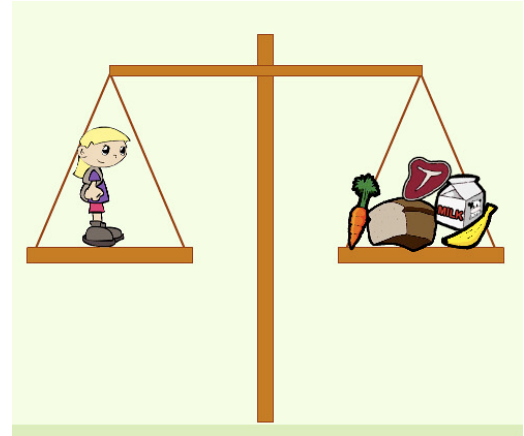
After you watch video 1 you will be able to:

1. Find out how the program works;
2. Understand how a high BMI hurts the body;
3. List reported and documented program benefits;
4. Describe the implementation & maintenance phases of the program;
5. Understand that change starts in the brain;
6. Explain what a program power tool is;
7. Find out healthy weight loss goals for teens and tweens;
8. Sign *BiW Program Commitment Contract* with your parent;
9. Find out how you can get the BiW gift packet.

Effective Weight Management Program Designed Specifically for Teens

This program is designed for teens and tweens with a high Body Mass Index (BMI). The BMI is a comparison of the height of the body to the mass (weight) of the body. When the mass of the body exceeds a certain percentage of the height of the body, it is called a high BMI. A high BMI is the result of an energy **imbalance** within the body. In other words, the body's energy balance gets out of whack.

Energy comes from the food a teen/tween eats. The body should convert food that is eaten into energy which will be used up during the day to move and heat the body. An energy imbalanced body does not properly convert food that is eaten into usable energy but instead tends to store energy in excess. It is this excess stored energy that causes a teen/tween's BMI to get high. High BMI's put youth at risk for developing serious health conditions. This is why high BMI's are called an unhealthy weight. Research has shown that teens and tweens with high BMI's have an increased risk for developing:



- Asthma;
- Obstructive sleep apnea;
- Chronic respiratory infections;
- Decreased lung capacity;
- Gastroesophageal Reflux Disease (GERD);
- Cholelithiasis (gallbladder disease);
- Nonalcoholic steatohepatitis (Liver damage - chronic inflammation, lesions and cirrhosis of the liver);
- Hypertension (high blood pressure);
- Dyslipidemia (high cholesterol and triglycerides);
- Metabolic syndrome (hypertension, hyperglycemia, and hyperlipidemia);
- Type 2 diabetes;
- Cardiomyopathy (thickening of the heart muscle);
- Congestive heart failure;
- Suppressed immune function;
- Joint problems and joint pain – hips, knees, and ankles;
- Low self-esteem;
- Depression.

This is a really scary list!! But here's the thing, when teens and tweens take action to lower their high BMIs, the risk for all these chronic health conditions decreases. AND if the BMI drops low enough to get into the healthy range, these health risks all but disappear.

Here's the good news for you ...

YOU HAVE JUST DISCOVERED AN EFFECTIVE WEIGHT MANAGEMENT PROGRAM DESIGNED SPECIFICALLY FOR TEENS AND TEENS. The Back in Whack Program has been helping youth just like you, lower their BMI and achieve a healthier weight since 2013. Along with this healthier weight, other multiple health benefits have been reported. Here is just a few of the health benefits teens have reported:

- Increased energy and stamina
- Easier to breath during physical activity
- Regulated irregular menstrual cycle
- Decreased gastrointestinal upset
- Clearer smoother skin
- Able to concentrate better with ADD
- Getting better grades in school
- Improved self-esteem and body image
- Fewer mood swings
- Improved symptoms of depression and anxiety
- Strengthened family relationships
- Youth have adopted healthier eating and lifestyle habits
- Youth have lost weight and/or lowered their high BMIs
- Whole families have adopted healthier eating and lifestyle habits



Here's health benefits pediatricians have reported:

- Youth have adopted healthier eating and lifestyle habits
- Youth have lost weight and/or lowered their high BMIs
- Youth have improved abnormal lab values as follows:
 - Lowered elevated cholesterol levels
 - Increased low HDL (good) cholesterol levels
 - Lowered elevated liver enzymes
 - Lowered elevated A1C and blood glucose levels
- Youth have lowered blood pressure
- Youth reduce their risk of developing diabetes and heart disease
- Whole families have adopted healthier eating and lifestyle habits



WOW! That's a lot of reported program benefits! You may be wondering how one program can produce so many different health benefits. First of all, this program was developed based on research studies that prove what works for youth. Secondly, this program is much more than just a weight management program. This program helps youth adopt healthy lifestyle and nutrition habits which help support normal growth and development, and promotes optimum overall health. The program utilizes health coaching methods that help youth adopt long lasting healthy habits which continue to help support good health clear into adulthood.

AMAZING!!

Here's how the program works!

The *Back in Whack for Teens [BiW4Teens]* Program helps the teen/tween understand what is out of whack with their body's energy balance; what they can do to help their body's energy balance get back in whack; and provides habit change tools which helps the youth let go of old unhealthy habits and adopt new healthy habits. Upon completion of this six-month program, teens/tweens will have adopted long lasting healthy lifestyle and nutrition habits that will promote a lower BMI (lower weight) and support the maintenance of a healthy weight.

PROGRAM COMPONENTS

- Individualized nutrition plan
- Nutrition education & training
- Personalized exercise plan
- Healthy lifestyle habits
- Habit change training - skills - tools
- Parents support pack
- Resources for working with your doctor

HEATH COACHING METHODS

- Self-discovery exercises
- Hands-on activities
- Positive thinking training
- Treasure hunts & field trips
- Self-monitoring tools
- Empower youth with knowledge
- Program themes that support habit change
- Strategies that stimulate motivation
- Discussion guide for parents & teens
- Back in Whack Habit Change Contract
- Family activities promote family partnerships
- Program incentives increase motivation

TEENS/TWEENS LEARN IMPORTANT LIFE SKILLS

- Problem solving
- Combat negative thinking
- Understand mind-body connection
- Body acceptance & appreciation
- Learn to listen to your body
- Setting realistic achievable goals
- Positive thinking techniques
- Stress management
- Journaling to support health & wellbeing
- Practice health supporting visualizations
- Mindful eating
- Manage food cravings



What are appropriate healthy weight loss goals for teens and tweens?

An appropriate weight loss goal for **older teens** who are done growing taller would be slow steady weight loss of 2 to 4 pounds per month. It is unhealthy for teens to lose more than 2 pounds per week. Teens can expect to start losing weight once they have completed the implementation phase (finishing the videos) of the BiW₄Teens program.

An appropriate weight loss goal for **young teens and tweens** who are still growing taller is to primarily stabilize their weight as they continue to grow taller. By doing this, the body will use up stored energy and trim down as the body grows taller. One to 2 pounds of weight loss per month is fine. Young teens and tweens can expect their weight to stabilize once they have completed the implementation phase of the BiW₄Teens program.



How long should teens and tweens follow the BiW₄Teens Program?

All ages of teens and tweens should follow the BiW₄Teens Program for 5 months after they have completed the program videos. This means following in their nutrition plan, exercising, practicing other healthy habits, using the Habit Tracker, and using all the program power tools. It takes this amount of time to transform new health habits into established automatic habits. Youth will need to continue to practice their healthy lifestyle and eating habits until their **BMI percentile reaches the 85th%.**

If teens/tweens want to maintain their trim healthy bodies, once they reach the 85th%, they will need to continue practicing their healthy lifestyle and eating habits. This should be pretty easy because the BiW₄Teens program is specifically designed to help youth adopt permanent lifelong healthy habits.



Record initial measurements.

Weight measurements should be taken at the same time of day, each time you weigh. It is best to weigh when you get up in the morning after you empty your bladder and before you start eating and drinking. Weigh yourself in light weight clothing or just your underwear. Bodies can have fluid fluctuations from day to day which can cause weight fluctuations from day to day. Because of this, it is recommended to only weigh once a week.

Record initial program weight here: _____ **Date:** _____

Height should be measured without any kind of shoes. You should be standing flat footed, with shoulders back and chin up.

Record initial program height here: _____ **Date:** _____

The guidelines for taking weight measurements are the same for taking your waist circumference plus few additional rules. Take your waist measurement in a standing position. Measure at the level of your belly button. Make sure you do not have pants or underwear digging into your abdomen anywhere. Your abdomen should be relaxed, not sucked in, when you take your waist measurement.

Record initial waste circumference here: _____ **Date:** _____

The Centers for Disease Control has one of the best BMI calculators for children and teens. Go to this website and find out what your BMI is:

<https://www.cdc.gov/healthyweight/bmi/calculator.html>

Record initial BMI here: _____ **Date:** _____

Sign the Back in Whack Program Commitment Contract.

Changing lifestyle and eating habits can be stressful. It is difficult for youth to change health habits without the support of their parents. The Back in Whack Program Commitment Contract helps to increase communication and cooperation, and decrease conflict during a potentially stressful time. This contract is also intended to help parents understand ways they can support their teen/tween during the BiW₄Teens Program. This contract is one of many great program tools that helps youth be successful with the BiW₄Teens Program. You can find a copy of the Back in Whack Program Commitment Contract in the Parent Support Pack in Appendix B, page 3.

Schedule an appointment with your doctor.

It is recommended that teens and tweens who have a BMI above the 94th%, should be monitored by their doctor while following the BiW₄Teens Program. In Appendix F you will find a letter to the doctor which explains the BiW₄Teens Program. There is a communication form that you can use to write down body measurements, habits you are working on, and changes you have made with eating and exercise habits.

Record the first set of Wacky Words.

You will find the Wacky Words form in Appendix A. Use this form to write down the sets of Wacky Words in the program videos. Find all 14 sets of Wacky Words and get a FREE BiW Gift Packet in the mail.

**THE MOMENT
YOU COMMIT
TO CHANGE
THE MOMENT
YOUR DESINY IS
SHAPED!**

