

**Boys & Girls Homes  
of North Carolina  
State of the Homes**

**Smart  
FUEL**

**Accept the Challenge today**

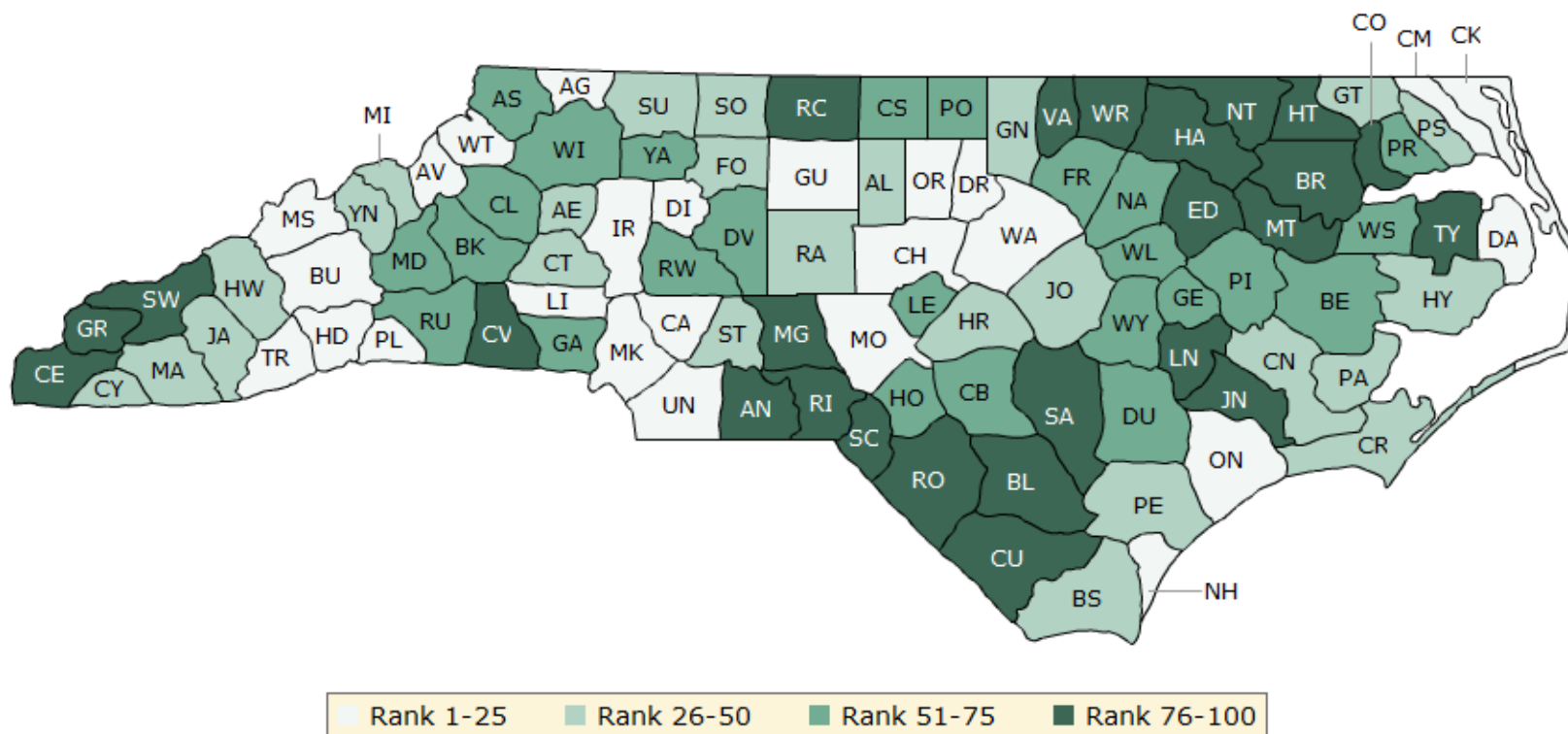
# What is the Challenge?

- 10 week Challenge
  - Bi-weekly newsletters with healthy eating tips
  - Earn Points
  - Earn Rewards
  - Healthy Employees
  - Healthy Worksite
- Enjoy More Fruits & Vegetables
  - Re-Think Your Drink
  - Enjoy More Whole Grains
  - Prepare More Meals at Home
  - Right-Size Your Portions

If it doesn't challenge you, it won't change you.

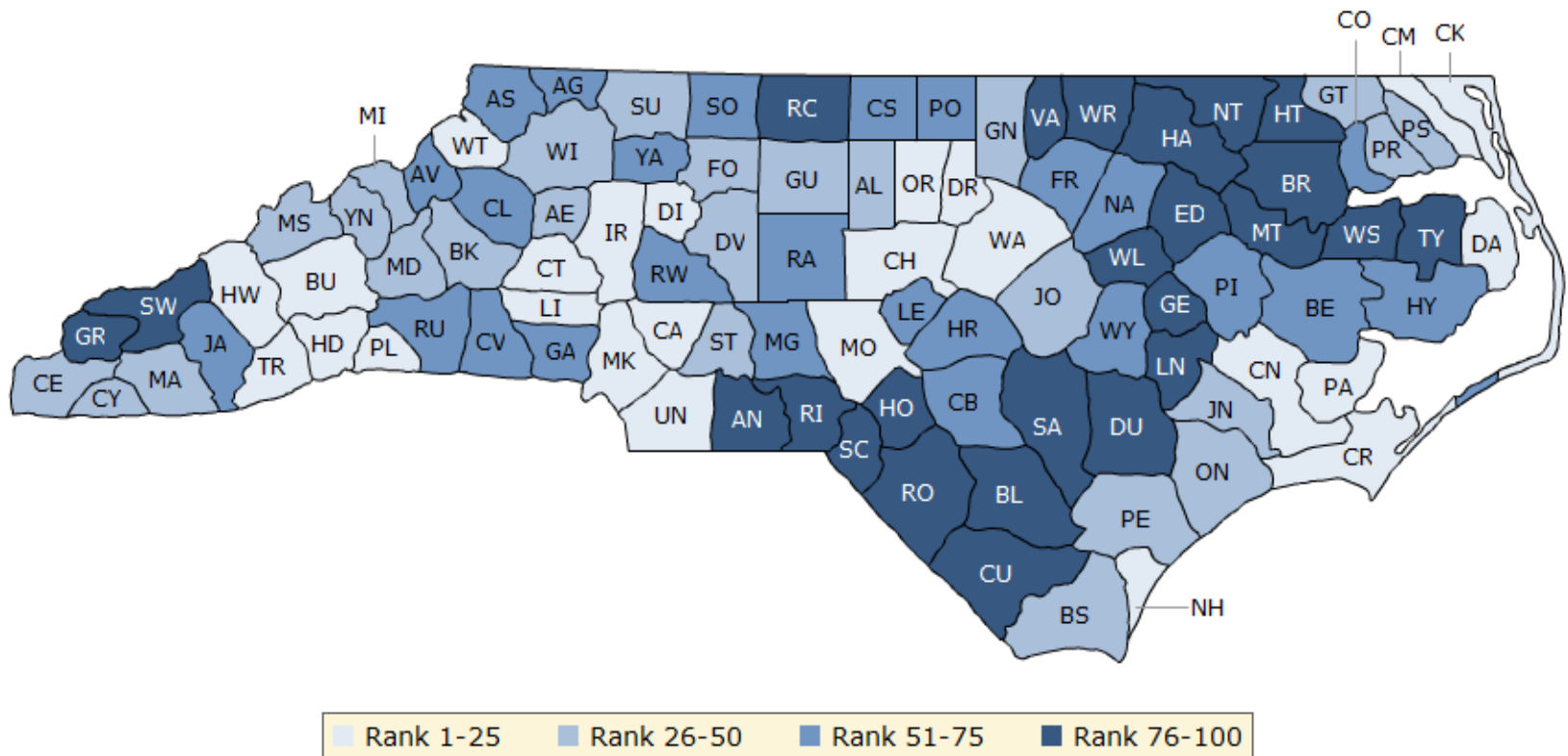
-Fred DeVito

# Health Outcomes in NC



**Health Outcome=Current Health**  
**Columbus Ranked: 96 out of 100**

# Health Factors in NC



**Health Factors= Future Health + Influences on Ones' Health**  
**Columbus Ranked: 88 out of 100**

# Fueling a Healthy Lifestyle

- Gasoline is to cars as calorie's are to\_\_\_\_\_?
- We are filling our tanks up with the wrong/excess fuel and not burning the fuel.
- 1 lb. = 3,500 calories, you need to reduce your caloric intake by 500—1000 calories per day to lose about 1 to 2 pounds per week.
- One day of overindulging does not cause instant weight gain!



Exercise would be much more rewarding if calories screamed while you burned them.

# Smart Fuel: Rethink Your Drink

<i>Occasion</i>	<i>Instead of...</i>	<i>Calories</i>	<i>Try...</i>	<i>Calories</i>
Morning coffee shop run	Medium café latte (16 ounces) made with whole milk	265	Small café latte (12 ounces) made with <u>fat-free milk</u>	125
Lunchtime combo meal	20-oz. bottle of non-diet cola with lunch	227	<u>Bottle of water</u> OR diet soda	0
Afternoon break	Sweetened lemon iced tea from the vending machine (16 ounces)	180	<u>Sparkling water</u> with natural lemon flavor (non-swtnd)	0
Dinnertime	A glass of non-diet ginger ale with your meal (12 ounces)	124	Water with a slice of lemon or lime, OR seltzer water with a splash of 100% fruit juice	0 calories for the water with fruit slice, OR about 30 calories for seltzer water with 2 ounces of 100% orange juice.
<b>Total beverage calories:</b>		<b>796</b>	<b>VS.</b>	<b>125-155</b>

(USDA National Nutrient Database for Standard Reference)

# Smart Fuel: Water

Water helps your body:

- Keep your temperature normal
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements



# Snack Attack your Diet



## **TASTY TIPS FOR** **Smarter** **SNACKING**

Check your  
HUNGER level.

Check your  
FLUID level.

Check  
PORTION  
SIZES.

Check food  
labels and  
FACTS.

Pay  
ATTENTION to  
your snack.

Pay attention  
to PROTEIN.

Eat some  
SEEDS or  
NUTS.

Grab some  
VEGETABLES.

Grab some  
FRUIT.

Grab MILK or  
WATER.



# Worksite Wellness According to..... The Very Hungry Caterpillar



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# Worksite Reward Tier 1

## Worksite Goal: 500 pts.

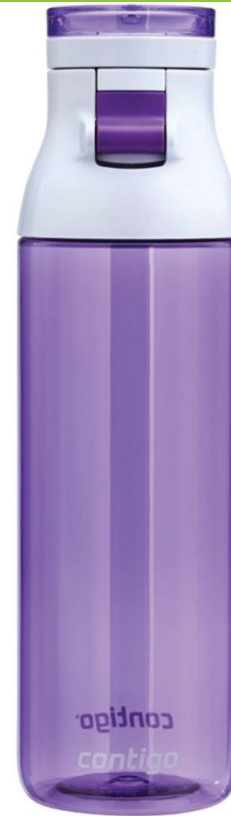
- Increase locations to purchase food.
- Provide discount on healthier snack options.
- Adopt guidelines for healthier food & beverage choices in the workplace on healthier food & beverage options.



# Worksite Reward Tier 2

## Worksite Goal: 750 pts.

- Participants that have contributed at least 35 points through the program will be awarded with a refillable water bottle .
- Adopt guidelines for healthier food & beverage choices in the workplace on healthier food & beverage options.



# Worksite Reward Tier 3

## Worksite Goal: 1,000 pts.

- Increase locations of water coolers.
- Adopt guidelines for healthier food & beverage choices in the workplace on healthier food & beverage options.



# Smart Fuel Challenge Weekly Process

Ashley Williams-Coordinator

Make sure you sign up today!!!

Turn in # of points on your logs weekly.

Get extra points by sharing new healthy tips via survey.

- Email will be sent out today explaining the process again.
- Numbers are to be turned in weekly to the Recreation Box in the Front office or by email.
- Points will be tallied weekly.
- Newsletters will be sent out biweekly- starting tomorrow (Wednesday).