

## Alley-Oop Wellness Program™

The Alley-Oop Wellness Program™ (“Alley-Oop Wellness”) is a self-paced, educational, digital platform integrating nutrition education and dimensions of wellness. It is designed to encourage individuals to commit to maintaining a healthy, holistic lifestyle throughout their lives. Although necessary for proper growth and good health, physical activity alone is insufficient to ensure good health and lower risk of disease. Deriving adequate calories from nutrient-rich, whole foods, obtaining proper hydration, and practicing mindfulness-based stress reduction activities are just a few of the components of wellness which all individuals need in order to thrive and achieve their highest potential for well-being.

In basketball parlance, an alley-oop is an offensive play in which a player tosses a basketball near the basketball hoop to a teammate who, having jumped, catches the ball in mid-air and dunks the ball into the hoop before reaching the ground. The offensive move requires a combination of planning, teamwork, balance, timing, self-efficacy, and follow-through – attributes also required to maintain well-being.

Below are 4 Alley-Oop Wellness sessions. You are encouraged to view each session at least once per week. All goals are achievable during a total 8-week time frame which we will refer to as the basketball season. A list of links to the handouts for each session can be found down below following the conclusion of the fourth session.

You will need at least one other person to join your team – a friend, family member, and/or colleague - to help get the most out of this program. The more, the merrier. After all, an alley-oop requires teamwork. You will also need the help of someone other than a teammate (the equivalent of a coach) to hold you accountable to your health goals. Their support will be beneficial even if they do not actively participate in the program.

The following materials will be needed for each Session:

- A quiet space or head phones to avoid disturbing others
- Paper and writing utensil
- Printer, if available, for handouts

It's tip-off time. Let's play!

### **Introduction**

Hello! Welcome to Ally-Oop Wellness. All people require good physical and mental health to thrive. In these four sessions, you are going to learn the basics of eating balanced, nutrient-dense meals and hydrating - the how to and the why. You will also learn how to de-stress. Reducing stress is associated with greater life satisfaction. Wellness is not just for corporate America! Here is your chance to start learning simple knowledge, tools, and exercises to maintain a healthy lifestyle forever. Enjoy!

## Session 1: From Nutrients to MyPlate

In this session, you will be introduced to terms and tools which will help you identify a healthy diet.

**Behavioral Goal:** To be able to choose healthy, nutrient-rich, and balanced foods using MyPlate.

### 1. Knowing what you ate (5 min)

- *Write down* the last meal you ate. Which of the foods you ate contained macronutrients (protein, carbohydrates, fat) and/or micronutrients (vitamins and minerals)?
- Do you think your meal consisted of the recommended 5 food groups: protein, whole grains, vegetables/, fruits, and dairy? Did it contain healthy fats? Was it packed with vitamins and minerals (nutrient-dense)?
- Do you know that a balanced meal consists of these five groups?
- What do you think happens to one's body if it does not receive a balanced, nutrient-dense meal? *Write down your thoughts.*
- Look at the Handout "Without Balanced, Nutrient-Dense Meals". Could there be an association between what you eat and how your body feels?
- Watch MyPlate video: <https://www.youtube.com/watch?v=-J1hmmmy1OB4> (3:02 min)
- Go back to the last meal you ate and wrote earlier. Do you think there were food groups you could have added? If so, which ones? *Write them down.*
- Read and review the Handouts on "MyPlate".

### 2. Health Risks for Not Making Better Choices (8 min)

- What are the risks associated with not eating balanced, nutrient-dense meals? What are the potential health outcomes from not eating the nutrients your body needs to thrive, to study, to exercise or play sports, and partake in other activities? *Write down your thoughts.*
- Watch Health Risk video: <https://www.youtube.com/watch?v=h-1E46xZsNo> (5:06 min)
- Read and review the Handout "Health Risks Associated with Not Eating Balanced, Nutrient-Dense Meals".

### 3. The Benefits of Balanced, Nutrient-Dense Meals (15 min)

- Why is it beneficial to eat balanced, nutrient-dense meals? Why does one's body need macronutrients and micronutrients?
- Watch the Macronutrient videos:  
[Macros: Explained! Mind Over Munch Kickstart 2016 - YouTube](#) (7:52 min)  
[What Are Macros? Everything You Need To Know | Nutritionist Explains... | Myprotein - YouTube](#) (10:40 min) *Optional*
- Watch the Micronutrient video:  
<https://www.youtube.com/watch?v=7AUng30UdPO> (2:44 min)
- See Handouts on "Macronutrients" and "Micronutrients". Become acquainted with foods high in macronutrients. Notice which foods are good sources of micronutrients and how your body uses the particular vitamin and/or mineral they contain. *Challenge: to maintain strong bones, what vitamins/minerals are needed? In which foods would you find them?*

#### **4. Brainstorm on How to Choose Balanced, Nutrient-Dense Meals (5 min)**

- Consider how you might choose meals containing all five food groups to maximize your macronutrient and micronutrient intake. How might your ideas apply to meals in school or outside school eg. at home, elsewhere? *Write down your thoughts include obstacles.*
- How might you exert greater control over what you choose to put into your body? Make a list *and write them down.*

#### **5. Build some Healthy Meals (5 min)**

- Now that you are more familiar with MyPlate, the five food groups, recommended portions, macronutrients and micronutrients, create 4 balanced, nutrient-dense meals you might eat using the Handout “Build a Healthy Meal with MyPlate”.

#### **6. Brainstorming with a Grocery List and a Grocery Tour (5 min)**

- Review the Handout “Family Friendly Grocery List”. Are there items here you had not included in the meals you just created? Are there certain tastes, textures, seasonings you had not considered before? How might you introduce them onto your plate the next time you sit down to eat? *Write down your thoughts.*
- Watch video “How to Buy Healthy Foods – A Virtual Grocery Tour”:  
[https://www.youtube.com/watch?v=NVrP3TzX\\_Jo](https://www.youtube.com/watch?v=NVrP3TzX_Jo) (3:01 min)
- With your knowledge and skills to choose balanced, nutrient-dense meals, try writing down 3-5 items you might now consider adding to your plate that you had not considered before (they can be something new from any food group).

#### **7. Team Challenge and Personal Mantras to Support Eating Balanced, Nutrient-Dense Meals (3 min)**

- Create a mantra (a saying or quote) unique and personal to you that will inspire and remind you to choose a balanced, nutrient-dense meal before eating. Post your mantra somewhere as a reminder e.g. sticky note, clipboard, refrigerator, etc. You may share it privately with your teammate(s).
- Challenge your teammate(s) with the following private post: “I challenge everyone on my team to consume balanced, nutrient-dense meals according to MyPlate every day”.
- Using the Honor Code (be truthful), compare the number of balanced, nutrient-dense meals you ate on each Sunday following this session to those of your teammates. Compare the number of food groups you ate on each Sunday. Set a reminder on your phone or ask your teammate(s) to remind you.

#### **8. Team Pledge and Peer Support (3 min)**

- If your teammate(s) are also participating, send your teammate(s) a positive comment (eg. way to go, I know you’ve got this) in reply to at least one other teammate’s mantra (start with a teammate who has not yet received a positive comment so that no one is excluded).
- Post the following Pledge with your teammate(s) to see: “I pledge to eat at least two balanced, nutrient-dense meals at least 5 days per week”.

## 9. Being Accountable and Asking for Extra Support (5 min)

- While no one doubts your ability to make good choices and eat healthy, it helps to have accountability and support from someone other than a teammate. Sign the “Commitment Letter to Eat Balanced, Nutrient-Dense Meals” which tells someone of your intent and commitment to choose and eat balanced, nutrient-dense meals. The Letter asks for that someone to support your efforts.
- Provide your someone a MyPlate Handout and share with them what you have learned so that they can support you.
- *Note: For more information on MyPlate and on using their app to monitor your food intake, see (Optional):*

MyPlate App website: <https://www.myplate.gov/resources/tools/startsimple-myplate-app>

## Session 2: A Full Court Press with Fruits and Vegetables

Welcome back! In this session you are going to learn the health risks associated with eating ultra-processed foods and the benefits of eating fruits and vegetables. The next time you are considering a snack, you will be prepared to reject ultra-processed foods and choose fruits and/or vegetables instead!

**Behavioral Goal:** Participants will be able to choose fruits and vegetables over ultra-processed foods.

### 1. Knowing What You Ate (10 min)

- Write down the last snack you ate that was not a vegetable or fruit. Was it an ultra-processed snack, ie was it a packaged food made by a food company using manufactured ingredients, rather than actual food. It may have contained ingredients you cannot pronounce, preservatives, and/or additives that provide no nutritional value. Ultra-processed foods often contain high amounts of fat, sugar and sodium.
- What do you think makes snacks like potato chips, Doritos, Cheetos so tasty? Fats, sugar, salt, and other flavorings?
- Flavorings are often added to these foods to make them taste better. Fat (oil) is often one of the main ingredients in ultra-processed foods.
- One bag of Lays Potato Chips (2 7/8 ounces) contains 15 grams of fat. To get a sense of what that might look like, find a teaspoon and some toothpaste or other goeey substance. Let’s pretend the toothpaste or goeey substance is fat: 1) squirt the toothpaste onto a teaspoon. Fill up the entire teaspoon. That teaspoon holds 4.2 grams of toothpaste. How many teaspoons would you need to create 15 grams? At least 3! Three teaspoons of fat are in one bag of Lays Potato Chips. Note: if you cannot find a teaspoon or goeey substance, try cutting or ripping a piece of 8x11 paper into quarters. Take one quarter and crumple it up into a little ball. Each ball can represent a teaspoon or 4.2 grams. Three balls are equivalent to the amount of fat in a bag of Lays Potato Chips. That’s a lot of fat!
- Watch ultra-processed foods video: <https://www.youtube.com/watch?v=2tTE5AVMIUE> (1:02min)
- Watch ultra-processed foods video: [https://www.youtube.com/watch?v=moE-4sMg\\_V4](https://www.youtube.com/watch?v=moE-4sMg_V4) (4:48 min)

## 2. Your Body's Selfie to Ultra-Processed Foods (10 min)

- Write down the potential health risk(s) of eating processed foods.
- Watch health risks of eating ultra-processed foods video: <https://www.youtube.com/watch?v=i5KoW6dX5Oc> (4:03 min)
- Watch health risks of eating ultra-processed foods video: <https://www.youtube.com/watch?v=-14GRsC7Wlo> (3:10min)
- *Optional but worth seeing* – one medical student's experiment eating ultra-processed vs whole foods on his own video: <https://www.youtube.com/watch?v=tcimR3pDt3s> (15:34 min)

## 3. Being Kind to Your Body with Fruits and Vegetables (10 min)

- Remember from MyPlate, it is recommended that you consume 2 cups of fruit and 2 ½ cups of vegetables daily. Your fist or cupped hand is considered one cup.
- Write down the health benefits of eating more fruits and vegetables.
- Watch video on benefits of eating fruits and vegetables video: <https://www.youtube.com/watch?v=yZqe48siHf8> (7:09 min)
- *Optional:* Watch impact on the body and environment of giving up ultra-processed foods video: <https://www.youtube.com/watch?v=8Ug1MnU6LKw> (14:13 min)

## 4. Brainstorming To Eat More Fruits and Vegetables (15 min)

- Write down some ideas on how you might eat more fruits and vegetables. Include some ideas on how to have them readily available when you are hungry for a snack, how to make them tasty, and how to eat a rainbow of them throughout the day.
- Watch tips on how to eat fruits and vegetables video: <https://www.youtube.com/shorts/rpvZaeRETMU> (1 min)
- Watch tips for how to prepare and eat fruits and vegetables in different ways: <https://www.youtube.com/watch?v=Y8cCMX3fD6k> (3:02 min)
- Watch tips on why and how to eat healthy snacks: <https://www.youtube.com/watch?v=gcJM4tMNcoE> (2:15 min)
- Watch tips on how to choose healthy snacks: <https://www.youtube.com/watch?v=nUGLPv9R4QY> (5:44 min)

## 5. Plant a Healthy Fruit and/or Vegetable Snack Inside Your Body (5 min)

- Write down some fruits and vegetables you like to eat. Try to create some combinations that could become your snacks. Consider what else you can add to the fruits and/or vegetables to make them taste better. Adding lean protein can help slow digestion, stabilize blood sugar levels and create a sense of fullness. Look back at Session 1, if necessary, to remind yourself of the protein food group.
- Use the “Build Your Own Healthy Snack” Handout and create four snacks.

## 6. Traditional Fruit and/or Vegetable Dishes (5 min)

- Post privately with your teammate(s) traditional family dishes of fruits and/or vegetables you have eaten with your family or with someone else's family. Post when you eat (or ate) these dishes and why they make you feel good.
- Post a positive comment about another teammate's dish.

**7. Replay: Brainstorming More Ways to Increase Fruit and Vegetable Intake (14 min)**

- *Write down* some more ideas for eating more fruits and vegetables.
- Watch benefits and tips for eating more fruits and vegetables video: <https://www.youtube.com/watch?v=7UDx1RF9Oho> (11:36 min)
- Use the “I Ate A Rainbow Today” Handout to plan a week of eating a rainbow of vegetables and/or fruit.

**8. You are the CEO of Your Body: Introducing Your Food Policies (5 min)**

- Just as the game of basketball has rules, you can create rules for yourself to eat more fruits and vegetables. *Write down* your very own food policies to eat more fruits and vegetables (eg. I will try to eat all of the rainbow colors every day; I will choose fruit and/or vegetables first before reaching for something less healthy, etc.). Keep your food policies nearby as a reminder.
- Post privately with your teammate(s) your own short poem or rap song (a few lines) as a personal mantra to inspire you to eat more fruits and vegetables.

**9. My Pledge of Allegiance to Fruits and Vegetables (2 min)**

- Post the following Pledge privately with your teammate(s): “I pledge to eat at least one fistful of fruits and vegetables at two or more meals daily AND consume a healthy snack with fruits and/or vegetables instead of an ultra-processed snack at least once a week during the basketball season”.

**10. It’s a Team Effort (2 min)**

- View the following Handouts for ideas and sample recipes: “Friendly Healthy Snack List”, “Fruit And/Or Vegetable Snacks”, and “Creamy Hummus Without Tahini” recipe (if avoiding sesame).
- Post private reminders to teammate(s) to eat fruits and vegetables each Sunday during the basketball season.

**11. The Jump Shot Plan (3 min)**

- Remember, it helps to have accountability and support when setting goals. Read and Sign the “Contract to Eat More Fruits and Vegetables”. You will need a witness to your signature. Choose someone other than a teammate to support your efforts.

**Session 3: Don’t Wait to Hydrate**

Hello! You are doing great and hopefully feeling well! In this session, you will learn the importance of increasing your water intake and decreasing your consumption of sugar sweetened beverages (SSBs). Your body is made up of approximately 60-70% water. Let’s give it what it wants and needs!

**Behavioral Goal:** Participants will be able to choose water over sugar sweetened beverages.

**1. What Did You Just Drink? (7 min)**

- *Write down* the SSB you last drank. Identify the number of ounces if you can.

- Why do you think your SSB tastes so sweet? Sugar is one of the main ingredients in energy or sports drinks like Gatorade/Powerade and sodas like Coke. Iced teas and fruit drinks also contain high amounts of sugar.
- Can you guess how much sugar is in a 12-ounce can of Coke? Find a teaspoon and a bag of sugar (if you cannot find sugar, use flour or some other type of dry food available to you). Locate a clean cup into which you will dump the contents of your teaspoon. Fill one teaspoon with sugar. That teaspoon holds approximately 4 grams of sugar. If Coke has 39 grams of sugar, how many teaspoons of sugar are in Coke? Almost 10 teaspoons! Count as you place 10 teaspoons of sugar into your cup. Surprising?
- Can you guess how much sugar is in a 20-ounce bottle of Gatorade-Orange? 34 grams or approximately 8.5 teaspoons of sugar. Count as you place 8.5 teaspoons of sugar into your cup.
- An extra small serving of Coke at a fast-food restaurant like McDonald's contains 31 grams of sugar or about 8 teaspoons of sugar! Not such a small serving after all, right?!
- If you drink one Gatorade-Orange a day for a year, that is 8.5 teaspoons x 365 days = 3,102.50 teaspoons in one year. There are 96 teaspoons in a pound. If we divide 3,102.50 teaspoons by 96 teaspoons/pound, that translates to 32.32 pounds of sugar you may be consuming from just one daily sports drink!
- Watch this video on how to identify sugar content in drinks:  
<https://www.youtube.com/watch?v=tgKKVRVXPZM> (2:50 min)

## 2. What are SSBs Doing to Your Body? (10 min)

- The 2020-2025 Dietary Guidelines for Americans recommend limiting added sugar from all foods and beverages consumed to no more than 10% of total daily calories or 12 teaspoons (based on 2000 calories/day). The American Heart Association recommends limiting added sugar from all foods and beverages consumed to no more than 100 calories/day or about 6 teaspoons (25g) for most women and no more than 150 calories/day or about 9 teaspoons (38g) for men. That is less than the amount in most sodas, sports drinks, and other SSBs.
- What do you think are the health risks associate with drinking SSBs.
- Watch this video on how much sugar may be in your drink and risks:  
<https://www.youtube.com/watch?v=i6NBIqLHp2o> (2:42 min).
- Watch this quick video on how much sugar can be in your coffee: [☕ Starbucks Sugar Overload ☕ #shorts - YouTube](#)
- Watch this video on the health risks of SSBs:  
<https://www.youtube.com/watch?v=hLsEsWKw5nU> (3:57 min).
- Watch this quick video on alternative sweeteners and health risks:  
[Stop Drinking Diet Soda #shorts - YouTube](#)
- Under extreme circumstances (eg. dehydration, unavoidable cramping, very hot or humid conditions, or continued, excessive exercise for more than 1 hour), sports drinks providing electrolytes (eg. sodium, potassium) and simple carbohydrates (ie. sugar) may be necessary. Otherwise, the extra sugar they contain and consumed regularly contribute to tooth decay. The extra salt they contain contribute to high blood pressure. The extra calories they contain contribute to weight gain. They lack other nutrients, like calcium which can be obtained from milk or fortified 100% orange juice (with no added sugar), and often contain unwanted chemicals. *Note: You can check your urine color regularly*

to assess your hydration – clear to slightly yellow urine indicates you are adequately hydrated.

### **3. Being Kind to Your Body with Water (10 min)**

- *Write down* the last glass or bottle of water you drank.
- Recall, approximately 60%-70% of your body is made up of water. *Write down* why you think water is beneficial to your health.
- We need water to transport blood and nutrients into our cells, organs, and muscles. It keeps skin supple, and not dry, rough or scratchy. It is needed to produce energy, to help digest the foods we eat, and to move our bowels. It helps to clean the mouth of food and bacteria causing cavities. It quenches thirst. It has NO calories. It does not have to cost any money (eg. tap water from the faucet).
- Watch these videos on some of the benefits of drinking water:  
<https://www.youtube.com/watch?v=GG5U0yJHX5o> (4 min)  
<https://www.youtube.com/watch?v=2iccTWTJ2dmU> (3:56 min)
- Close your eyes and imagine you are in the shower. Feel the water all over your body. Now, imagine that instead of water, soda or a sports drink is pouring out of the water spout. How does that feel? If you don't want SSBs washing the outside of your body, why would you want it on the inside?

### **4. Overcoming barriers to drinking more water (3 min)**

- Consider how you might choose water over SSBs. What prohibits you from drinking more water now?
- How might you exert greater control over choosing to drink water over SSBs?
- Consider taste, convenience, habits, access to what is available, popularity, etc.

### **5. Water as an Alternative with a Twist (3 min)**

- Using the “Build a Healthy Water Drink” Handout, create your own flavored water with healthy ingredients.
- To help you stay hydrated with your creations, it helps to acquire your very own water bottle. Here's a link to one that might help: [https://www.amazon.com/Motivational-Bottle-Gallon-Cooling-pink-blue/dp/B09BN11G9L/ref=sr\\_1\\_7?crd=1SOLOJ1Y66CT7&keywords=water%2Bbottle%2Bwith%2Btime%2Bmarker&qid=1679086464&sprefix=water%2Bbottle%2Caps%2C126&sr=8-7&th=1](https://www.amazon.com/Motivational-Bottle-Gallon-Cooling-pink-blue/dp/B09BN11G9L/ref=sr_1_7?crd=1SOLOJ1Y66CT7&keywords=water%2Bbottle%2Bwith%2Btime%2Bmarker&qid=1679086464&sprefix=water%2Bbottle%2Caps%2C126&sr=8-7&th=1)

### **6. Brainstorming to Choose Water over SSBs Continues (5 min)**

- Using the “Friendly Flavored Water List” handout, consider more flavorings to increase your consumption of water. *Write down* at least two more water drinks of your creation.
- Now that you can demonstrate increased confidence to consume more water, what can you do at home, in school, or elsewhere to continue drinking water with or without your flavorings? Can you create a pitcher of your favorite flavored water and store in the refrigerator? Squeeze a lemon or lime in your water at a restaurant or with your homemade meal or snack? Share your ideas with your family and friends?

### **7. You are the CEO in Charge of Your Body: Choose Water over SSBs (5 min)**

- Along with the rules you create to eat more fruits and vegetables, you can create rules or



policies to help you choose water instead of SSBs (eg. I will choose water first before drinking a SSB. I will drink 8 cups of water daily before considering SSBs, etc.)

- Post privately with your teammate(s) your own short billboard advertisement or slogan (a few lines) to inspire you to drink more water. You can use one of the infused water drinks you named.
- 8. Team Pledge – We’re in this together to Win (2 min)**
- Share with your teammate(s) the following pledge: “I pledge to drink at least 6 cups of water daily during the basketball season”.
- 9. The Takeaway (3 min)**
- View the “Sample Infused Water Recipes” Handout and practice recreating some them.
  - Post privately with your teammate(s) one or more of your favorites and remind your teammate(s) to drink more water.
- 10. The Layup (2 min)**
- Remember, it helps to have accountability and support when setting goals. Read and Sign the “Contract to Drink More Water”. You will need a witness to your signature. Choose someone other than a teammate to support your efforts.

#### **Session 4: Moving into the Zone**

Welcome to the last session of Ally-Oop Wellness! You will learn about stress and how to reduce its impact on the mind and body. We hope you are feeling great, but after this session, you may feel even greater!

**Behavioral Goal:** Participants will be able to choose stress management techniques to reduce every day stress.

#### **Additional Materials**

- You may need a soft mat to sit on or a comfortable chair

#### **1. Know How You Feel (14 min)**

- How would you define “stress”?
- *Write down* the last time you felt stressed. How did it make you feel, emotionally and/or physically? How did you address these feelings?
- Stress is your body’s response (emotional, mental, and/or physical) to any demand(s) or stressors made upon it. Stressors can come from anywhere within your environment eg. school, friends, family, an accident, illness, something you observed, even the news. These stressors can be new, threatening, frightening, or exciting. How you perceive the stress and how your body responds to the stress determines how you feel. Ever hear of the “fight, flight or freeze mechanism”? It is the condition named to describe your body’s reaction to stress, whether positive or negative. It is like an alarm reaction by your body set in motion to a stressor. It helps your body prepare to take action by activating your defense systems and helping you to protect yourself and survive. Tightened muscles, a rapid heartbeat, quick breathing, and fatigue are a few of the physical changes you may feel when triggered by stress.

- Watch this video on what stress is: <https://www.youtube.com/watch?v=gnrqG4BBsOA> (4:40 min)
- *Optional:* <https://www.youtube.com/watch?v=RtRdnog8eMc> (7:28 min)
- Watch this video on how to view stress: [https://www.youtube.com/watch?v=CZTc8\\_FwHGM](https://www.youtube.com/watch?v=CZTc8_FwHGM) (2:32 min)

## 2. Health Risks for Chronic Stress (10 min)

- What are the health risks associated with unwanted stress? *Write down* what you think stress does to your body.
- Too much stress at once or over time can exhaust your body in its efforts to adapt or return to a sense of balance or homeostasis. This can lead to muscle ache or pain and inflammation. It can also lead to serious chronic diseases like increased blood glucose levels, weakened immunity making one more vulnerable to disease and infection, memory loss, and increased abdominal fat.
- Watch these videos on what stress can do to one's body:  
<https://www.youtube.com/watch?v=v-t1Z5-oPtU> (4:42 min)  
<https://www.youtube.com/watch?v=7gA9TjmnF1A> (2:25 min)

## 3. Why De-Stress (5 min)

- *Write down* the potential benefits of reducing stress. What would it feel like to not be under stress?
- One important benefit to reducing stress is being able to breathe more freely. When stressed, one's breath is often shallow, providing less much needed oxygen to the body. By reducing stress, heart rate lowers, blood pressure lowers, energy levels increase, and there is an overall sense of relaxation. Watch this video on benefits of reducing stress using one's breath: <https://www.youtube.com/watch?v=Wemm-i6XHr8> (2:59 min).

## 4. Overcoming Unwanted Stress (12 min)

- Consider how you might reduce stress in your life, at home, in school, at a basketball game, or in transit. What are some ways that can help reduce your stress (and at no cost)?
- Watch this video on coping with stress: <https://www.youtube.com/watch?v=rWzDq2318g8> (2:32 min)
- Doing a body scan of where stress is stored in one's body, meditating, breathing, and guided meditations can help reduce stress.
- Time management is useful for de-stressing ie. managing and taking the time to de-stress when needed or at the same time every day eg. right before a stressful event or at bedtime.
- Watch this video on ways to de-stress: <https://www.youtube.com/watch?v=gCliJmqI2m4> (1:15 min).
- Watch this video on additional tips in understanding stress and how to de-stress: <https://www.youtube.com/watch?v=3Nf2Pzcketg> (7:15 min).

## 5. Experience Mindfulness (16 min)

- While there are many ways to de-stress (in addition to those in the above videos, you can practice yoga, tai chi, qi gong, connect with nature, etc.), we will focus on ways that develop your awareness of your stress and breathing, also known as *mindfulness* or being mindful, along with techniques to relax and calm your body.

- What is mindfulness? It is the practice of acknowledging what you are presently feeling without judging the emotions or sensations as you experience them. It is the opposite of multi-tasking. Mindfulness means slowing down and taking notice of what you are doing in the moment, eg. if you are washing your face, it is feeling the sensation of the water on your skin, the fresh smell of the soap through your nose, etc. Mindful meditation is focusing only on your breath. Being mindful can boost energy levels, improve sleep, reduce chronic pain, improve heart function, help with digestive problems, relieve stress, reduce anxiety, improve mood and happiness, boost concentration levels and focus, and improve self-esteem. It can make it easier to manage future stress, also known as being resilient.
  - Watch this video to further learn about the concept of mindfulness:  
<https://www.youtube.com/watch?v=7-1Y6IbAxdM> (5:01 min).
  - 1. The 30-second Body Scan:  
Are you feeling stressed? This exercise will help raise your stress awareness. You can perform it daily or several times a day to recognize when you are stressed. In response to recognizing your stress, you can breathe deeply while doing the scan. If it helps, repeat positive affirmations like “I am calming and relaxing”. Sit on a comfortable chair or mat on the floor. Ask yourself the following questions:
    - a) Am I clenching my teeth?
    - b) Am I furrowing my brow?
    - c) Are my shoulders tense?
    - d) Am I breathing rapidly?
    - e) Am I tapping my fingers?
    - f) Do I feel knots in my stomach?
    - g) Do I feel my heart racing?
    - h) Do I feel tight in my chest?
    - i) Are my arms, thighs, or calves tight?
    - j) Am I nervously bouncing my leg or foot?
    - k) Am I curling my toes?
    - l) Do I feel uneasiness anywhere else in my body?

From Fitness & Fitness, Hoeger, et al. 2021
  - 2. Watch this body scan video to guide you through a body scan:  
<https://www.youtube.com/watch?v=bLpChrgS0AY> (3:53 min).
  - 3. View Handout “Stress Management Techniques” for the following exercises.
    - a) Connecting Your Heart and Mind (3-5 min)
    - b) Breathe Upon a Star (3-5 min)
    - c) Bubble Breathing (3-5 min)
    - d) Belly Breathing (3-5 min)

Perform at least two of these exercises and write down how they made you feel.
  - See Handout “Ten Steps to Mindfulness Meditations” for future use (Optional).
- 6. Developing Your Own Mindfulness Stress Management Technique (2 min)**
- Using the Handout “Creating a Mindful Stress Management Technique”, create your own mindfulness stress management technique. Consider how you will incorporate your mindfulness stress management technique(s) into your life. Where will you perform your stress management technique(s). Write it down.

### **7. My Personalized Mindfulness Stress Management Policy (3 min)**

- Remember, you can choose how and when to reduce stress. Create a personal policy or routine to destress using mindfulness eg. every morning on the way to school or work to take 3 belly breaths (inhale and exhale), do a 30-second body scan after reading, writing, or other work, put a post-it on your mirror as a reminder, set a reminder on your cell or computer, etc. *Write down* what you created, knowing that you can change your policy as you evolve.
- Create a short mantra eg. “If stressed, I will perform muscle relaxation” and privately post with your teammate(s). Note: As de-stressing may be personal, it is ok if you choose not to share your mantra. But, *write it down* and post it somewhere for you to view.

### **8. Team Pledge – High Five (2 min)**

- Post privately with your teammate(s) the following pledge to your team: “I pledge to perform at least one mindful stress management technique daily during the basketball season”.

### **9. The Takeaway (3 min)**

- View the “Additional Mindfulness Stress Management Techniques” Handout and practice some of them.
- Post privately with your teammate(s) one or more of your favorites and remind your teammates to practice mindfulness.

### **10. The Lay-away Jump Shot (2 min)**

- Remember, it helps to have accountability and support when setting goals. Read and Sign the “Contract to Practice Mindfulness”. You will need a witness to your signature. Choose a someone other than a teammate to support your efforts.

CONGRATULATIONS! You have officially completed an alley-oop. Keep practicing and stay in the game!



*Note: The contents of this program are for educational purposes and not intended to offer personal medical advice. Seek the advice of a physician or other qualified health provider with questions regarding a medical condition. This program does not endorse any products referred to herein.*

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**SESSION 1**  
**ALLEY-OOP WELLNESS PROGRAM**  
**HANDOUTS**

Session #1

**WITHOUT**  
BALANCED, NUTRIENT-DENSE MEALS



things i don't feel like doing today:



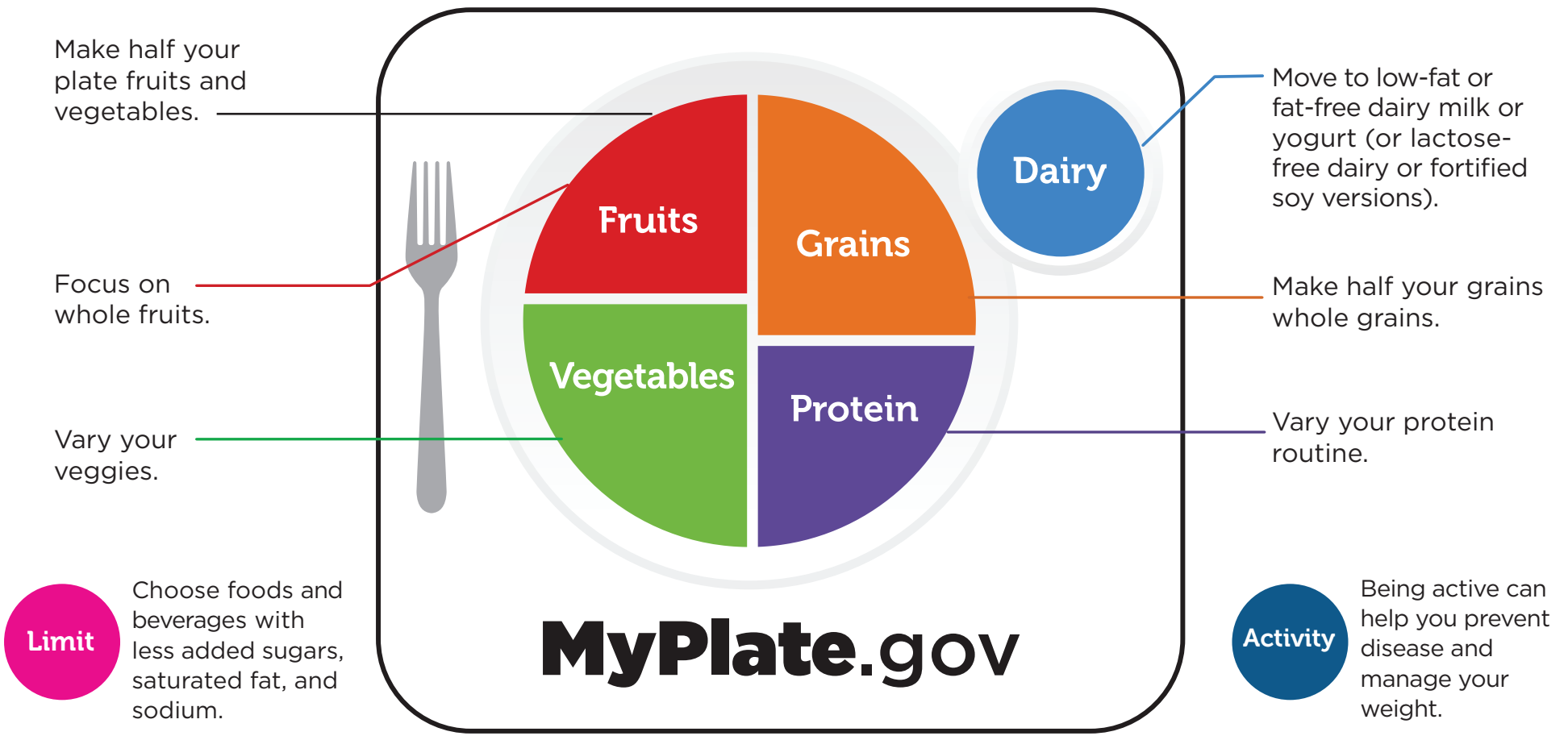
MOVING.

# What's MyPlate All About?



# Start *simple* with **MyPlate**

Healthy eating is important at every life stage,  
with benefits that add up over time, bite by bite. Small changes matter.







**Fruits**

Focus on whole fruits like fresh, frozen, canned, or dried.

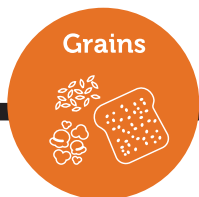
Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.



**Vegetables**

Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.



**Grains**

Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words “whole” or “whole grain.”



**Protein**

Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.



**Dairy**

Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

**Daily Food Group Targets — Based on a 2,000 Calorie Plan**

Visit [MyPlate.gov/MyPlatePlan](https://www.MyPlate.gov/MyPlatePlan) for a personalized plan.

**2 cups**

*1 cup counts as:*

- 1 small apple
- 1 large banana
- 1 cup grapes
- 1 cup sliced mango
- ½ cup raisins
- 1 cup 100% fruit juice

**2½ cups**

*1 cup counts as:*

- 2 cups raw spinach
- 1 cup cooked collard, kale, or turnip greens
- 1 small avocado
- 1 large sweet potato
- 1 cup cooked beans, peas, or lentils
- 1 cup cut cauliflower

**6 ounces**

*1 ounce counts as:*

- 1 slice of bread
- ½ cup cooked oatmeal
- 1 small tortilla
- ½ cup cooked brown rice
- ½ cup cooked couscous
- ½ cup cooked grits

**5½ ounces**

*1 ounce counts as:*

- 1 ounce cooked lean chicken, pork, or beef
- 1 ounce tuna fish
- ¼ cup cooked beans, peas, or lentils
- 1 Tbsp peanut butter
- 2 Tbsp hummus
- 1 egg

**3 cups**

*1 cup counts as:*

- 1 cup dairy milk or yogurt
- 1 cup lactose-free dairy milk or yogurt
- 1 cup fortified soy milk or yogurt
- 1½ ounces hard cheese
- 1 cup kefir



**Limit**

Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.



**Activity**

Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

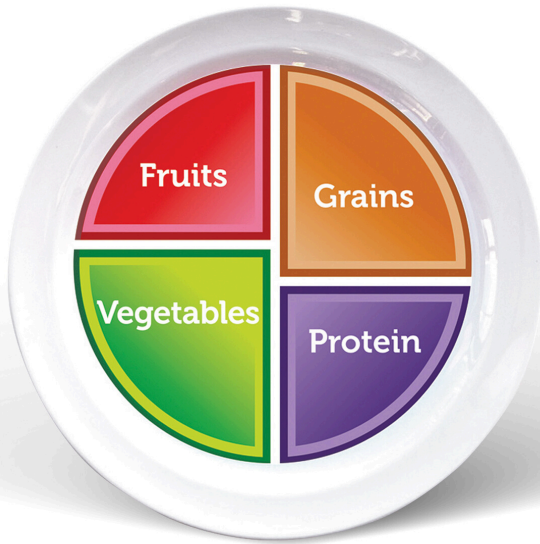
Kids ≥ 60 min/day      Adults ≥ 150 min/week

# NUTRITION 101

BALANCE • VARIETY • PORTIONS

*healthbeet.org*

Eating from a variety of food groups provides important and vital macro and micro-nutrients that are essential for growth, development and body function. Practicing portion control can improve energy, mood, and physical comfort.



## FRUITS

Fruit is a great source of carbohydrates, fiber, and micronutrients. Fruit is rich in potassium, vitamin C, and folate. The fiber in fruit is vital for healthy digestive functioning.

## VEGETABLES

Veggies provide essential micronutrients necessary for development and function. Studies repeatedly show people who eat a diet high in vegetables have fewer rates of chronic diseases.

## GRAINS

Grains are a great source of energy in the form of carbohydrates, as well as B Vitamins. Whole grains can provide a good source of fiber and can be of benefit by providing a good environment for healthy bacteria to grow.

## PROTEIN

Proteins provide structure for muscle tissue, bone and skin. Protein is essential for life sustaining chemical reactions in the body, internal communication of cells, immune support, and is a source of energy and regulation.

## DAIRY

Dairy is considered an easy, convenient food group to get essential calcium to build bones, and a good source of protein. Dairy also includes phosphorus, potassium, magnesium, and vitamins A, B12, and riboflavin.

## Good nutrition can:

- Build immunity
- Protect from chronic diseases.
- Help you maintain a healthy weight
- Improve your mood and enhance mental outlook.
- Improve memory.
- Strengthen bones and muscles.

HEALTH RISKS ASSOCIATED WITH POOR NUTRITION

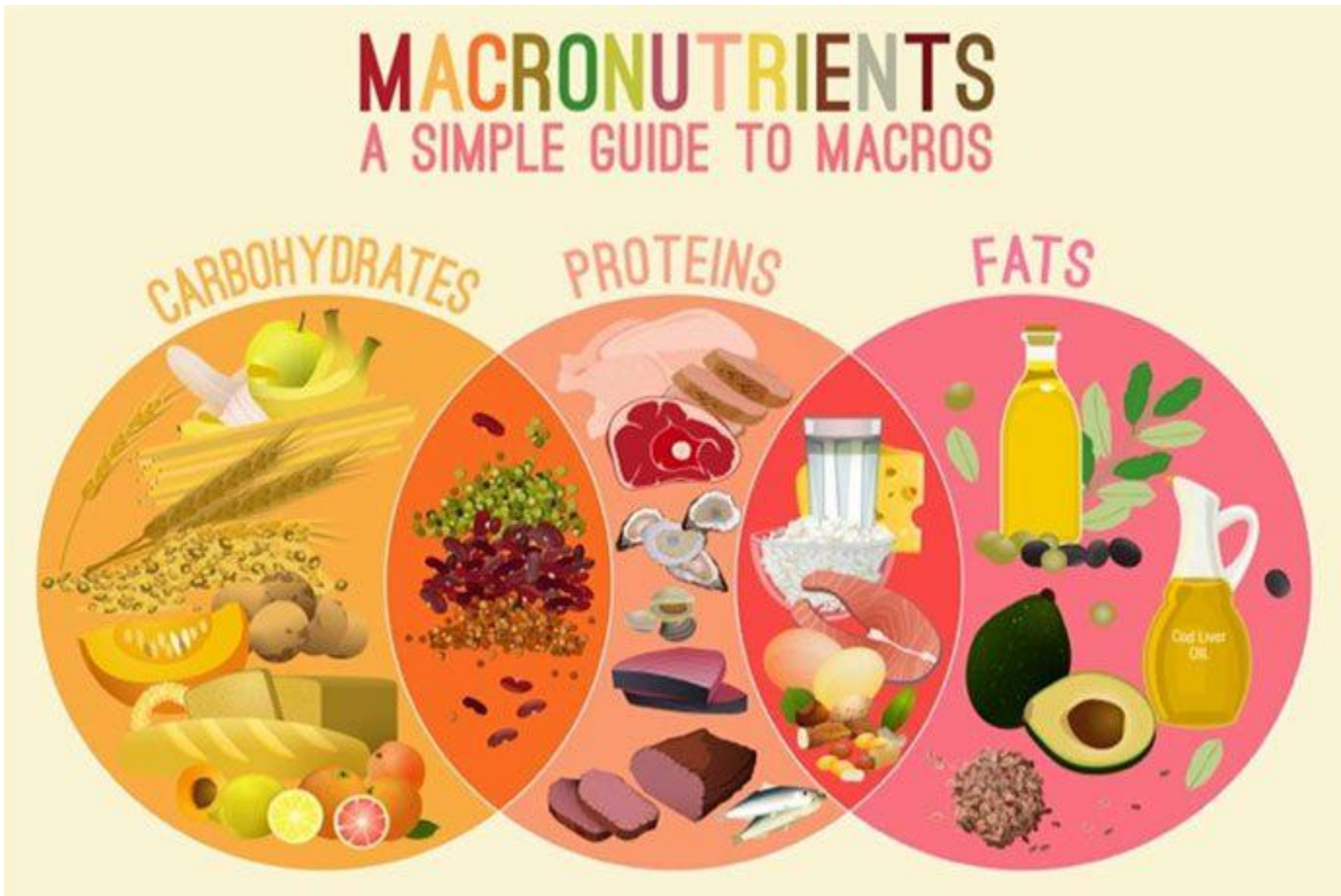
Not eating balanced, nutrient-dense meals (poor nutrition) can impair one's daily physical and mental health and overall wellbeing. It can reduce one's ability to lead an enjoyable and active life.

The following are some of the affects from poor nutrition:































- Being overweight or Obese
- Being underweight
- Tooth decay
- High Blood Pressure
- Stress
- Tiredness or Weakness
- High Cholesterol
- Heart Disease and Stroke
- Type-2 Diabetes
- Osteoporosis (bone loss)
- Some Cancers
- Depression and/or Anxiety
- Eating Disorders

Can you think of any other consequences from poor nutrition? \_\_\_\_\_

\_\_\_\_\_



# KNOW YOUR MACROS

| Protein   |  | Carbs   |  | Fat   |
|---|--|---|--|---|
| <br>Cheese           | <br>Tofu    | <br>Rice             | <br>Bananas             | <br>Avocado                |
| <br>Chicken          | <br>Yoghurt | <br>Pasta            | <br>Bread               | <br>Extra virgin olive oil |
| <br>Milk             | <br>Lentils | <br>Sweet potatoes   | <br>Quinoa              | <br>Nuts                   |
| <br>Turkey          | <br>Eggs   | <br>Root vegetables | <br>Starchy vegetables | <br>Seeds                 |
| <br>Chickpeas      | <br>Fish  | <br>Whole Grains   | <br>Oats              | <br>Nut butters          |
| <br>Protein powder | <br>Nuts  | <br>Berries        | <br>Fruit juice       | <br>Dark chocolate       |

**WH TIP:** Not all foods are made up of just one macro. e.g. cheese and nuts contains both protein and fat. Be mindful of portion sizes.

Session #1  
MICRONUTRIENTS  
VITAMINS AND MINERALS

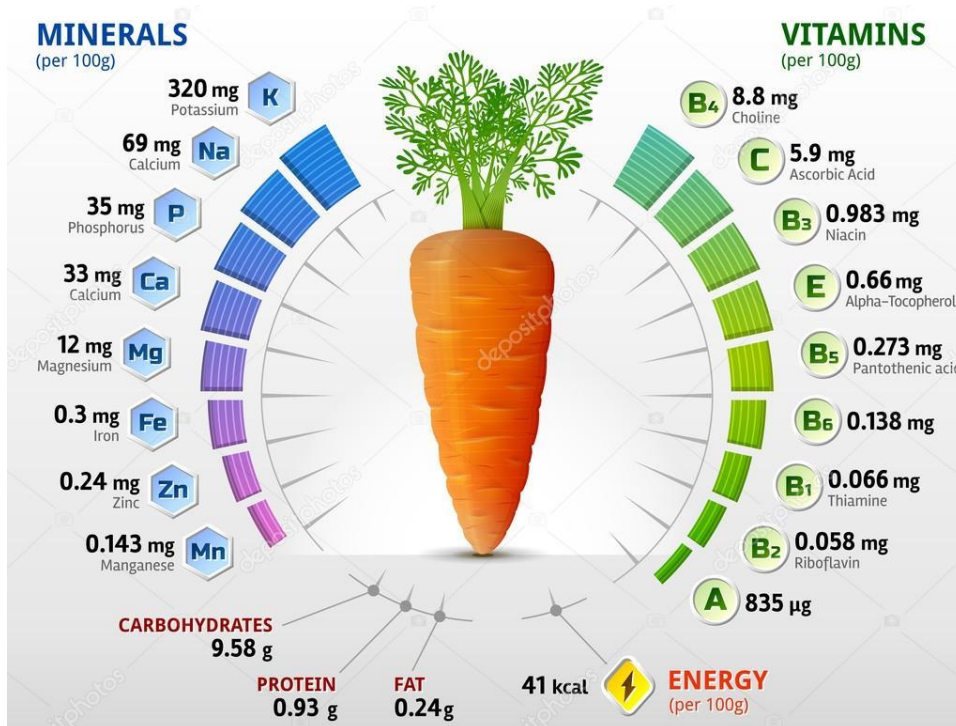
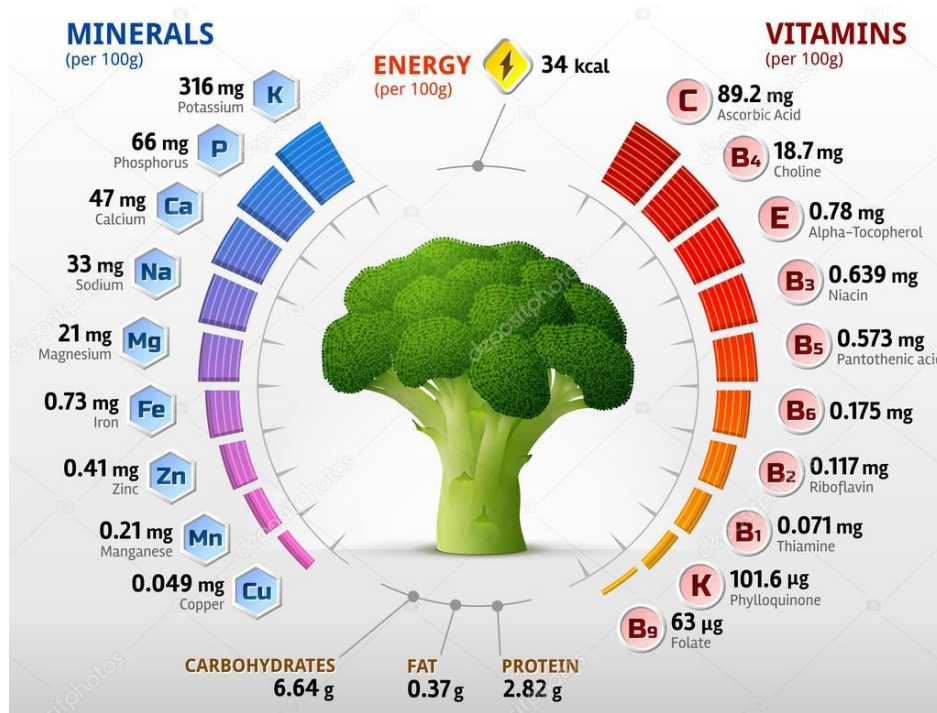
| Essential Vitamins | What we use it for                                     | Good Food Sources  |
|--------------------|--|--|
| A                  | Keeps our eyes, skin, teeth, and bones healthy         | Yellow and orange foods (eg. carrots, cantaloupe), leafy green vegetables (eg. kale, spinach), fish oils, milk, eggs, beef liver             |
| B                  | Converts food into energy, supports the nervous system | Meats, nuts, fish, dairy, legumes, leafy greens, seeds, fortified foods  |
| C                  | Heals wounds, fights infections                        | Citrus fruits, bell peppers, strawberries, tomatoes, cruciferous vegetables (eg. broccoli, cabbage, cauliflower, brussels sprouts), potatoes |
| D                  | Essential for strong bones and teeth                   | Milk, dairy, some mushrooms, fortified soy milk, orange juice, and cereals   |
| E                  | Keeps our heart and arteries healthy                   | Nuts (eg. peanuts, almonds, and as nut butters), sunflower seeds, soybean oil, beet greens, collard greens, spinach,                         |
| K                  | Keeps our blood healthy and clotting properly          | Broccoli, brussels sprouts, cabbage, eggs, green leafy vegetables, soybean and canola oil  |

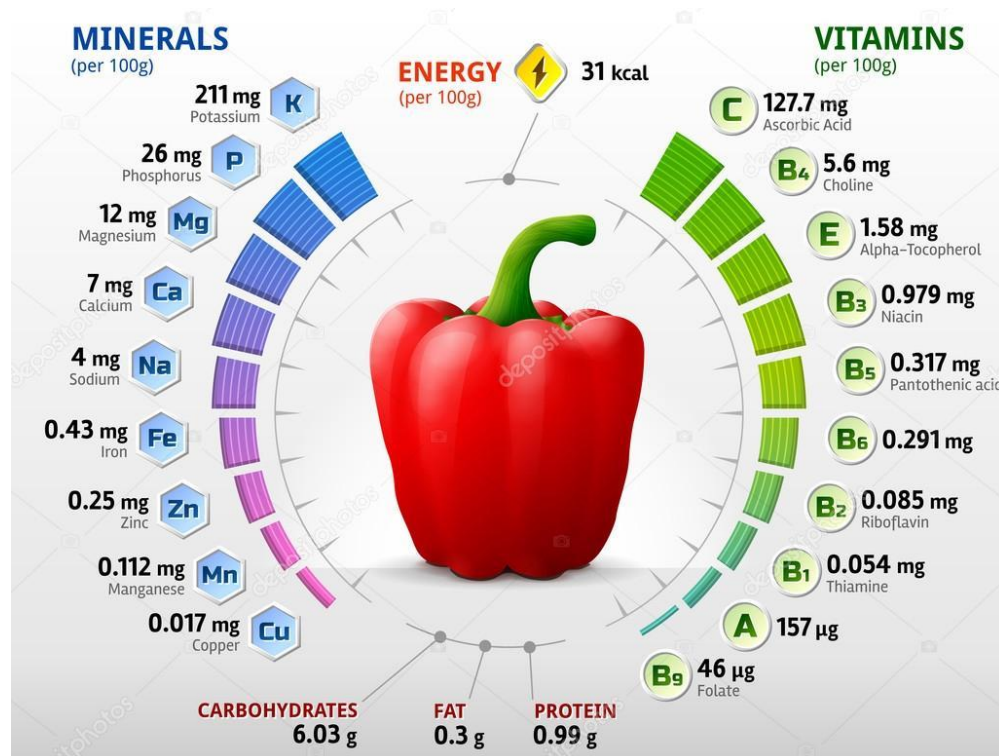
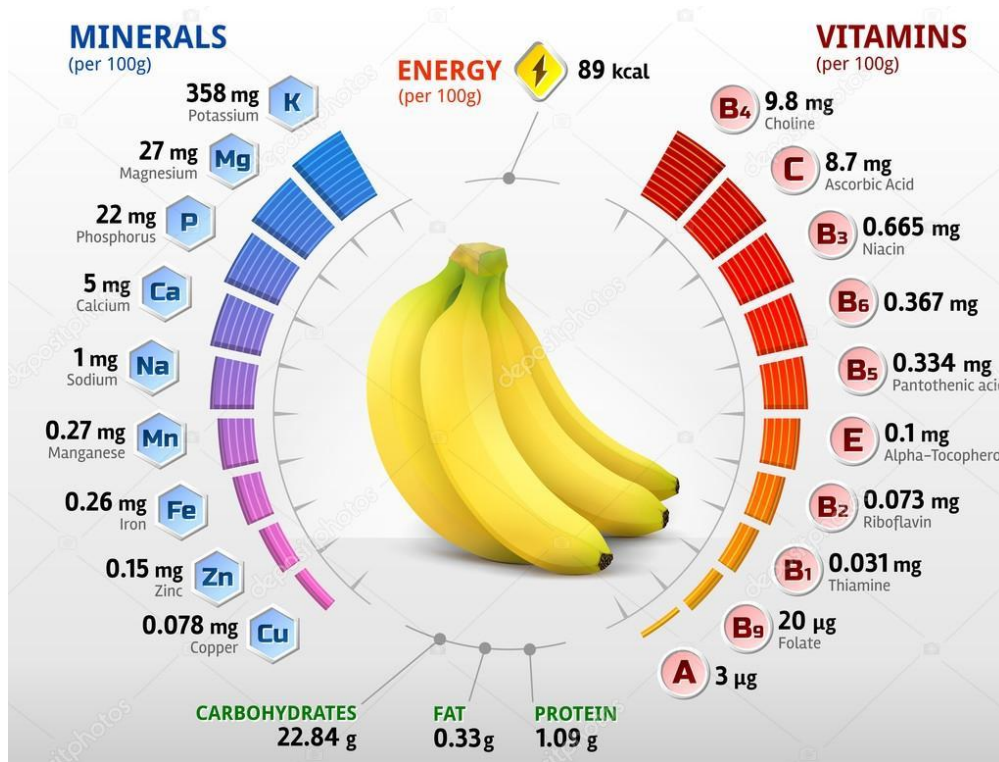
| Mineral    | What we use it for   | Good Food Sources   |
|------------|--|---|
| Calcium    | Most abundant in the body. For strong bones and blood clotting.                | Dairy, leafy greens, seeds, nuts, dates, tofu             |
| Magnesium  | Helps maintain normal nerve and muscle function & a healthy immune system      | Nuts, spinach, fish, leafy greens, avocado, oats, legumes |
| Phosphorus | Used in all cell functions   | Fish, poultry, eggs, leafy greens, avocado, oats, legumes |
| Potassium  | Regulates major biological processes, muscle contraction, regulates heartbeat  | Most fruits & vegetables, nuts, seeds, fish               |
| Sodium     | Maintains water balance, produces digestive juices, other biological processes | Table salt, fish, nuts, seeds, and added to many foods.   |
| Chloride   | Acts as an electrolyte, aids digestion, regulated blood pH                     | Table salt, olives, tomato, celery, rye, seaweed          |
| Sulfur     | Helps with digestion, waste elimination, & bile secretion                      | Eggs, avocado, garlic, cabbage, poultry, fish, soy        |
| Iron       | Essential for red blood production (hemoglobin)                                | Legumes, dried fruit, whole grains, spinach, liver, tofu  |
| Copper     | Helps with the absorption and metabolism of iron                               | Nuts & seeds, shellfish, potatoes, dried fruit            |
| Zinc       | Supports the immune system & aids in the healing of wounds                     | Shellfish, nuts & seeds, dairy, meat                      |

Trace Minerals (needed by the body in small doses, eg. iodine and selenium for the thyroid): Manganese, Iodine, Chromium, Cobalt, Selenium, & Fluoride.

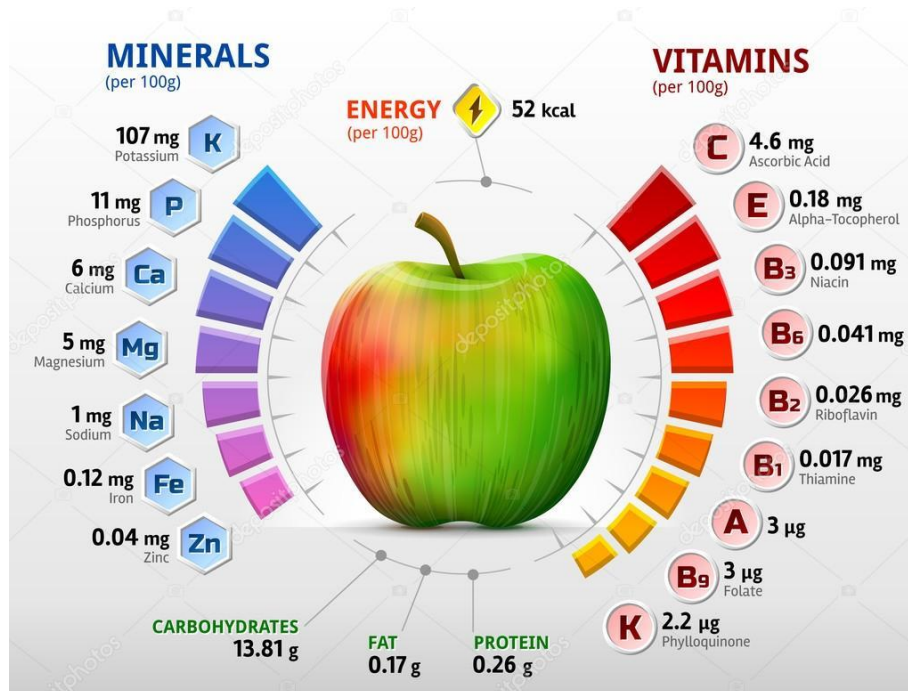
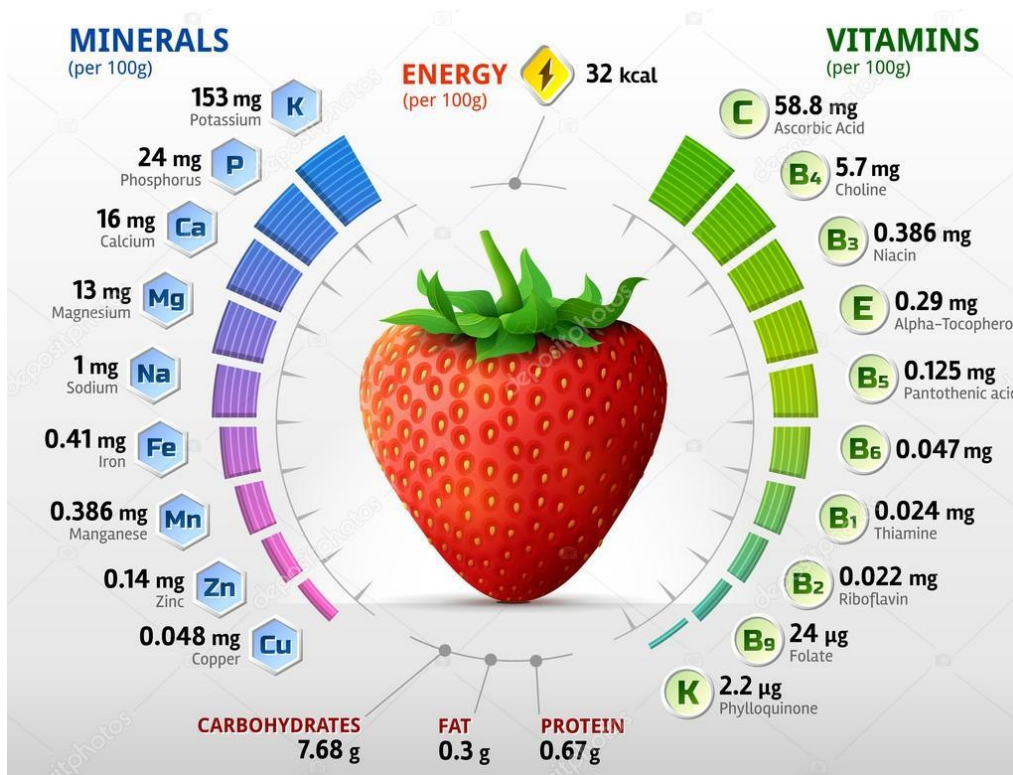
Session #1  
**MICRONUTRIENTS**

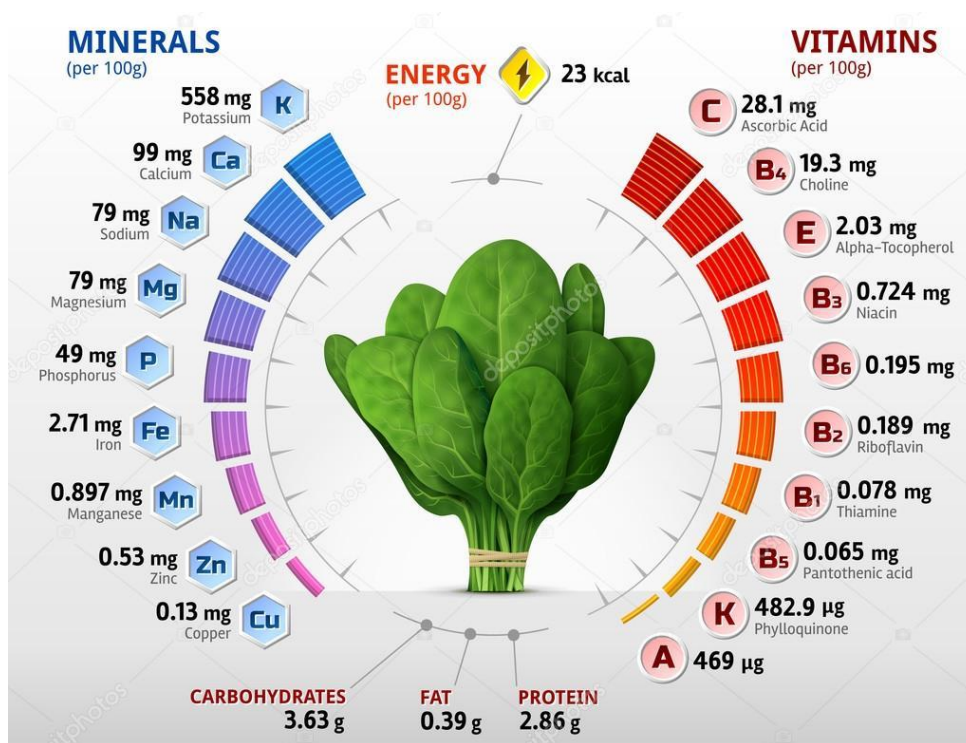
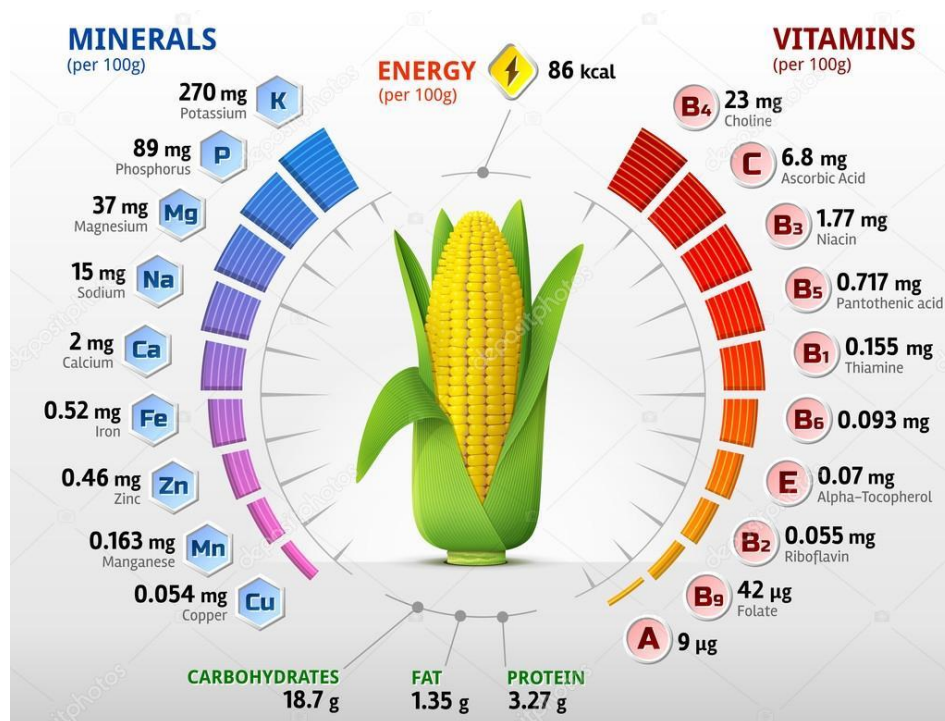
DID YOU KNOW.....











# Build a Healthy Meal with MyPlate



Date: \_\_\_\_\_

**Meal 1**

Protein \_\_\_\_\_  
\_\_\_\_\_

Grain \_\_\_\_\_  
\_\_\_\_\_

Fruit \_\_\_\_\_  
\_\_\_\_\_

Vegetable \_\_\_\_\_  
\_\_\_\_\_

Dairy \_\_\_\_\_  
\_\_\_\_\_

**Meal 2**

Protein \_\_\_\_\_  
\_\_\_\_\_

Grain \_\_\_\_\_  
\_\_\_\_\_

Fruit \_\_\_\_\_  
\_\_\_\_\_

Vegetable \_\_\_\_\_  
\_\_\_\_\_

Dairy \_\_\_\_\_  
\_\_\_\_\_

**Meal 3**

Protein \_\_\_\_\_  
\_\_\_\_\_

Grain \_\_\_\_\_  
\_\_\_\_\_

Fruit \_\_\_\_\_  
\_\_\_\_\_

Vegetable \_\_\_\_\_  
\_\_\_\_\_

Dairy \_\_\_\_\_  
\_\_\_\_\_

**Meal 4**

Protein \_\_\_\_\_  
\_\_\_\_\_

Grain \_\_\_\_\_  
\_\_\_\_\_

Fruit \_\_\_\_\_  
\_\_\_\_\_

Vegetable \_\_\_\_\_  
\_\_\_\_\_

Dairy \_\_\_\_\_  
\_\_\_\_\_

## Family Friendly Grocery List

### Veggies

Bell Peppers  
 Broccoli  
 Cauliflower  
 Celery Corn  
 Green Beans  
 Onions  
 Peas (frozen)  
 Potatoes  
 Spinach  
 Sweet Potatoes  
 Squash  
 Zucchini

### Fruits

Apples  
 Avocados  
 Bananas  
 Blueberries  
 Grapes  
 Kiwi  
 Mandarins (Cuties)  
 Raspberries  
 Strawberries

### Dairy

Cheese (*block, shredded, stick*)  
 Cottage cheese  
 Cream cheese  
 Kefir  
 Milk, whole  
 Yogurt

### Beans/Legumes

Black beans  
 Cannelini beans  
 Garbanzo beans  
 Great northern  
 Lentils  
 Pinto beans

### Meat/Eggs

Beef:  
 Ground  
 Roast  
 Steak  
 Chicken:  
 Breast  
 Thighs  
 Whole Chicken  
 Eggs  
 Fish, *wild caught*  
 Pork  
 Turkey  
 Breast  
 Ground

### Rice/Grains

Bread  
 Crackers  
 English Muffin / bagels  
 Noodles  
 Naan Bread  
 Oats  
 Pasta  
 Rice  
 Tortilla  
 Quinoa

*\*Aim to buy whole grain or sprouted grains.*

### Oils/Condiments

Coconut Oil  
 Extra Virgin Olive Oil  
 Honey  
 Jam / Jelly *no sugar added*  
 Ketchup  
 Mustard  
 Maple Syrup  
 Mayonnaise *whole food based such as Primal Kitchen*  
 Coconut Aminos  
 Vinegar

### Canned/Packaged

Broth  
 Marinara / Pasta Sauce  
 Pizza Sauce  
 Salsa  
 Tomato Sauce  
 Tuna  
 Nut Butter  
 Sliced / Chopped Nuts  
 Chia Seeds  
 Hemp Hearts  
 Dried fruits - raisins, prunes, dried fruits

### Snacks

Applesauce *no sugar added*  
 Kids kind bars  
 Larabars *regular or "kid version"*  
 Kids RX bars  
 Green Pea Crisps *ie Harvest Snaps*  
 Whole grain crackers *ie Triscuits or Mary's Gone*  
 Dry Cereal *no added sugar*  
 Hummus

### Convenience

Deli meat, *nitrate free*  
 Rotisserie Chicken  
 Bagged Salad Kit  
 Precut Produce

### Freezer Section:

Applegate Brand *Chicken Nuggets/Strips*  
 Hillary's Veggie Burgers  
 Dr. Prager's *Veggie burgers, fish bites, spinach cakes, kid products*  
 Simply Nature (Aldi)-  
*Spinach and Kale Bites, Broccoli Bites*  
 Steamable veggies  
 Sweet Potato Fries  
 Hashbrowns

[MuscleandManna.com](http://MuscleandManna.com)

\* Note: As space is limited, this is not a comprehensive list.

- Use your discretion to include other foods in each category that are low in saturated fat, sugar, and salt.
- This list does not promote any one brand. It is suggestive only.
- Additional vegetables (such as kale and other greens, carrots, lettuces), fruits (such as mango, melon, blackberries, pears), fermented foods, soy and other nondairy milks, oils (such as avocado, canola), grains (such as farro, buckwheat, brown/wild rice, barley), and other foods with healthful benefits can also be included on your grocery list and part of a well-balanced overall diet.

# From the Desk of

\_\_\_\_\_  
(Your name)

~~~~~

## Commitment Letter to Eat Balanced, Nutrient-Dense Meals

I intend to choose and eat balanced, nutrient-dense meals with MyPlate as my guide.

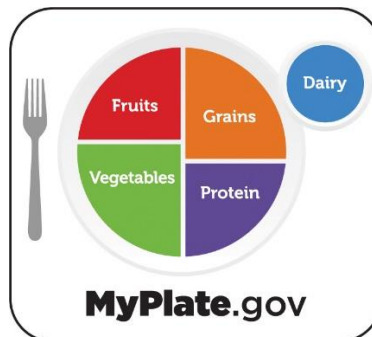
I will start by committing to eat at least 2 balanced, nutrient-dense meals at least 5 days per week for the entire basketball season.

I know you will help support me in my efforts to eat healthy foods and obtain good nutrition.

Thank you in advance.

Signed: \_\_\_\_\_  
(Your Name)

Dated: \_\_\_\_\_



**SESSION 2**  
**ALLEY-OOP WELLNESS PROGRAM**  
**HANDOUTS**

## Session 2

### BUILD YOUR OWN HEALTHY SNACK

Have fun creating 4 personalized snacks. You can eat them raw, steamed or roasted. Give them a name, if you like. Use some of the items below to help get you started:

| Fruits                                                                                                                                                                                                                                                                                                                                    | Vegetables                                                                                                                                                                                                                                                                                             | Protein                                                                                                                                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Apples<br>Applesauce<br>Apricots<br>Bananas<br>Blackberries<br>Blueberries<br>Clementines<br>Cherries<br>Grapes<br>Kiwi<br>Dried fruit (eg. raisins, cranberries)<br>Dates<br>Mango<br>Oranges<br>Pears<br>Raspberries<br>Strawberries<br>Watermelon<br>Cantaloupe<br>Pineapples<br>Avocado<br>Plums<br>Nectarines<br>Peaches<br>Apricots | Carrots<br>Celery<br>Jicama<br>Peppers<br>Cucumbers<br>Cauliflower<br>Broccoli<br>Butternut Squash<br>Edamame<br>Tomatoes<br>Peas<br>Potatoes (not fried)<br>Snap Peas<br>Kale or other dark greens<br>Spinach<br>Zucchini<br>Sweet potatoes<br>Lettuces<br>Corn<br>Beets<br>Green beans<br>Tomatillos | Nuts<br>Seeds (eg. sunflower, pumpkin)<br>Nut butters (eg. peanut, almond)<br>Bean spread (eg. humus, black bean)<br>Cheese (eg. string, chunks)**<br>Yogurt (plain, no sugar added)**<br>Non-dairy yogurt (eg. cashew)<br>Chia pudding<br>Egg (hard boiled easier to store)<br><br>** choose low-fat when possible |
| <u><b>SNACK #1</b></u>                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                        | <u><b>SNACK #2</b></u>                                                                                                                                                                                                                                                                                              |
| <u><b>SNACK #3</b></u>                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                        | <u><b>SNACK #4</b></u>                                                                                                                                                                                                                                                                                              |

SESSION #2

VEGETABLES AND FRUITS



Can you eat all 5 colors every day? Each color is beautiful and filled with different vitamins to make you strong!

|           | <i>red</i> | <i>orange</i> | <i>yellow</i> | <i>green</i> | <i>blue</i> |
|-----------|------------|---------------|---------------|--------------|-------------|
| Monday    |            |               |               |              |             |
| Tuesday   |            |               |               |              |             |
| Wednesday |            |               |               |              |             |
| Thursday  |            |               |               |              |             |
| Friday    |            |               |               |              |             |
| Saturday  |            |               |               |              |             |
| Sunday    |            |               |               |              |             |



## Session #2

# A HEALTHY SNACK

### *A healthy snack:*

1. Contains one or more food groups
  2. Contains little to no excess calories from added sugars
  3. Contains little to no excess calories from saturated fat, and
  4. Is lower in sodium.
- **Choose** a variety of snacks from each of the five food groups over the course of a week. Each food group contains important nutrients that your body needs.
  - Examples from each food group include:
    - Whole Grains: eg. whole grain crackers, whole grain wheat bread, whole grain mini bagels, whole grain cereal, rice cakes, sliced whole crackers, whole wheat tortillas
    - Vegetables: eg. carrots, celery, bell pepper, cherry tomatoes, green beans, sugar or snap peas, avocados, jicama, broccoli, peas, cauliflower, the list goes on!
    - Fruits: eg. apple, tangerine, plum, banana, pineapple, kiwi, peach, papaya, watermelon, mango, nectarine, melon, grapes, cherries, berries (blueberries, strawberries blackberries, raspberries), dried fruit, fruit cup w/ no sugar added, 100% fruit juice, and the list goes on!
    - Dairy: eg. low-fat cheese slices or string cheese, low-fat or fat-free yogurt, fat-free or low-fat milk, low-fat cottage cheese; fortified soy beverage (soymilk)
    - Protein Foods: eg. boiled egg, peanut butter or other nut butter, hummus, slices chicken (without skin), pumpkin seeds, sunflower seeds, pistachios, walnuts, cashews, almonds, tuna or lean turkey, and the list goes on!
  - When choosing grain-based foods for a snack (e.g., breads, crackers, tortillas, pretzels), choose whole grains.

### **Consider:**

- 😊 Refined grains are processed to remove the most nutritious parts of the grain seed.
- 😊 Calories are the measure of energy a food or beverage provides - the fuel your body needs to work and move.
- 😊 Choose snacks that have little to no calories from added sugars.
- 😊 Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared.
- 😊 This does not include naturally occurring sugars such as those in milk and fruits.
- 😊 Added sugars provide calories without adding nutritional value.
- 😊 The Dietary Guidelines recommend limiting added sugars to less than 10 percent of calories per day (the American Heart Association recommends limiting added sugar from all foods and beverages consumed to no more than 100 calories/day or about 6 teaspoons (25g) for most women and no more than 150 calories/day or about 9 teaspoons (38g) for men.). For example, if you need 2,000 calories a day, you should have no more than 200 calories from added sugars, which is 50 grams (a little more than the amount in one 16 fluid ounce bottle of regular soda).
- 😊 Limit desserts and sweet snacks such as cakes, cookies, and pastries.
- 😊 Choose snacks that have little to no excess calories from saturated fat. Saturated fat is a type of fat that you should try to limit.
- 😊 Too much saturated fat can increase your risk for heart disease. Try replacing saturated fat (e.g. butter) with unsaturated fat (e.g. olive oil).
- 😊 The Dietary Guidelines recommend limiting saturated fat to less than 10 percent of calories per day. For example, if you need 2,000 calories a day, you should have no more than 200 calories from saturated fat, which is 22 grams (about the amount in 3 tablespoons of butter).
- 😊 Try to choose snacks with less than 200 milligrams (mg) of sodium per serving.
- 😊 Sodium is found in salt and many processed foods.
- 😊 Too much sodium is bad for your health. It can increase your blood pressure and your risk for a heart attack and stroke, two leading causes of death in the United States.
- 😊 Eating less sodium can reduce risk for high blood pressure.
- 😊 The American Heart Association recommends consuming less than 2,300 milligrams (ideally 1,500 mg for adults, especially with high blood pressure) per day of sodium.

## FRUIT AND/OR VEGETABLE SNACKS

You've seen some samples of fruit and/or vegetable snacks on the videos presented, here are some additional tips:

- **Three Point Play:** Spread a nut butter (eg. peanut butter, almond butter, cashew butter, etc.) over a rice cake. Top with sliced pieces of apple or fruit (even dried fruit) of your choosing. *Note: you can make your own nut butters with a blender. Soak a cup of your favorite nuts in water over night. Drain in the morning. Poor your nuts into the blender. Add a teaspoon of vanilla, tablespoon of maple syrup (optional), and ¼ cup of water. Blend until smooth.*
- **Roasted chickpeas:** Drain one can of chickpeas (low or no salt preferred) in a colander. Roll over a baking pan lined with parchment paper. Sprinkle spices of your choice over the chickpeas. Drizzle avocado or canola oil over the chickpeas. It may be easier to place chickpeas, spices, and oil in a Ziploc bag and shake first. Bake at 425 degrees F for 20-30 minute until golden brown. Mix with nuts, other veggies, or even fruit and enjoy!
- **Black Bean Dip:** <https://www.onceuponachef.com/recipes/black-bean-dip.html#tabrecipe> You may wish to cut this recipe in half for one serving only.
- **Black Bean Brownies:** If you are introducing black beans into your snack routine, you may want to start slowly with this recipe from <https://chocolatecoveredkatie.com/no-flour-black-bean-brownies/> . Add walnuts or pecans to boost its nutritional appeal.
- **Cottage Cheese and Fruit:** Locate low-fat, plain cottage cheese. Mix in fruits, nuts, and/or seeds of your choosing. The fruit can be fresh, frozen, or raw. Sprinkle with cinnamon and/or granola (low sugar).
- **Yogurt Parfait:** Locate low-fat, plain yogurt. Greek yogurt may be most creamy. Mix in fruits, nuts, and/or seeds of your choosing. The fruit can be fresh, frozen, or raw. Sprinkle with cinnamon, dark chocolate chips and/or granola (low sugar). chips, and sprinkles of coconut flakes.
- **Overnight Oats:** As a snack or breakfast <https://feelgoodfoodie.net/recipe/overnight-oats/>
- **Ranch Dip:** For your veggies <https://cupcakesandkalechips.com/greek-yogurt-ranch-dip/> OR <https://www.theculinarycompass.com/greek-yogurt-ranch-dip-recipe/>
- **Humus:** For your veggies <https://www.inspiredtaste.net/15938/easy-and-smooth-hummus-recipe/#itr-recipe-15938> You can add some onion for a creamier version. See handouts for humus without tahini.
- **Guacamole:** <https://downshiftoology.com/recipes/best-ever-guacamole/>
- **Chia pudding:** <https://feelgoodfoodie.net/recipe/3-ingredient-chia-pudding/#wprm-recipe-container-5591>
- **Chocolate chia pudding:** <https://feelgoodfoodie.net/recipe/coconut-chocolate-chia-pudding/#wprm-recipe-container-5962>
- **No Bake Pumpkin Oatmeal Energy Bites:** Easy to eat and can be mixed with vegetables (eg. cucumbers) or fruit. <https://www.blessthisplease.com/no-bake-pumpkin-oatmeal-energy-bites/>
- **9 Energy Bite Recipes Using Dates:** Mixing nuts, dates and dark chocolate... <https://www.blessthisplease.com/9-energy-bites-recipes/#tasty-recipes-49823-jump-target>
- **Smooth Yourself:** Create a smoothie and carry it to practice or games. Use coconut water, water, nondairy or dairy milk as your base, frozen fruit of your choice, freshly washed veggies (eg. spinach, kale, celery, cucumber), nut butter, avocado, and blend. Add oats. Personalize your creations! Examples of some ideas: <https://downshiftoology.com/best-smoothie-recipes/>
- **Mix it UP:** Mix orange slices + pistachios; celery + peanut butter; apple slices + cheese cubes; bell peppers and carrots + humus; jazz it up and mix more!





<https://www.yummytoddlerfood.com/homemade-creamy-hummus/#wprm-recipe-container-3504> The following recipe is from Amy Palanjian, from the yummytoddlerfood website, and has been modified.

## **CREAMY HUMMUS WITHOUT TAHINI**

Note: This recipe uses low-fat Greek (plain) yogurt for a creamy texture to avoid sesame (from tahini) should you desire or have an allergy to sesame. You can use any other low-fat (plain) yogurt if you do not have Greek yogurt.

Feel free to add other ingredients (eg. roasted butternut squash, roasted red pepper, cilantro, olive oil, etc.).

PREP TIME: 5 minutes

COOK TIME: 0 minutes

### **INGREDIENTS:**

- 14.5 ounce can chickpeas, rinsed and drained (or 2 cups) (choose a brand with the least amount of salt)
- ½ cup plain Greek yogurt
- 2 tablespoons fresh lemon juice (the juice from one small whole lemon should be enough)
- 1 small garlic clove, peeled
- 1 teaspoon cumin
- ½ teaspoon salt (or, to reduce salt intake, a pinch of salt, cayenne, and/or paprika)
- 1 teaspoon chopped parsley as a topping

### **STEPS:**

1. Place all ingredients except parsley into a food processor.
2. Blend until very smooth.
3. Add a drizzle of olive oil for a thinner consistency.
4. Top with the chopped parsley
5. Serve with vegetables (raw or steamed) or whole grain crackers.
6. Enjoy!

SESSION #2



**CONTRACT TO EAT MORE FRUITS AND VEGETABLES**

During basketball season, I agree to eat more fruits and vegetables.

I now eat fruits and/or vegetables approximately \_\_\_\_\_ times  
a day/week/month (circle one).

My goals are to

1. Eat at least one fistful of fruits and vegetables at two or more meals daily; AND
2. Consume a healthy snack with fruits and/or vegetables instead of an ultra-processed snack at least one day a week.

I think I may encounter the following problems:

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I will give myself permission to be human and deal with these problems in the following way(s):

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Signed: \_\_\_\_\_  
(Your Name)

Date: \_\_\_\_\_

Witness: \_\_\_\_\_  
(Witness Signature)  
(You may choose anyone)

Date: \_\_\_\_\_

**SESSION 3**  
**ALLEY-OOP WELLNESS PROGRAM**  
**HANDOUTS**

## Build a Healthy Water Drink



Pretend you are a chef or scientist. Your job is to think of ways to make your water more tasty or pleasurable to drink. What fruits, vegetables, or herbs might you chop, slice or mince to add to your water? Create three possible water drinks (no sugar added) and write them below. You may even name them!

1. Water + \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.  
*Name:*

2. Water + \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.  
*Name:*

3. Water + \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.  
*Name:*

## FRIENDLY FLAVORED WATER LIST



The following is a list of fruits, vegetables, and herbs you can choose to jazz up or infuse your water. Can you think of more ingredients? Have fun!

- Sliced cucumber
- Sliced lemon
- Sliced lime
- Strawberries
- Blueberries
- Blackberries
- Sliced watermelon
- Chunks of pineapple
- Chunks of mango
- Chunks of papaya
- Sliced apple
- Sliced peaches
- Sliced orange
- Sliced grapefruit
- Coconut flakes
- Rosemary
- Lavendar
- Mint
- Ginger
- Raspberries
- Sliced kiwi
- Cinnamon sticks
- Basil.....

Now, see if you can be even more creative and design some new infused water drinks for you to enjoy:

1. Water + \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_.

2. Water + \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_.

## SAMPLE INFUSED WATER RECIPES

Here are some websites with recipes to inspire you:

- <https://www.tasteofhome.com/collection/best-flavored-water-recipes/>
- <https://www.culinaryhill.com/8-infused-water-recipes/>
- <https://www.acouplecooks.com/infused-water/>
- <https://www.alphafoodie.com/flavored-water-recipes/>





SESSION 3



**CONTRACT TO DRINK MORE WATER**

During the entire basketball season, I agree to drink more water.

I now drink approximately \_\_\_\_\_ cups of water \_\_\_\_\_ times

a day/week/month (circle one). My goal is to drink at least 6 cups (8 ounces cups) daily

AND instead of sugar sweetened beverages until the end of the basketball season.

I think I may encounter the following problems:

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However, I will give myself permission to be human and deal with these problems in the following way(s):

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Signed: \_\_\_\_\_

(Your Name)

Date: \_\_\_\_\_

Witness: \_\_\_\_\_

(Witness Signature)

(You may choose anyone)

Date: \_\_\_\_\_

**SESSION 4**  
**ALLEY-OOP WELLNESS PROGRAM**  
**HANDOUTS**

## STRESS MANAGEMENT TECHNIQUES

### 1. **Connecting Your Heart and Mind:**

Getting in touch with your heart via the QUICK COHERENCE® TECHNIQUE from the HEARTMATH® INSTITUTE for ages 12-18 can help release stress and balance your emotions. With these simple steps, you may feel more confident, positive, focused, and calm (but energized):

#### STEP #1: **HEART FOCUS**

Shift your attention to the area of your heart or the center of your chest.

#### STEP #2: **HEART BREATHING**

Breathe slowly and deeply. Imagine the air is entering and leaving through your heart or the center of your chest. Focusing on the heart as you breathe helps you draw the energy out of your head, where negative thoughts and feelings create stressful feelings. Feel the positive energy from your heart neutralizing the negative energy that may be present in your head.

#### STEP #3: **HEART FEELING**

Think of a time when you felt good inside. Try to re-experience that feeling. It could be a feeling of love, caring, appreciation toward a special person or a pet, a place you enjoy or a fun activity. Using your senses may help recreate that feeling eg. the smell, sight, taste, touch, and/or sound you experienced. Focus on this good feeling as you continue to breathe through the area of your heart or center of your chest.

Note that in any moment of stress, these 3 steps can be done anytime, anywhere and no one else will know you are doing it!

Listen to the below Audio for a guide to performing this technique. Approximate time, 5 minutes.

<https://www.heartmath.org/assets/uploads/2015/02/quick-coherence-teens.mp3>

### 2. **Breathe Upon a Star:**

Action for Healthy Kids, <https://www.actionforhealthykids.org/activity/mindful-breathing-exercises/>, suggests this exercise for mindful breathing and destressing.

STEP #1: Spread the palm of one of your hands and let your fingers spread out like a star.

STEP #2: Note that you will be tracing the outline of this hand with the index finger (pointer finger) of your other hand.

STEP #3: Inhale slowly as you trace up from the tip of your wrist to the tip of your thumb.

STEP #4: Exhale slowly as you trace down the other side of your thumb.

STEP #5: Repeat, inhaling as you trace up and exhaling as you trace down the remaining fingers.

You may repeat on the other hand and do as often as you like.

### 3. **Bubble Breathing:**

Also from Action for Healthy Kids (see link above), this exercise is for destressing.

STEP #1: Imagine you are holding a bubble wand.

STEP #2: Take a deep breath in through your nose and very slowly start to blow out through your mouth, as if you are blowing up a huge bubble. Remember to blow slowly. You don't want the bubble to pop!

You may repeat as often as you like.

#### 4. **Belly Breathing:**

You may find belly breathing easy and relaxing.

STEP #1: Sit or lie flat down in a comfortable position.

STEP #2: Place one hand on your belly, just below your ribs, and the other hand on your chest.

STEP #3: Take a deep breath in through your nose, and let your belly gently push your hand out. Your hand should not move.

STEP #4: Purse your lips as if you are whistling and slow breath out. As you slow breath out, allow the hand on your belly to guide your belly back inward until you have exhaled completely.

STEP #5: Repeat this exercise several times.

You may do this exercise anytime or anywhere you want to relax or relieve stress.

# TEN STEPS TO MINDFULNESS MEDITATION



## Create time & space.

Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction



## Set a timer.

Start with just 5 minutes and ease your way up to 15-40 minutes.



## Find a comfortable sitting position.

Sit cross-legged on the floor, on the grass, or in a chair your feet flat on the ground.



## Check your posture.

Sit up straight, hands in a comfortable position. Keep neck long, chin tilted slightly downward, tongue resting on roof of mouth. Relax shoulders. Close eyes or gaze downward 5-10 feet in front of you.



## Take deep breaths.

Deep breathing helps settle the body and establish your presence in the space



## Direct attention to your breath.

Focus on a part of the body where the breath feels prominent: nostrils; back of throat; or diaphragm. Try not to switch focus.



## Maintain attention to your breath.

As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings or distractions.



## Repeat steps 6-7.

For the duration of meditation session. The mind will wander. Simply acknowledge this and return to your breath.



## Be kind to yourself.

Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open and rearrange posture to more erect (but still relaxed) position.



## Prepare for a soft landing.

When the timer goes off, keep eyes closed until you're ready to open them. Be thankful. Acknowledge your practice with gratitude.

Session 4

**Creating a Mindful Stress Management Technique**



Here is an opportunity for you to develop techniques to reduce your stress using mindfulness. Body scanning, muscle relaxation, breathing, and guided meditation can be done any time, anywhere. Write down a few techniques that you would like to try.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How might you incorporate any of these techniques into your schedule? Daily? Weekly? At home? In school? Elsewhere?

Write down some ideas for how to plan to include at least one technique tomorrow or this week.

1. \_\_\_\_\_
2. \_\_\_\_\_

## ADDITIONAL MINDFULNESS STRESS MANAGEMENT TECHNIQUES



- Progressive Muscle Relaxation Techniques: <https://youtu.be/1nZEdqcGVzo> (6:32 min)
- The 2:1 breathing technique: <https://www.youtube.com/watch?v=CQjGqtH-2YI> (4:16 min)
- Body scanning and Relaxation: [3 Minutes Body Scan Meditation - Mindfulness For Kids And Adults - YouTube](#) (3:26 min)
- Melting stress away (not just for kids): <https://www.youtube.com/watch?v=fTzXFPh6CPI> (3:37 min)
- Reducing Stress Through Deep Breathing: [Reducing Stress Through Deep Breathing \(1 of 3\) - YouTube](#) (2:59 min)
- Reduce Stress Through Guided Imagery: <https://www.youtube.com/watch?v=TWI639oEzmE> (2:26 min)
- 5-Minute Meditation [5-Minute Meditation You Can Do Anywhere - YouTube](#) (5:16 min)
- 5-Minute Meditation [5 Minute Mindfulness Meditation - YouTube](#) (5:14 min)

You may find other websites on mindfulness stress management techniques that resonate with you. Feel free to share them privately with your teammate(s) so that they may benefit too.

SESSION 4



**CONTRACT TO PRACTICE MINDFULNESS**

During the entire basketball season, I agree to practice mindfulness.

My goal is to perform at least one mindful stress management technique daily.

I think I may encounter the following problems:

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However, I will give myself permission to be human and deal with these problems in the following way(s):

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Signed: \_\_\_\_\_  
(Your Name)

Date: \_\_\_\_\_

Witness: \_\_\_\_\_  
(Witness Signature)  
(You may choose anyone)

Date: \_\_\_\_\_