HIP HOP LEAN PRESENTS...

EXERCISE AND BE
CALORIE WISE

C TEAM
EXERCISE AND BE CALORIE WISE

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Sponsors:
New York City Council,
Offices of Speaker Christine Quinn
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New York City Department of Health
and Mental Hygiene
Columbia University Medical Center
and Harlem Hospital

BEND...

EAT HEALTHY!

Balance Calories IN
With Calories OUT.
Extra Calories Means
Extra Weight.
Hey kids, this is the Hip Hop MD. Let's learn about what exercise can do for YOU!
Hi, Kids! I'm glad you're here with me to check out the Exercise and Be Calorie Wise comic book. The C.O.C. is in the House, too.

I'm talkin' about bend, talkin' about stretch!

Hey, Hip Hop MD! Hey, C.O.C.

Hey, Doug E. Fresh!

What were you talking about, C.O.C.?

Exercise!!! And just like the song says...

Exercise is on the rise, say bye to the burgers and the fries.

Right, Doug!

Kids when you exercise, you burn calories. Some foods give you more calories than others.
And WHOA foods like cheeseburgers, fries, and soda have lots of empty calories from fat, sugar and salt!

**WHOA! WHOA!**

**Butter Label on Side of Box**

**Potato Chips Label on Back of Bag**

These WHOA foods are filled with extra calories that can give you a whole lot of extra weight.

You have to exercise even longer to burn off the extra calories from these kinds of foods.

**Play the DVD and Rap Along**

**Get Up and Move Your Body!**
Hey, Kids! Exercise doesn't just burn calories. Here are a few things daily exercise can do for you:

BEND!

1. It'll clean your arteries!
2. It'll make your brain much smarter!
3. It'll make your heart stronger!

Get up and move your body!

STRETCH!

Rap Along

Exercise, be calorie-wise, come on, let's go!
It’ll Clean Your Arteries

It’ll Make Your Brain Much Smarter

Lowers Your Cholesterol
The 1, 2 punch makes the blood flow smoothly.

Screaming out “REDUCE ME!”

Blood pressure high...

PLAY THE DVD AND RAP ALONG

REDUCE ME

It’ll make your HEART and LUNGS much stronger.

Exercise also makes you:
1. Feel good
2. Look good, and
3. Have more energy.
Exercise really can do a lot for you! So, remember to balance those calories IN with calories OUT by doing something active every day.

Look at the chart below.
If you were 11 years old, you’d have to dance for 1 hour to burn over 100 calories.

So if you eat a double cheeseburger that is 540 calories...

You’d have to dance four and a half hours to burn those calories if you were 11 years old.

1 hour of dancing burns 116 to 130 calories for an average 11 year old.

### Calories Burned during Common Activities

**By Age and Time Spent**

<table>
<thead>
<tr>
<th>Activity</th>
<th>8 yr old</th>
<th>9 yr old</th>
<th>10 yr old</th>
<th>11 yr old</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 minutes</td>
<td>5</td>
<td>8</td>
<td>9</td>
<td>12</td>
</tr>
<tr>
<td>1/2 hour</td>
<td>9</td>
<td>16</td>
<td>19</td>
<td>24</td>
</tr>
<tr>
<td>1 hour</td>
<td>19</td>
<td>32</td>
<td>38</td>
<td>48</td>
</tr>
<tr>
<td>Dancing</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 minutes</td>
<td>17</td>
<td>22</td>
<td>25</td>
<td>29</td>
</tr>
<tr>
<td>1/2 hour</td>
<td>33</td>
<td>45</td>
<td>49</td>
<td>58</td>
</tr>
<tr>
<td>1 hour</td>
<td>66</td>
<td>89</td>
<td>98</td>
<td>116</td>
</tr>
<tr>
<td>Riding a Bike</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 minutes</td>
<td>21</td>
<td>28</td>
<td>30</td>
<td>33</td>
</tr>
<tr>
<td>1/2 hour</td>
<td>42</td>
<td>56</td>
<td>61</td>
<td>71</td>
</tr>
<tr>
<td>1 hour</td>
<td>85</td>
<td>111</td>
<td>122</td>
<td>142</td>
</tr>
<tr>
<td>Running or Basketball</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 minutes</td>
<td>36</td>
<td>46</td>
<td>50</td>
<td>57</td>
</tr>
<tr>
<td>1/2 hour</td>
<td>72</td>
<td>92</td>
<td>99</td>
<td>115</td>
</tr>
<tr>
<td>1 hour</td>
<td>145</td>
<td>184</td>
<td>199</td>
<td>229</td>
</tr>
</tbody>
</table>

**ANALYSE COMPLETE**

Additional Information Displayed Below

### Calories

- **CALORIES** 540
- **CALORIES from FAT** 260
- **TOTAL FAT** 10
- **SATURATED FAT** 75
- **CHOLESTEROL** 1040
- **SALT** 9

### Chart

- **BOYS**
  - 8 yr old
  - 9 yr old
  - 10 yr old
  - 11 yr old

- **GIRLS**
  - 8 yr old
  - 9 yr old
  - 10 yr old
  - 11 yr old

Page 9
Now you know how important it is to Exercise and Be Calorie-Wise!

Yeah - like the song says... Get up and move your body!

Exercise makes your heart and lungs stronger. It'll clean your arteries. It can also lower your blood pressure and bad cholesterol!

Exercise also makes you feel great and look great while burning off calories!

Let's go to Part II and share what we know!!
PART TWO

“SHARING”

Get Up and Move Your Body

It’ll clean your arteries!

CHOLESTEROL  SALT  FAT  EMPTY CALORIES  HEALTHY CALORIES

Now that you know what exercise can do for you, it’s time to share it with family and friends!

HIP HOP
PUBLIC HEALTH
Hey, kids! It’s the Hip Hop MD asking you to get the word out about how important it is to exercise. Tell a parent or family member that it’s time to Exercise and Be Calorie Wise.

Eating foods with lots of fat, sugar and salt can lead to serious issues, clogged up arteries, fat around the tissue.

Mr. Burger I’m not trying to dis you but I probably wouldn’t miss you if the salad was the issue.

The One-Two Punch makes...

PLAY THE DVD AND RAP ALONG

REDUCE ME

...the blood flow smoothly. Blood pressure high screaming out ‘reduce me’. Your weight can’t wait it’s yelling out ‘lose me’. You don’t need to catch a brain attack ooh wee!
Come on, Grandma! Move your body.
ME??
Yeah, Grandma!
Walk it out!
You can do it!

Get your grandparents and other family members to walk, ride a bike, jog, dance, use the stairs, or jump rope. Just get them moving! It's more fun when you exercise together!

Look at me! I'm walking it out! If I can do it, so can you. Get up off the couch and burn off those calories!
Grandma’s right. You don’t burn too many calories just sitting around watching TV or doing other activities that don’t get you moving. Play the Beat Box Balance Game with family, and see if you can guess how many calories the different foods and activities are worth.

*LUNCH*

To burn off the calories you get from adding a granola bar to your lunch, the Beat Box Balance Game suggests you play basketball. Walking or playing video games don’t burn enough calories.

*Based on an 80 pound, active young boy.*
Balancing your calories isn’t just about burning extra calories. It’s also important to get enough healthy calories to give your body the energy it needs each day. Yogurt gives you just enough energy to ride a bike.

Foods

- CLICK: 270 cal
- CLICK: 105 cal
- CLICK: 160 cal

Activities

- Riding bike burns 157 calories

*Based on an 80 pound, active young girl

You can play the Beat Box Balance Game on our website at www.hiphoppublichealth.org
Exercise rarely? You need to go daily.

If you don’t exercise and watch your calories you might gain extra weight.

If you want to stay fit, exercise smarter, not harder.

And remember to make smarter choices when it comes to watching your calories. Look for healthy foods at your movie theater, school cafeteria, and fast food restaurants. Right, C Team?

...if you eat that burger then you got to give that cheese back!

540 -100
NO CHEESE!
Do you remember our Go, Slow, Whoa foods? Well, in Part III of this comic book we have a cool Go-Slow-Whoa dance activity and song to help you find the best way to exercise smarter.

### Table: Nutrient Dense Foods

<table>
<thead>
<tr>
<th>Food Group</th>
<th>GO Foods</th>
<th>SLOW Foods</th>
<th>WHOA Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Almost Anytime Foods</strong></td>
<td>- Eat Almost Anytime</td>
<td>- Eat Sometimes</td>
<td>- Eat Once in a While</td>
</tr>
<tr>
<td><strong>sometimes Foods</strong></td>
<td>- LOW in Calories</td>
<td>- HIGH in Calories</td>
<td>- HIGH in Calories, Fat and Sugar</td>
</tr>
<tr>
<td><strong>Examples:</strong></td>
<td>Fresh fruit, fresh vegetables, salads</td>
<td>Sub Sandwich, Low-Fat Frozen Yogurt, Hamburger</td>
<td>Double Cheeseburger, Fried Chicken, Soda, Candy and Pastries</td>
</tr>
<tr>
<td><strong>GO Foods</strong></td>
<td>- Eat Almost Anytime</td>
<td>- Eat Sometimes</td>
<td>- Eat Once in a While</td>
</tr>
<tr>
<td><strong>SLOW Foods</strong></td>
<td>- Low in Calories</td>
<td>- High in Calories</td>
<td>- High in Calories, Fat and Sugar</td>
</tr>
<tr>
<td><strong>Examples:</strong></td>
<td>Sub Sandwich, Low-Fat Frozen Yogurt, Hamburger</td>
<td>Sub Sandwich, Low-Fat Frozen Yogurt, Hamburger</td>
<td>Sub Sandwich, Low-Fat Frozen Yogurt, Hamburger</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>Almost all fresh, frozen and canned vegetables</td>
<td>100% fruit juice; canned fruit in light syrup; dried fruits</td>
<td>Fried potatoes, like French fries or hash browns; other deep-fried vegetables</td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td>All fresh, or canned fruit without syrup or added sugar</td>
<td>White breads; rice, pasta, tortillas; taco shells; cornbread; biscuits</td>
<td>Fruits canned in heavy syrup; candied fruits</td>
</tr>
<tr>
<td><strong>Breads and Cereals</strong></td>
<td>Whole grain breads, pita and tortillas; brown rice; hot or cold</td>
<td>Whole grains; rice; pasta; tortillas; taco shells; cornbread; biscuits</td>
<td>Croissants; muffins; donuts; sweet rolls; butter crackers; sweetened breakfast cereals</td>
</tr>
<tr>
<td></td>
<td>unsweetened whole grain</td>
<td>unsweetened corn and rice cereal; granola; waffles and pancakes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>breakfast cereal</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Milk and Foods</strong></td>
<td>Fat-free or 1% low-fat milk, yogurt, cheese and cottage cheese</td>
<td>2% low-fat milk, yogurt, cheese, and cottage cheese</td>
<td>Regular or Whole milk, yogurt, cheese, cottage cheese, and cream cheese</td>
</tr>
<tr>
<td>Made with Milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Meats, Poultry, Fish, Eggs, Beans and Nuts</strong></td>
<td>Lean ground beef and hamburgers; Canadian bacon, ham, low-fat hot dogs; tuna canned in oil; chicken or turkey with skin; nuts and nut butters; whole eggs cooked without fat</td>
<td>Fried fruit juice bars; low-fat or fat-free frozen yogurt or ice cream; fig bars, ginger snap, baked chips, low-fat popcorn</td>
<td>Untrimmed beef and pork; regular ground beef; bacon; ribs; fried chicken, nuggets, fried fish and shellfish; lunch meat, pepperoni, sausage and hot dogs; whole eggs cooked in fat</td>
</tr>
<tr>
<td>(proteins)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sweets and Snacks</strong></td>
<td>Vegetable oil, olive oil, oil-based salad dressing; soft margarine;</td>
<td>Vegetable oil, olive oil, oil-based salad dressing; soft margarine;</td>
<td>Butter, stick margarine; lard; pork; gravy; regular sour cream; mayonnaise; creamy dressings; cream sauce; cheese sauce; cream cheese dips</td>
</tr>
<tr>
<td></td>
<td>low-fat sour cream, mayonnaise, and creamy salad dressing; ketchup</td>
<td>low-fat sour cream, mayonnaise, and creamy salad dressing; ketchup</td>
<td></td>
</tr>
<tr>
<td><strong>Fats or Condiments-Butter, Ketchup and Other Stuff that Goes on Food</strong></td>
<td>Water, fat-free or 1% low-fat milk</td>
<td>2% low-fat milk; 100% fruit juice; sports drinks</td>
<td>Whole milk; sodas; sweetened iced tea and lemonade; fruit drinks with less than 100% fruit juice</td>
</tr>
</tbody>
</table>

We have some other fun things for you, too. See you in Part III.
PART THREE

"DOING"

EXERCISE SMARTER!
Are You Exercising Smarter?

The goal of this activity is to push yourself just enough to be in “the zone” where you get the most health benefits.

Just like we need the right calories to feel good, look good, and do well in sports, we need the right type of exercise — at the right intensity to be healthy and fit.

GO - SLOW - WHOA DANCE SONG

To the left, to the left.
To the right, to the right.
To the front, to the back then stop.
Hands up, criss cross, let’s rock.

Come on, do what you wanna do,
Do what you wanna do,
Do what you wanna do,
Do what you wanna do,
Do what you wanna do,
Do what you wanna do,
Do what you wanna do,
Do what you wanna do,

ALTERNATIVE LYRICS (counting method):
1, 2, 3, GO.
5, 6, 7, SLOW.
If you breathe before GO, that’s a WHOA.
If you breathe before GO, that’s a WHOA.

SLOW is “less active” and is too slow or not intense enough. Your heart is not pumping very fast.

WHOA is “very active”. Your heart is working extra hard. You’re burning lots of calories, mostly from sugar, not fat.

PLAY THE CD AND DO THE STEPS ON THE FOLLOWING PAGE.
Let's Dance!
Hey Kids, learn the steps, and teach your family and friends.

To the left, to the left.
To the right, to the right.
To the front, to the back, then stop.
Hands up, criss cross, let's rock.

1. To the Left
2. To the Right
3. To the Back
4. To the Front

(BREATHE)
(BREATHE)
(BREATHE)

Then STOP
Hands UP
Criss Cross

LET'S ROCK!!
Do what you wanna do,
Do what you wanna do,
Do what you wanna do,

Come on, do what you wanna do,
Do what you wanna do,
Do what you wanna do,

1, 2, 3, GO.
5, 6, 7, SLOW.
If you breathe before GO, that's a WHOA.
If you breathe before GO, that's a WHOA.

1, 2, 3, GO.
5, 6, 7, SLOW.
If you breathe before GO, that's a WHOA.
If you breathe before GO, that's a WHOA.

Remember, when it comes to exercise GO is “just right”. Your heart is pumping “just enough”. You're burning lots of calories. SLOW is “less active”. You're burning fewer calories than with GO activities. WHOA is “very active”. Your heart is working even harder. You're burning lots of calories, but that energy you're using is mostly from sugar, not fat.
Great dancing and great exercising, kids. You were really in the zone. But always remember to Exercise and Be Calorie Wise.

**USDA SCHOOL LUNCH PROGRAM**

<table>
<thead>
<tr>
<th>Typical Meal</th>
<th>Calories IN</th>
<th>Calories OUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>New York City Pizza Slice</td>
<td>340</td>
<td></td>
</tr>
<tr>
<td>(Fridays)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Salad</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Ranch Dressing</td>
<td>130</td>
<td></td>
</tr>
<tr>
<td>Canned peaches</td>
<td>68</td>
<td></td>
</tr>
<tr>
<td>Chocolate 1% milk</td>
<td>170</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>735</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Alternative</th>
<th>Calories IN</th>
<th>Calories OUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanut Butter &amp; Jelly sandwich</td>
<td>275</td>
<td></td>
</tr>
<tr>
<td>(available every day)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Salad</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Italian Dressing</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Fresh orange</td>
<td>62</td>
<td></td>
</tr>
<tr>
<td>White 1% milk</td>
<td>140</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>544</strong></td>
<td></td>
</tr>
</tbody>
</table>

**Build a Meal.** Choose your favorite foods, and add up the calories under “Calories IN”. Use page 9 or our Beat Box Balance Game, and add up the calories for your favorite activities under “Calories OUT”. Match your Calories IN with your Calories OUT to balance your calories!

**MOVIE THEATERS**

<table>
<thead>
<tr>
<th>Typical Snack</th>
<th>Calories IN</th>
<th>Calories OUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>small popcorn</td>
<td>370</td>
<td></td>
</tr>
<tr>
<td>with buttery topping</td>
<td>120</td>
<td></td>
</tr>
<tr>
<td>small soda</td>
<td>200</td>
<td></td>
</tr>
<tr>
<td>milk chocolate candies</td>
<td>480</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>1170</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Alternative</th>
<th>Calories IN</th>
<th>Calories OUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>small popcorn</td>
<td>370</td>
<td></td>
</tr>
<tr>
<td><em>without</em> buttery topping</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>water</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>skip the candy</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>370</strong></td>
<td></td>
</tr>
</tbody>
</table>

**FAST FOODS**

<table>
<thead>
<tr>
<th>Typical Meal</th>
<th>Calories IN</th>
<th>Calories OUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Double cheeseburger</td>
<td>740</td>
<td></td>
</tr>
<tr>
<td>Medium Fries</td>
<td>380</td>
<td></td>
</tr>
<tr>
<td>Medium soda</td>
<td>210</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>1330</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Alternative</th>
<th>Calories IN</th>
<th>Calories OUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Premium Grilled Chicken Classic</td>
<td>420</td>
<td></td>
</tr>
<tr>
<td>Apple Slices with</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td>LowFat Caramel Dip</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>520</strong></td>
<td></td>
</tr>
</tbody>
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Special Thanks to Our
SPECIAL STAFF
HIP HOP PUBLIC HEALTH

Olajide Williams, MD, MS - Founder and Director
Vanessa Sawyer, MS, RD - Senior Project Manager
Charles Foltz, PhD, MPH, CSCS
James Noble, MD, MS, CPH
Alexandra DeSorbo, MPH
Monique Hedmann, MPH
Easy AD Cold Crush Brother
Tiffany Newton
Artie Green
Doug E. Fresh
Fatima Friday

We hope that our Hip Hop H.E.A.L.S. healthy eating program got you excited about eating healthy and exercising daily. You have to stick with it to stay fit!

Thanks for singing along, watching our cartoons, getting up and getting involved. You're part of the C Team, so Exercise and Be Calorie Wise.

Don’t forget to visit our website at: hiphoppublichealth.org. It’s a great place for you and your parents and your friends to hear more music, watch our videos, play games, and for you and your parents to get your own daily calorie number.