



Food, Nutrition and Exercise

Science/Health/Physical Education

Human Relations Media 2004

7 25-minute programs for grades 7-12

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This series of 7 programs addresses several important health issues for adolescents including overweight and under exercised teenagers, serious eating disorders such as Anorexia Nervosa and Bulimia, and important information concerning exercise, proper nutrition, food labeling, the food pyramid and solid advice for maintaining a healthy weight. Series also highlights and details the benefits of fitness.

1. Food Health and Exercise

Studies indicate that nearly 25% of all school-age children are overweight and another 12% have been diagnosed as obese. Clearly, poor eating and exercise habits are a significant problem for today's youth. This program delivers a clear, concise explanation for how this dilemma has arisen and, more importantly, how it can be remedied. In easy-to-follow language, the video offers viewers tips for improving their health by eating smaller portions, choosing healthier foods, exercising more and understanding basic information about nutrition and food labeling. In one amusing sequence, viewers follow a typical teenager as he moves through his day of super-sized fast food, a busy schedule and little exercise. The message is clear: there are many ways we can improve our diet patterns. We also hear from real teens as well as an on-camera expert who talks to viewers about the challenge of eating right and the importance of exercise. Special attention is directed to understanding the food pyramid, food labeling information and fat burning exercises. (23:25 A)

Health-5.2, 7.2, 7.4, 9.4

2 Understanding Eating Disorders

Combining expert commentary with the memorable stories of real teens, this video introduces students to three major eating disorders: anorexia nervosa, bulimia and binge eating. The warning signs, symptoms and dangerous health deficits of each disorder are explained as well as the important underlying emotional and psychological underpinnings. The compelling stories of three real teens who have faced eating disorders are provided to help viewers understand that eating disorders can happen to anyone. We hear from Mindi, a recovering anorexic who was diagnosed at an early age. Josh is a recovering bulimic who tells viewers that eating disorders affect both males and females. We also hear the tragic story of Kristen from her parents, who explain how Kristen's anorexia and bulimia eventually led to her death. In addition to these powerful segments, viewers also hear expert advice on how to get help as well as various treatment options that are likely to prove successful. As the video progresses, viewers learn how eating disorders are related to personality, self

esteem and body image concerns. (26:14 A)

Health-8.3, 9.3

3. Ten Reasons to Get and Stay in Shape

As important as teaching young people how to eat right and exercise is giving them the motivation they need to make fitness a part of their everyday lifestyle. This program gives them the benefits of fitness in a dynamic way, by clearly demonstrating the major benefits of fitness. These benefits include stronger muscles, healthier lungs, stronger bones, healthier hearts, better weight management, improved mood, improved sleep (especially important for teens), fast remedies for illness and a longer and higher quality life span. To emphasize many of these benefits viewers are introduced to Dr. Craig Harms who runs the Kinesiology Lab at Kansas State University. We see some of the tools at the doctor's disposal including oxygen uptake machines, treadmills, heart monitors and special weight measurement water tanks. Young students are measured for different levels of fitness and well-being and Dr. Harms

describes the meaning of various fitness measures such as body mass index, oxygen uptake, bone density and many others. Students also get important tips on which sports provide the best fitness results, pointers and tips for sticking to a fitness program. The video and activities are consistent with the National Health Standards and provide students with a blue print for a healthy lifestyle. (23:11 A)
Health-5.2, 7.2, 7.4

4. Total Health: Body Composition and Flexibility
and fitness experts describe what is meant by body composition and indicate some healthy ranges. Viewers are informed about the dangers of too much extra fat on their frames. Good nutrition and everyday physical activity are encouraged. In the segment on flexibility, viewers are told of the risk of injury that comes when stretching and flexibility are ignored. (28:03 A)
Health-5.2, 7.2, 7.4

5. Total Health: Cardiovascular Fitness
This video explores the cardiovascular system of the human body and its critical role in overall health. Students learn that above all, they should aim to live active, energetic lives and engage in some form of aerobic activity virtually every day. Emphasis is placed upon the high payoff that results from a heart-healthy lifestyle and on the fact that many aerobic exercises and activities are simple and fun. (26:41 A)
Health-5.2, 7.2, 7.4, 9.2, 9.4

6. Total Health: Muscle Strength and Endurance
This video demonstrates the importance of strength training in maintaining overall fitness. Students learn that muscle helps to metabolize calories faster and that strength training works hand-in-hand with the other components of fitness. Muscle endurance is singled out as an aspect of fitness that helps us perform at a high level whether we are doing day-to-day chores or trying to rise to one of life's most arduous challenges. (28:03 A)
Health-5.2, 7.2, 7.4, 9.2, 9.4

7. Maintaining a Healthy Weight
Achieving and maintaining a healthy body weight is a serious health challenge for today's young people, who tend to be heavier and more sedentary than ever. This video and accompanying print material explore successful techniques for maintaining a normal, healthy weight while at the same time explaining the health benefits. Four factors to maintaining a healthy weight are addressed—good nutrition, regular physical activity, positive thinking, and effective coping techniques. Two lively teen hosts and an engaging nutritionalist deliver the information along with colorful computer graphics in an entertaining, upbeat style. The video presents clear and achievable steps to eat healthier, avoid fats and sugars, and introduces ways to design a personalized program for monitoring progress. Also addressed are the dangerous health hazards of obesity, fad

dieting, and eating disorders. (28:08 A)
Health-5.2, 6.3, 7.2, 7.4, 9.2, 9.4