

# Hersheypark® Healthy! Wellness Day



Youth Study Guide



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Students, teachers, and chaperones:

Welcome to *Hersheypark*<sup>®</sup> Wellness Day! When you think of *Hersheypark*, you immediately imagine yourself riding one of our 11 roller coasters, enjoying live entertainment, or cooling off on one of our many water attractions. We have had great success with our Education Days – Physics, Science, and Math – and we felt that it was time to introduce a new day of fun and learning. We surveyed leaders in our school community and determined that a day where students can learn more about physical activity, nutrition, and overall well being was the logical next step.

Today you will have the chance to work through challenges in this customized Study Guide, visit booths throughout the Park hosted by organizations focused on wellness, and be entertained while learning about the importance of eating right in a show called “The Magic of Nutrition” – all against a backdrop of 100 acres of fun with literally something for everyone!

It is our sincere hope that today you will take away at least one healthy behavioral change that will firmly set you on your journey to a long, healthy, happy life! Enjoy your day at *Hersheypark*.



Kevin Stumpf  
General Manager  
*Hershey*<sup>®</sup> Entertainment Complex

# Physical Activity – General

**EXERCISE** is a type of physical activity.

**Why** is physical activity good for you? Because it helps you:

- Feel better about yourself
- Reduce your appetite
- Burn calories
- Relax
- Build stronger muscles
- Increase flexibility
- Strengthen your heart
- Manage weight

**To lose weight, you have to burn more calories than you eat.**

The simplest way to measure ENERGY OUT is by tracking how much time each day that you are physically active.

## Goals/Guidelines

- ✓ Teens need 60 minutes of moderate to vigorous physical activity on most days
- ✓ Walking goal: 12,000 steps per day = 6 miles
- ✓ To lose weight and keep weight off, 60-90 minutes of physical activity may be required

**How** can you move more each day?

- Teens average about 4 hours of ‘screen time’ (TV, computer, games) daily
- The easiest way to move more is to cut down screen time to <2 hrs per day

There are 2 Types of Physical Activity: LIFESTYLE & **EXERCISE**

LIFESTYLE activities are part of everyday life:

- Walking to class
- Taking the stairs
- Shopping
- Cleaning
- Mowing the lawn

**EXERCISE** is planned, intentional physical activity to strengthen your muscles, heart, and mind.

- Team sports like soccer, basketball, baseball, and hockey
- Individual sports like tennis, fencing, swimming, and karate
- Individual activities like jogging, weight lifting, jumping rope, and biking



Activities vary and depend on how hard (light, moderate, or vigorous) and how long you have to work to burn a calorie. A calorie is the unit of energy in food/drinks that our bodies use to live and move. If you take in more calories than you burn off, your body stores energy in fat and you gain weight.

To lose weight, you have to eat fewer calories than the number of calories you burn.

1 pound = 3500 calories

Walking 1 mile = 100 calories, so if you walk 5 miles every day in a week, you will burn 3500 calories (7 days x 500 calories/day burned = 3500 calories burned/week) to lose 1 pound/week.

## Challenges to Physical Activity

Many people find it challenging to increase physical activity.

### Why?

1. Free time screen time is addicting and everywhere.
2. I feel embarrassed. I don't know how to exercise and my friends are better.
3. I think I can lose weight without exercise.
4. It costs too much to exercise. I don't have anything to wear.
5. I hate to sweat, it wrecks my hair.

**How** do you increase Lifestyle activities?

#### 1. Put more steps in your day

- Take the stairs instead of elevator
- Go for a walk before or after dinner

#### 2. Add variety to your daily physical activity

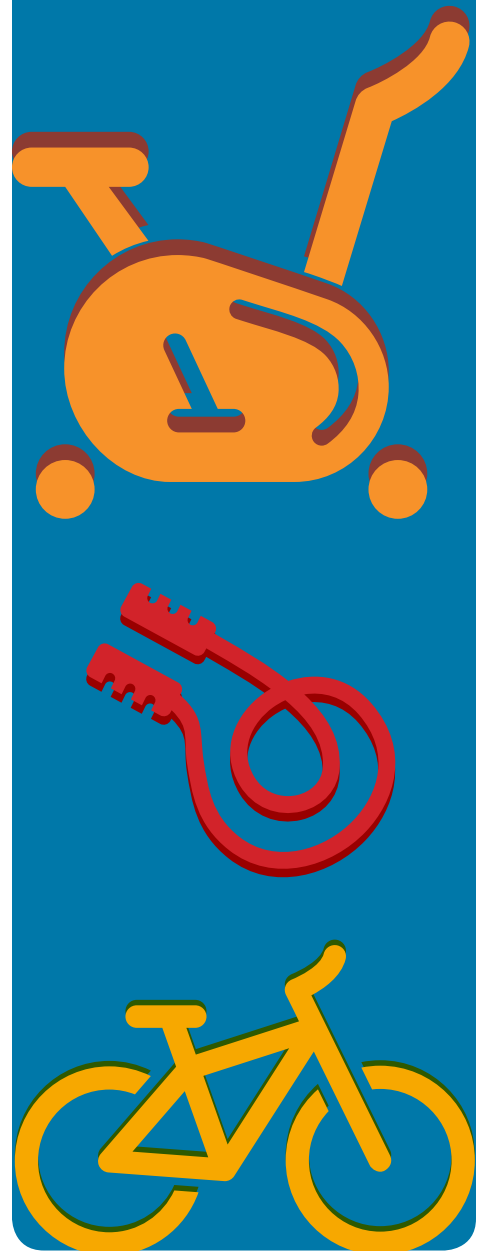
- Help with chores
- Walk your pet
- Stretch during TV commercials

**How** do you increase **EXERCISE** activities?

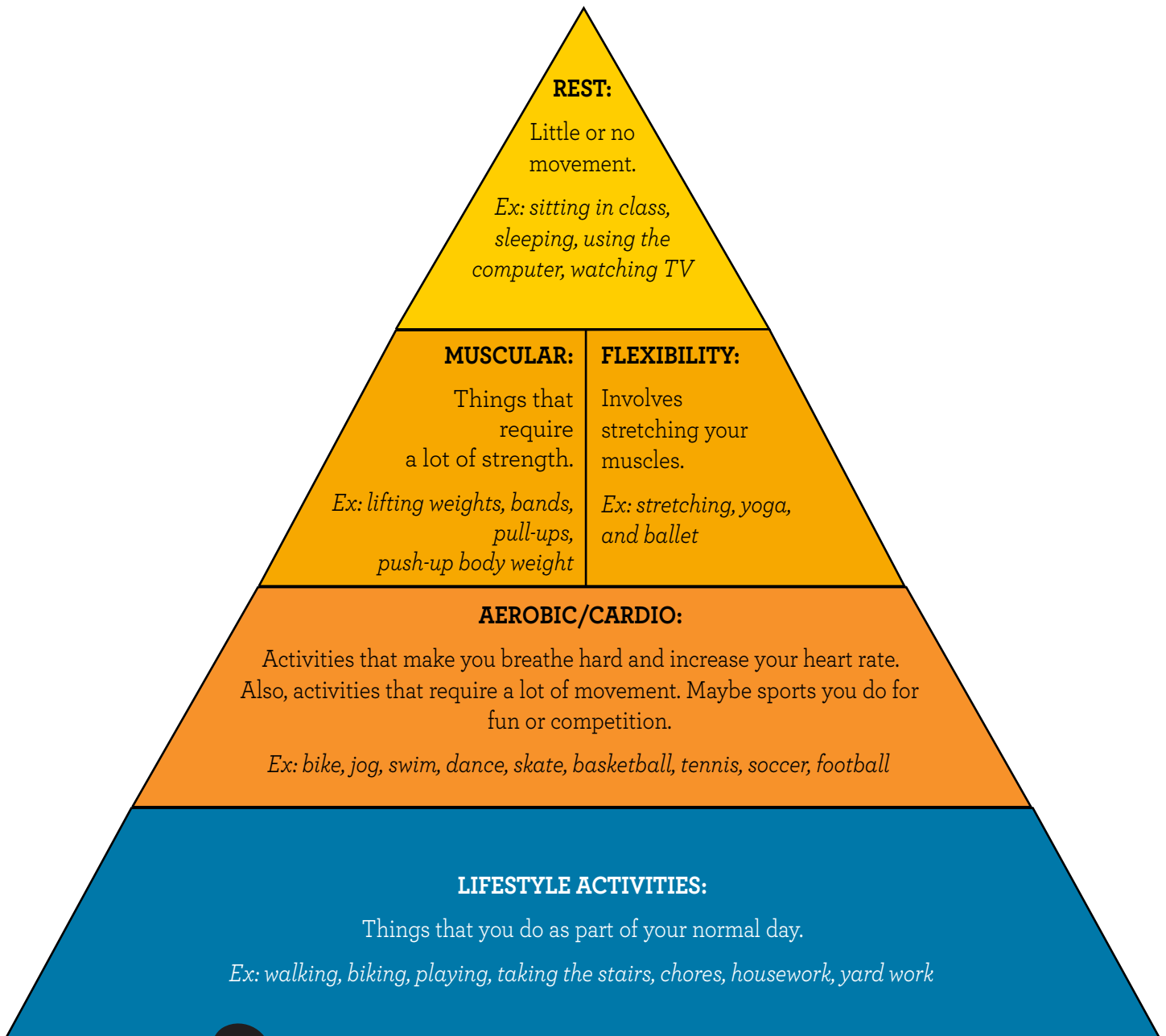
- Start with something you already like, or something new you've wanted to try
- Variety – have a variety of exercise to keep it new and fresh
- Be safe and don't overdo it your first time
- Move home exercise equipment in front of TV and work out while you watch
- Ask a friend or family member to join you

### Physical Activity Goal:

Your goal is **60 minutes per day of physical activity** on most days of the week (this can be a mix of lifestyle, aerobic, flexibility, and strength activities). When you are doing aerobic exercise, remember to exercise hard enough to be in your target heart rate zone!



## Move MORE Pyramid



### Take your dog for a walk!

Don't have a dog? Offer to walk a neighbor's dog or volunteer to walk dogs at a local animal shelter.

## FAQs: How Does Walking Help My Health?

Q *What are the benefits of walking today at the Park?*

A Walking can be a **warm up/cool down activity** to get you ready for vigorous exercise like biking, running, or organized sports! Whether you are walking through the Park or in your neighborhood, walking burns calories, increases your heart rate, and can be lots of fun. Look around as you walk, notice others, and make sure you smile! It is contagious! Give one and you will get one. You may meet new friends!

Q *What types of walking **terrain** are in the Park?*

A Walking in **Hersheypark** allows you to get exercise in a variety of **terrains**. Notice the difference walking to the **Kissing Tower** compared to the flats near **Wildcat**. In **The Hollow** as you head towards the **Comet**, you will be going uphill. Because you need more energy to raise your body weight against gravity, your muscles work harder.

Q *How does walking help me get fit?*

A Walking helps joints be **flexible** in a wide range of motions and helps prevent injuries. Walk at a **Lightning Racer®** pace – brisker than walking the hallways at school. It burns more calories and helps you build **endurance** through muscle fitness.

Q *How is walking measured?*

A **Hersheypark Healthy** is **FUN** walking and can be measured in steps or time walked. Use your pedometer for approximate steps walked today, or count the minutes you think you walked. Your pedometer may be inaccurate due to the shaking it gets on rides. Check your steps frequently. You will probably walk at least 12,000 steps today.

Q *How many steps are healthy for me?*

A For boys between 12-18 years old, 13,000 steps is a good target. For girls, 11,000 steps daily. The pedometer you are wearing will tell you if you are on the right pace.

Q *How do I convert steps into miles walked?*

A Divide total steps by 2000 to get approximate mileage.

Q *How many minutes is a healthy number?*

A Physical activity of 60 minutes a day is the right number. Walking to most of the rides and **ZooAmerica®**, you will get approximately 60-120 minutes of walking depending on how many rides you visit.

**Walk the Park for a Sooper Dooper You**





# Physical Activity - Hersheypark

Academic Standards 10.4

## Pick Your *Hersheypark* Wellness Walk Count Steps, Miles, and Calories Used

### Get ready for *Hersheypark* Wellness Day

Blaze a trail around your community. Set your goal and plan to walk several days a week as a start. Find a free pedometer app for your smart phone and track your walking minutes and total steps. So pick a friend, a path, and put on your sneakers!

### Use a formula to count the calories you burn in a walk

You can use your pedometer to count up the number of steps and then figure out how many calories you burned on your walk. The easy math:

#### Step 1: Calculate Total Distance:

Total Steps  $\div$  2000 = Miles Walked

Example:

6000 steps  $\div$  2000 = 3 miles

#### Step 2: Calculate Total Calories Burned:

This calculation is accurate if you are walking at a pace of 3 miles/hour, which is easy to do as you excitedly walk from one ride to another!

Miles Walked  $\times$  100 = Calories Burned

Example:

3 miles  $\times$  100 = 300 calories

**A brisk walk burns 5 calories every minute - that's 300 calories every hour!**

## Hersheypark Walking Routes

Use the formula to calculate calories burned

### Walking Route 1...The Kissing Tower at the Top of the Park

1. Go past the **Carrousel** to **Music Box Way**
2. Cross the bridge to the **Kissing Tower**
3. Go into **ZooAmerica** and follow the walk
4. Go to **Great Bear**<sup>®</sup> and **Pioneer Frontier**
5. Go to **The Boardwalk** and **Midway America**
6. Go to **The Hollow** and end at **Skyrush**<sup>®</sup>
7. Check your pedometer for Total Steps

Calculate Total Distance:

Your total steps: \_\_\_\_\_  $\div$  2000 = \_\_\_\_\_ Your miles:

Calculate Total Calories

Your miles: \_\_\_\_\_  $\times$  100 = \_\_\_\_\_ Your calories:

\*This route should be about **5,000** steps. If your pedometer is "way off," use this number and see the note at the end for an explanation.

### Top of the Park is a Great Start



## Walking Route 2...Reverse Coaster Route

1. Go left after the **Carousel** and increase your temperature by heading to **Fahrenheit®**
2. Go to **Midway America** and walk to the **Wild Mouse**, **Wildcat**, and **Lightning Racer** rides
3. Go to **ZooAmerica** and follow the suggested walk
4. Go to **Great Bear** and on to the **Kissing Tower**
5. Go to **The Hollow** and end at **Skyrush**
6. Check your pedometer for Total Steps

Calculate Total Distance:

Your total steps: \_\_\_\_\_ ÷ 2000 = \_\_\_\_\_ Your miles:

Calculate Total Calories

Your miles: \_\_\_\_\_ x 100 = \_\_\_\_\_ Your calories:

\*This route should be about **5,500** steps. If your pedometer is “way off,” use this number and see the note at the end for an explanation.

## *Enjoy the Rides as You do the Strides*



**Note:**

Pedometers will not be totally accurate today because of all the rocking and rolling fun on the rides. But, they will give you a rough idea of steps walked. Also, extra steps add up for walking through lines, up stairs onto rides, and detours for snacks and bathroom breaks. If walking time through the Park is 1-2 hours, most of you will burn at least 300-600 calories.

**Walking Route 3...Capital BlueCross® Life Walk**

*Follow the Health Messages and Walk the Entire Park!*

1. Go to the **Carrousel** and look for Health Message #1
2. Look for station #2 and then continue through all 30 stations
3. You'll walk thru the entire Park and end up in **The Hollow**
4. Check your pedometer for Total Steps

Calculate Total Distance:

Your total steps:		÷	2000	=	Your miles:

Calculate Total Calories

Your miles:		x	100	=	Your calories:

\* This route should be about **3,500** steps. If your pedometer is “way off,” use this number and see the note at the end for an explanation.

***Station by Station, Read Healthy Information***

## Go for it – Step up the Pace on the Hilly Terrains

*Hersheypark* has some great **terrain** that is beautiful but can also be challenging. Here are some suggested routes that will have you really **hiking** the Park!

Hiking usually involves going uphill versus a flat walk. Storm up the various hilly terrains in the Park and increase the calorie burn! It also helps build muscle since going uphill puts more **resistance** (the force of your muscles against gravity) on your muscles. Depending on your weight and gender, you can burn extra calories by walking up these challenging hills:

- In **The Hollow**, head uphill from the **sooperdooperLooper**® to the **Coal Cracker** in Minetown. You'll need that splash from the ride to cool you down!
- In **The Hollow**, head to the **Carrousel** around the **Comet**. Those leg muscles will be feeling it!
- Finally, head up the hill towards **Storm Runner**® from the **Trailblazer** and reach for your water bottle!

**Terrain** trains your muscles. When you see a hill today or at home...scale it and feel the difference.

Stair climbing can be *your* terrain. Whenever you see stairs, grab the railing and blaze up the stairs! At home on a rainy day, try doing stairs for ten minutes – you can increase your heart rate and your leg muscle endurance.

### ***Park Terrain Can Be Your Gain***



# Physical Activity - Hersheypark

Academic Standards 10.4

## Definition Alert

**Adrenalin** is a hormone in the body causing an increase in heart rate, blood pressure, and respiratory rate. It is also called Epinephrine – the fight or flight hormone. It can also be released during a stress reaction. The temporary increases are not dangerous for healthy individuals and serve good purpose. It heightens your senses in stressful situations. Today, have a **FUN RUSH!**

**Aerobic Exercise** is any physical activity (like running, playing soccer, basketball, or riding a bike) performed at a steady pace that enables our heart to supply as much oxygen to the body as it needs. You need about **60** minutes most days to be in a healthy fitness zone! At the Park, you will be exercising at a warm-up rate that is good before vigorous physical activity.



## Hersheypark Heart Health

*Adrenalin RUSH- What is YOUR Heart Rate?*

What causes YOUR RUSH? **SKYRUSH, WILD MOUSE, or TRAILBLAZER?** Is it when you take a test, talk to a girl or boy of interest, or when you disagree with a parent? The RUSH is caused by Adrenalin, also known as Epinephrine.

### Before the Park

Learn how to take your **Resting Heart Rate**, also called your pulse (you can have this done at a Wellness Event station).

Gently place your first two fingers in the groove along your neck. You will feel the **carotid artery**, which takes blood to the brain. Count how many times it beats in 15 seconds and multiply it by 4 for beats per minute. Make a note of it below.

Increase your exercise sometime today: go up stairs quickly, walk briskly for 5 minutes; you should be starting to sweat! This number should be higher than your resting heart rate; calculate it the same way (count the beats in 15 seconds and multiply by 4) and note it below.

**Resting Heart Rate** \_\_\_\_\_ **After Exercise Heart Rate** \_\_\_\_\_

### At Hersheypark

Heart Rate Checks: Notice that not just physical exercise increases your heart rate. Having fun, laughing, and stress can increase your heart rate, too. Check your pulse and see the difference from your resting heart rate:

After a coaster ride	_____ beats/minute
After climbing the hill to the Kissing Tower	_____ beats/minute
When having a good laugh with friends	_____ beats/minute
While waiting in line for a ride	_____ beats/minute

## Take Your Pulse at Hersheypark

# Physical Activity - Hersheypark

Academic Standards 10.4, 10.5

## Hersheypark Heart Health

Target Heart Rate or...THR



### Fact or Fiction?

**The hardest working muscle in the body is the heart.**

Fact! It pumps 80 times a minute for most teens at rest – and faster as you exercise! For cardiac fitness (exercising your heart muscle), exercise at your maximum heart rate. This is called **Target Heart Rate**. You need to be exercising vigorously for at least 15 minutes to get into your THR!

**I will be in my THR at Hersheypark.**

Fiction! Walking at *Hersheypark* today will increase your heart rate, but because you are not exercising vigorously, you will not be in your target heart rate. If you did stairs or power walked for at least 15 minutes you could get into the THR. This is a goal to reach when participating in physical education class, or while playing a sport like basketball, soccer, baseball, tennis, walking briskly, or track.

### How to Calculate Your THR Range

Use the Karvonen formula to calculate your Target Heart Rate:

Step 1: Age \_\_\_\_\_

Step 2:  $220 - \text{age}$  (this is your maximum rate your heart should beat) \_\_\_\_\_

Step 3: Resting Heart Rate (normally around 80) \_\_\_\_\_

Step 4: Subtract your value from step 3 from step 2 \_\_\_\_\_

Step 5: Multiply results from Step 4 by .65 (this is the low range #) \_\_\_\_\_

Step 6: Multiply results from Step 4 by .75 (this is the high range #) \_\_\_\_\_

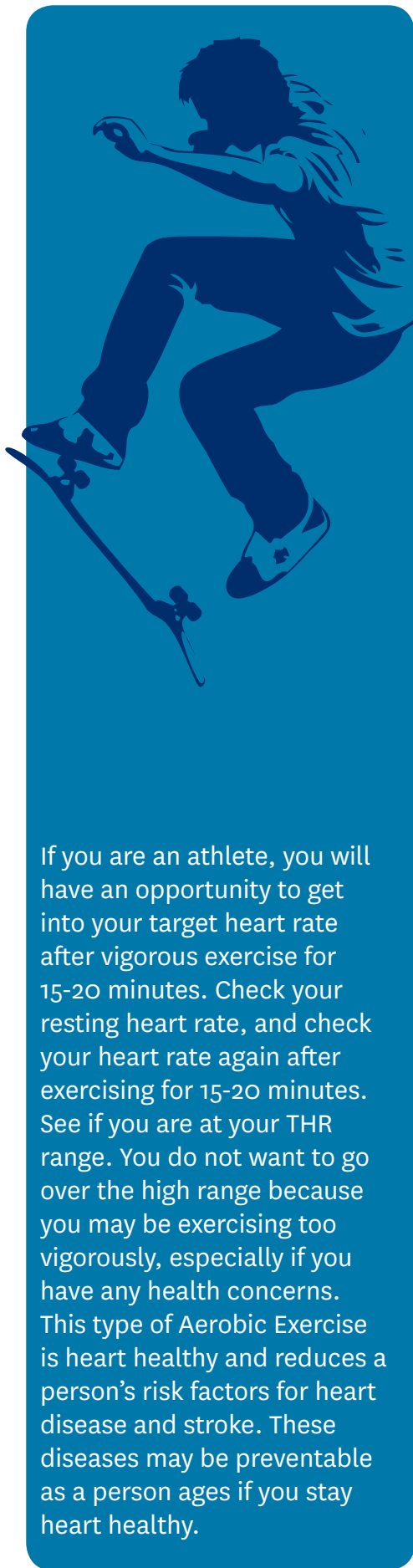
This is your **target heart rate range** (a low value from step 5 and a high value from step 6 depending on how intense your workout is).

### Enter Your Target Heart Rate Range and Blood Pressure

Low Range \_\_\_\_\_ High Range \_\_\_\_\_

Blood Pressure (station) \_\_\_\_\_

**Hersheypark Healthy to Help the Heart**



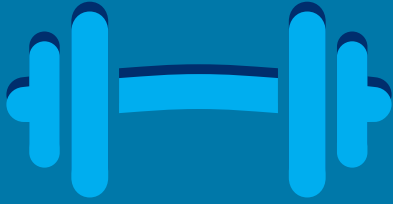
If you are an athlete, you will have an opportunity to get into your target heart rate after vigorous exercise for 15-20 minutes. Check your resting heart rate, and check your heart rate again after exercising for 15-20 minutes. See if you are at your THR range. You do not want to go over the high range because you may be exercising too vigorously, especially if you have any health concerns. This type of Aerobic Exercise is heart healthy and reduces a person's risk factors for heart disease and stroke. These diseases may be preventable as a person ages if you stay heart healthy.

# Physical Activity - Hersheypark

Academic Standards 10.4, 10.5

## Definitions Alert

**Dynamic stretching** uses your own body to apply force to a joint or body part.



**Weight training** (lifting or push-ups using the upper body) to build muscle mass that really burns the calories. A water bottle makes a great weight.

**Repetitions** are the number of times an exercise is repeated. 10-15 repetitions for each exercise is the standard.

**Sets** are a group of repetitions. 2-3 sets is a realistic goal.

## Wellness Day Exercise Moments are Everywhere at Hersheypark

### Standing in Line Exercises at the Park

Make your wait time a great time – *exercise while standing in line.*

**Sidewinder Stretch** – slowly lean to the right side, then the left, stretching your side muscles. Then twist from the waist only. This exercises your abdominals and latissimus dorsi (large back and shoulder muscle).

**Monorail Seated Pose** – sit back like you are going to sit in a chair, but hold it for 5 seconds; stand up and repeat. This exercises your glutes and quadriceps (upper thigh muscle on the front of your thigh).

**Rails Push Ups** – use the line rails, grab with both hands, and do a standing push up against the rails while waiting to exercise your pectorals (chest muscles).

**Mountain Lion Stretch** – look at the huge shoulder muscles of the mountain lion. Stretch this joint by taking your hand to the opposite shoulder and gently pull your shoulder towards the other side while turning your head to the shoulder. This also is a great stretch when sitting in front of the computer.

**ZooAmerica Ramble** – snake your way over to the zoo for a brisk walk. Get out of the lines and visit the animals – no lines, no noise, and no crowds!

**Water Bottle Whirl** – while walking, use your water bottle to work the upper body. *Biceps Curl* – curl your arms up and down. *Triceps Kickback* – swing your arm at the elbow with a backward motion. Triceps and biceps muscles are in your upper arm.

***Hersheypark Wellness Starts Healthier Tomorrows***

**NUTRITION** is the study of diet and health. Diet is what you eat, not a quick fix or FAD way to lose weight.

**Why** do you need to know about **NUTRITION**?

- To lose and manage weight, you need to learn which foods and drinks are **HEALTHY**, and which ones aren't so healthy
- Nutrition helps you compare foods and drinks so you can choose healthy or healthier
- Low nutrition foods and drinks are everywhere and you need to know how to spot them

## Balanced Diet

Use 5, 4, 3, 2, 1, 0 (# of fingers on your hand) to help keep a balanced, healthy **ENERGY** Meal Plan with you (in your hand and head)

**How** do I eat healthy balanced meals and not feel hungry?

- Eat breakfast; it is the most important meal of the day
- Eat 3 meals and 2 healthy snacks daily to keep you from being hungry; this helps to curb your cravings
- Eat slowly and enjoy what you eat
- Choose whole grains and complex carbohydrates (carbs) that curb hunger and cravings

**What about Fat?** 1g Fat = 9 calories

- **Meal Plan Goal:** Limit fats to 4 servings (thumb size) each day
- Select healthy (unsaturated) fats:
  - Polyunsaturated (safflower, sunflower, soybean, corn, and sesame oils)
  - Omega-3 (found in salmon, tuna, walnuts, grains, and flaxseeds)
  - Monounsaturated (olives, peanuts, and canola oils)
- Avoid **TRANS FATS** in packaged foods that are harmful to your body
- Hold the sauce, butter, dressing, or have it on the side

**Moderation is Key**

### # of Daily

Servings	Food
5+	Vegetables & Fruits
4	Grains
3	Dairy
2	Lean Protein
<1	High Fat/High Sugar (RED LIGHT FOOD); < 100 calories per day
0	Sugar Beverages; zero calories per day





### What about Carbs? 1g Carbohydrate = 4 calories

Carbohydrates are important sources of energy and provide fiber to our bodies.

2 kinds of Carbs: Simple & Complex

- **Meal Plan Goal:** 4 Servings
- Simple carbs are mostly sugar and are digested quickly, so you feel hungry sooner
- Complex carbs are whole grain foods that are high in fiber
- Fiber helps you digest food, get rid of waste, and decrease your risk for certain cancers
- It takes you longer to digest complex carbs, so you don't get hungry as soon
- Examples of complex carbs include carrots, broccoli, sweet potatoes, apples, and pears

### What about Protein? 1g Protein = 4 calories

- **Meal Plan Goal:** 2 servings, 3 oz. per serving
- Choose low-fat or lean meats or fish
- Add variety with beans, peas, nuts, and seeds
- Bake it, broil it, grill it, or steam it
- Trim the skin and fat off, hold the sauce, and add spices for flavor

### What about Dairy?

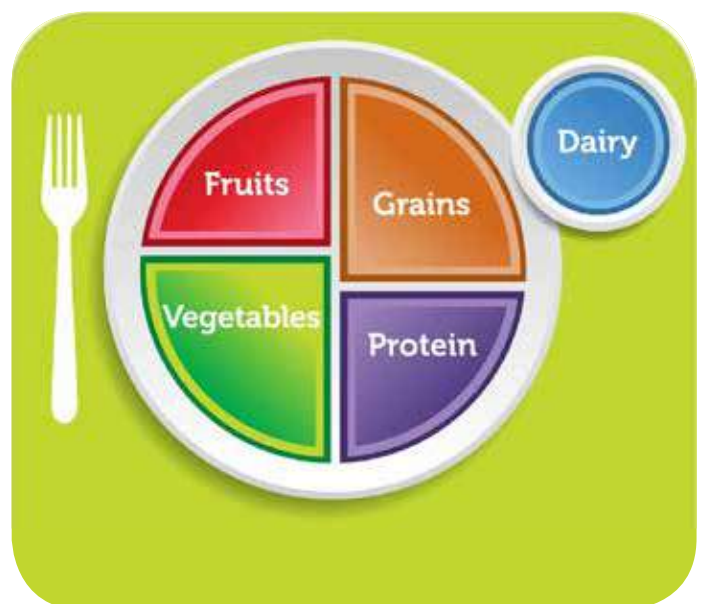
Milk products are an important source of calcium, carbohydrates, and protein.

- **Meal Plan Goal:** 3 servings
- Go low/no fat but watch for simple sugars added to yogurts and flavored drinks
- If you are lactose intolerant, look for lactose-free products fortified with calcium

### Make “MyPlate,” Your Plate

MyPlate illustrates the 5 food groups that are the building blocks for healthy eating using a familiar image—a place setting. Before you eat, think about what goes on your plate or in your cup or bowl.

- Half of your plate should be fruits and vegetables
- The other half should be split between whole grains and protein
- Include a serving of dairy in every meal



## Many Great Lunch Options at *Hersheypark*

*Savor all the flavors*

Balance some favorite treats and snacks with a healthier lunch pick. **Nutrients** are the basic components of food and are found in a variety of foods in the Park. With some ideas, you can find healthy choices for your lunch plate.

### **Ideas for making healthier food choices:**

- Pick a **side salad as a starter**
- Order **small** sandwiches, wraps, or burgers, or **cut them in half to share**
- Avoid fried foods and look for **whole grain wraps, fruits, and veggies**
- Choose a **yogurt** parfait or fresh fruit
- Get a **Fruit Smoothie** if you want to eat on the go
- Pick **water** as your beverage to avoid empty calories in your drinks
- Consider **low-fat** or **no sugar added** ice creams in a small size
- Pick a **healthy** lunch and then enjoy a **special treat** on a very special day
- *Hersheypark* healthy choices are all around – choose healthier most of the time and treat yourself afterward

### Good Nutrition is a Balancing Act – Make Good Choices



Healthy Options



Special Treats

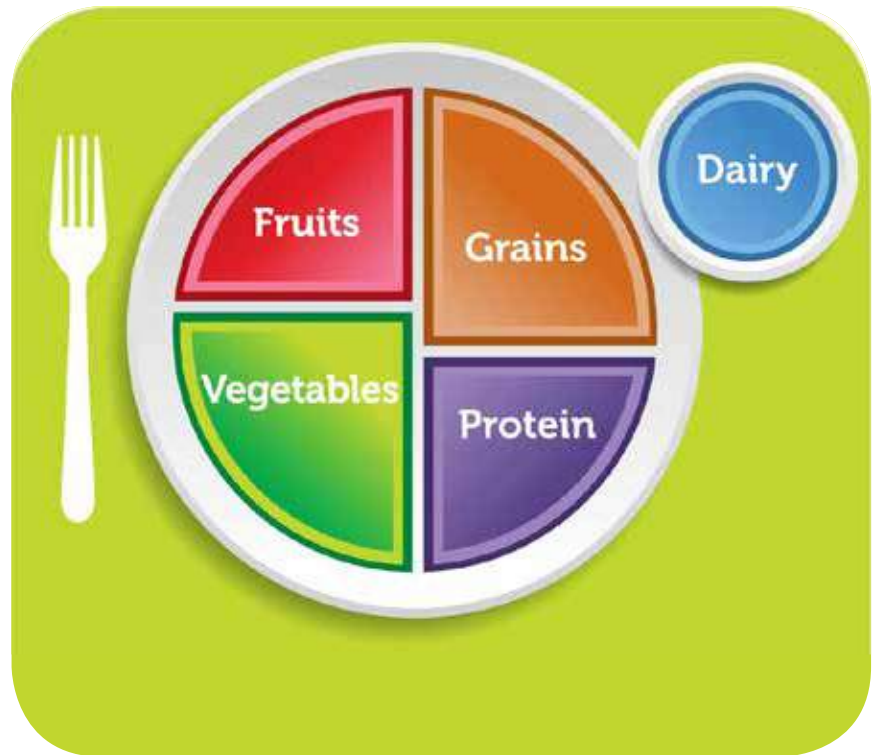


Exercise

### **A Hersheypark Healthy You**



## Start with a healthy plate!



### Fruits & Vegetables

- Pioneer Frontier (Pioneer Pete's) - fruit smoothie, fresh fruit cup
- The Hollow (Famous Famiglia) - applesauce cups and side salads
- The Boardwalk (Decades) - yogurt parfaits with fruit
- Minetown (Salad Mine) - fresh fruit, wraps, and salads
- Midway America and other sites (Subway) - veggie subs

### Protein

- Music Box Way (Nut Hut) - roasted nuts
- Carrousel (Craft Barn Kitchen) - veggie burger
- Rhineland (Kosher) - hummus with pita chips
- The Boardwalk (Shoreline Grill) - shrimp

### Grains

- Minetown (Salad Mine & Gourmet Grille) - whole grain wraps and Panini
- Subway - wheat rolls
- Animal crackers - throughout the Park

### Dairy (3 Per Day)

- Minetown (Salad Mine) - yogurt parfaits
- The Boardwalk (Turkey Hill Parlor) - sugar-free ice creams and frozen yogurts
- Low-fat flavored and white milks - throughout the Park at many stands
- Music Box Way (Cold Stone Creamery) - milkshakes and soft ice cream

**Download the Hersheypark Mobile App on Your Smart Phone  
for a List of All Dining Options**

## Definition Alert

**Calorie** (a unit of energy measurement in food). We need a certain number of calories daily for energy, but if we take in more calories than we need, we may gain weight.

## Smart Snack Search in the Park

*Check the Calories in a Special Treat*

Whether you are in **Midway America** or **Founder's Circle**, you will find a **Carrousel** of healthy snack options! Fresh fruits cups, low-fat milks, frozen yogurts, and nuts are healthier snack options found in **Hersheypark**. Remember, there are no "bad" foods. Choose wisely most of the time, but enjoy a favorite snack on a special occasion. Balance your snacks as part of your daily calories.

### How many calories equal a pound?

**3,500** consumer calories equals one pound. **3,500** calories exercised equals one pound. Balance calories **In** and calories **Out**.

### How many calories do I need everyday?

Teen calorie needs vary because everyone is growing at his/her own rate. Most teens need between **1800-2200** calories daily. Snacks fit into your overall calories. Enter your information into an app and find out how many calories you need depending on your age, gender, and activity level.

While at the Park, you will see many chocolate snack choices. Chocolate contains antioxidants (substances also found in fruits, vegetables, nuts, and teas) which have positive health benefits.

**Health Benefits of Chocolate** - **antioxidants** help to decrease heart disease and cancer, stabilize mood and blood pressure, and fight off damaging effects on the body's cells. Eat dark chocolate (75% or more cocoa) in small amounts, to enjoy the health benefits of chocolate and get an energy boost.

## Balance Calories and Nutrients for a Hersheypark Healthy Snack



## Snacks and Calories (calories are based on average size servings)

**Hershey's® chocolate favorites** with less than **200** calories are listed below. Eat small amounts; share a bar with a friend; have a few *Hershey's® Kisses®*, *Hershey's® Milk Chocolate Drops™*, or *Hershey's Miniatures™*. Enjoy the treat in moderation.

- **Hershey's Kisses** - 6 kisses = 132 calories
- **Hershey's Milk Chocolate Bar** - half the bar = 105 calories
- **Dark Chocolate Reese's® Peanut Butter Cups** - 1 cup = 105 calories
- **Hershey's Miniatures** - 4 = 168 calories
- **Hershey's Drops** - 12 = 160 calories

You can also find these snacks that are less than **200** calories at the Park.

- **Baked Potato Chips** = 110 calories
- **Kettle Korn Popcorn** - 3 cups = about 170 calories
- **Applesauce cups** = 80 calories
- **Apples, Bananas, Oranges** = about 50-75 calories
- **Fresh Fruit Cup** = about 120 calories
- **A Bag of Carrots and a Tablespoon of Dressing** = 125 calories
- **Animal Crackers** - a small bag = 120 calories

These are higher calories snacks. Make sure they are worth the extra calories!

- **Chocolate-dipped Banana** = 250 calories
- **Funnel Cake** = about 275 calories
- **Small Size Ice Cream** = 150-340 calories depending on the toppings
- **Fruit Smoothie** = about 350 calories
- **Fudge Sundae** = about 500 calories
- **Cotton Candy** = 330 calories
- **Small Fries** = about 350 calories

**Hershey's Kisses - the Original  
Portion Control Treat**



## The Exercise and Calorie Connection

We all have favorite snacks and many of these foods are connected with fun times – like a holiday, a party, or visiting **Hersheypark**. Snacks can be part of your overall food plan if you use good common sense:

- Get at least 60 minutes of exercise every day
- Eat in moderation, and enjoy that special snack without worry

Remember this exercise fact: You can burn 5 calories a minute while walking and 10 calories a minute while jogging. So to figure out minutes you need to exercise off the calories divide the calories by 5 (for walking) or 10 (for jogging).

**Example:** One *Hershey's Milk Chocolate Bar* is 210 calories

Walking: 210 calories divided by 5 = 42 minutes of walking

Jogging: 210 calories divided by 10 = 21 minutes of jogging

**or**

**Example:** One Funnel Cake is about 275 calories

Walking: 275 calories divided by 5 = 55 minutes of walking

Jogging: 275 calories divided by 10 = 27.5 minutes of jogging

**or**

**Example:** One Bag of Animal Crackers is 120 calories

Walking: 150 calories divided by 5 = 30 minutes of walking

Jogging: 150 calories divided by 10 = 15 minutes of jogging

*You decide – pick your snack and balance it with your exercise.*

## Snack Sensibly and Exercise Every Day



Splash away at **The Boardwalk At Hersheypark®** on **Tidal Force®!** But don't forget your body needs water on the inside to operate its own forces. You may need **6-8** glasses of water when you are exercising outside. A teen body is about 75% water.

## Hydration

- prevents muscle fatigue
- regulates internal temperatures
- flushes toxins
- nourishes skin
- prevents overheating

## Hersheypark Hydration

*Don't feel like a Dry Gulch*

*Fluid Facts and Liquid Logic*

**The benefits of water/smart fluids:** your brain will be more alert, joints will be more flexible, body temperature will be more controlled, and you get many needed **electrolytes** (potassium, sodium, and chloride) from water.

**What is the healthiest beverage?** The healthiest beverage is always water. Water can be flavored with natural fruit flavor or artificially flavored or sweetened. But, water is always the best choice. And, at the Park, you can get **free** water by asking for it at any food stand.

**Moderate the soda.** A 12-ounce can has **10 teaspoons** of sugar. Soda pops up your weight and may contain caffeine. Drinking a can of soda every day can add **2 pounds** to your weight every month if not balanced with exercise. Don't forget to moderate the diet and low-calorie options, too.

**Caffeine in large amounts (over 100 mg a day)** can cause headaches, nervousness, heart palpitations, sleep problems, and the elimination of water from your body. Small amounts in tea, coffee, or chocolate will not be harmful for most teens. Avoid high caffeine drinks.

**Is the beverage full of empty calories?** If the drink has added sugars it may not be the healthiest choice. You get all the natural sugar you need from the **carbohydrates** (grains, fruits, and vegetables) in your food choices during the day.



## Are there any nutrients in beverages?

- **Juices** have **vitamins** (regulators in our body) and **fiber** (plant nutrient that rids our body of unwanted products from digestion). Stretch your juice and add water to the container after you drink some. Get more fluid but less calories and cost. Always opt for 100% juices.
- **Milk** provides you with **minerals** (calcium) and **vitamin D** for teeth and bones. Look for **Hershey's chocolate and low-fat milks** throughout the Park.

## How do you know if you are drinking enough water?

Take the tinkle test. If your urine is light yellow in color, you are hydrated; if it is darker, drink more.

## Find fluids on your travels through the Park

There are many beverage choices at the **Park**. When you feel thirsty, your body is telling you to hydrate. You will feel better and be ready for the next exciting ride. **Water Works . . .** for a healthier day in the beautiful outdoors. So catch some fluids before you hit **The Boardwalk!**

Here is your **Health GPS** to quench any thirst today:

Get on one of the many pathways to cool your engine as you head to the **Sunoco® Twin Turnpike**. **Aquafina** water, **Splash** vitamin-flavored water, and **Sobe** life water are at food stands along the way. Hike up to the **Kissing Tower** to buy a **Gatorade** full of electrolytes to keep you safely hydrated on a warm day while exercising.

Float down the flume on the **Coal Cracker** and enjoy a **Natural Iced Tea** – get fluids and antioxidants on your way to the **Amtrak Dry Gulch Railroad**. There won't be any dry throats if you quench with a **Fruit Juice**. Make a stop at the **Lemon Drop Shop** for **fresh-squeezed lemonade**.

Stay on the course by picking **Hershey's low-fat or chocolate milk** – a great choice for part of 3-A-Day calcium requirement.

Get two straws and share a milkshake at **Shakey's Drive-In** or at the **Creamery** in **Music Box Way**. Boost your calcium power and split the calories with a friend.

To finish strong, drink a fruit smoothie – fill your appetite with vitamins and minerals.

***Think Your Drink; Healthy Hydration at Hersheypark***





# Wellness Attitude - General

## Healthy Habit: Practice deep breathing to help you relax

One of the best ways to relax is paying attention to your breathing. If you learn to breathe deeply and slowly, this will help your body relax.

### How?

1. Find a chair and get comfortable; now close your eyes
2. Place one hand on your belly and one on your chest-when you breathe in, your belly should rise higher than your chest
3. Breathe in through your nose and hold it for one second
4. Breathe out through your mouth
5. When you breathe in, imagine the word “relax” and pay attention to how calm you feel
6. Breathe in and out while imagining the word “relax” about five times in a row
7. Now, slowly, open your eyes

When you are upset, anxious, stressed, sad, or frustrated, try this skill.

“Today is your day! Your mountain is waiting...so get on your way!” – Dr. Seuss

“The only thing that stays the same is change” – Melissa Etheridge

“Celebrate we will because life is short but sweet for certain.” – Dave Matthews

### What is motivation?

- Motivation is the reason we do something
- Motivation gets you charged up or excited about doing something
- Motivation is the general desire to get something done

### One of the best ways to stay motivated is to set goals. Why?

- Goals bridge the gap from a dream to reality
- Setting goals gives you something to work towards
- Meeting goals keeps you motivated and helps you feel confident

### Goals you set should be SMART:

- **Specific** – A good goal says exactly what you want to do
  - For example: walk 30 minutes a day or eat breakfast 3 days a week
- **Measurable** – You won’t know if you met your goal if you can’t measure it
  - Think about how you will track your progress
- **Action-Oriented** – A goal should be something you DO – the process, not something that happens as a result – the outcome
  - For example: “I will walk 4 times this week”; NOT “I will lose 5 lbs by Friday”
- **Realistic** – Set goals you can control and you can really reach
  - If you never eat breakfast now, setting a goal to eat breakfast every day for a month may not be realistic; start smaller
- **Timely** – Set goals with a certain time frame so you have a deadline to meet
  - Then you will know when you can celebrate meeting your goal

And remember, set goals that are YOURS, and don’t compare yourself to anyone else!

***Change can be scary...change can be good***

**Positive** emotions, **positive** thinking, and **positive** attitudes will make change easier.

*Negative* emotions, *negative* thinking, and *negative* attitudes will make change harder.

- **THINK good thoughts** about yourself and keep up your positive attitude
- Catch yourself when you make a healthy change and **praise yourself**
- **Accept mistakes**, and **don't focus on the negative; don't let one slip keep you down**
- When you feel bad, think about your successes

**Fatigue** (being tired) can cause you to eat too much.

**How** can you prevent this?

- Get enough sleep; teens need 8-9 hours of sleep each night
- Keep TV out of the bedroom

### **Pushing Your Buttons: Cravings & Triggers**

Like machines, our bodies need energy to run, and that energy needs to be refilled when it's low. But **sometimes our bodies tell us we need energy even when the 'tank' is full**. Ever feel like you *just gotta eat a certain food, like chips, fries, or ice cream? You get that urge and can't get it out of your mind?* That's a **craving**. Cravings are **NOT** the same as hunger and can happen even when you are full.

Places, feelings, people, activities, ads, TV, and smells that set off cravings are called **triggers**. Triggers make us think about, want, and sometimes eat, certain foods. Some examples of triggers are:

- The smell of food (like popcorn at the movies)
- Pictures in magazines or TV commercials
- Your grandmother's house (or your grandmother)

**How** can you handle your cravings and triggers?

- Leave places where you want to overeat
  - If you are at a store, go outside until your friends are done
  - Go to another room or to a different place
- Avoid situations
  - Stay away from fast food places and buffets
  - Keep junk food out of your home, backpack, locker, room, and car
- Do something instead of eating. **DISTRACT** yourself
  - Go for a walk, listen to music, read, call or visit a friend
- Delay eating, but don't skip meals
  - Wait 10 minutes; if you decide to eat, keep your portion size small
  - Eat three meals per day and healthy snacks; skipping meals can be a trigger
- Substitute
  - Keep healthy food in eye sight so it is easy to grab, like fruit on the counter
  - Drink water; add ice and a slice of lemon
  - Chew sugar-free gum or sugar-free mints
- **Save the memories** and **Get the Picture** with souvenir photos or snap your own; take the wellness memory home with you



# Wellness Attitude - Hersheypark

Academic Standards 10.1, 10.2

## What's so Funny?

- Friends screaming as they go up that first hill on the **Comet**
- Classmates upside down losing a shoe on the **sooperdooperLooper®**
- Having a **Fender Bender** with your car in **Music Box Way**
- Missing a collision on the **Rolling Rover** as you roar around the track
- Getting wet on **Tidal Force** – it's only water
- Laughing with the animals in **ZooAmerica®**

## No Stress Today – Laugh Your Way through *Hersheypark*

### *Laughing is Contagious*

Approach a friend or make a new friend - say hi and laugh and they will laugh back at you! A good laugh exercises your abdominal muscles. Give a “high five” and smile and you will pass the healthy good stuff and get it back.

Do you know why **Hershey's Kisses** started screaming and running out of the park?

They heard there was a **Wild Mouse** on the loose! Joke around, and LAUGH!

There are many opportunities to laugh everyday. Laugh at yourself first. Laughter that seems to go on forever that you just can't stop is the best. Share an “I can't stop laughing” moment with friends. Any situation is easier to handle after a good laugh.

### Use Your Senses:

Use **mindfulness** – being mindful is like wearing 3D glasses for your senses. Everything looks more real, sounds more exciting. Take time to use all your senses as you walk through the beauty of nature in the **Park** and **ZooAmerica**.

- **Look** around at the gorgeous flowers and plants and try to identify them
- **Smell** the food aromas – decide what you are having for a treat or lunch
- **Move** as you hear some great music waiting for that ride
- **Say** hi and smile to another teen you would like to meet
- **Ask** a question at a wellness booth
- **Hold** on tight on a wicked ride
- **Taste** the sweet treat – enjoy every bite; don't rush it, just enjoy it

## **Laugh – You're at an AMUSEment Park**



# Wellness Attitude - Hersheypark

Academic Standards 10.1, 10.3, 10.4

## A Conflict-Free Day

*Hersheypark is always a bully-free zone*

Power up your patience and zone in on positive decisions today. Have a conflict-free day - no harsh words, no bullying. Focus on enjoying all the great things the Park has to offer. Build confidence and do the right things to partner in fun! Keep bullies away and have good experiences everyday. Here are some ideas:

- Spend some quality time with a special friend playing games at the **Arcade**
- Extend friendship - invite others to get in line with you and your friends
- Say thank you to friends and teachers; practice good manners and gratitude
- Give compliments: “you look great,” “that was nice,” “I love your attitude”
- Greet **Park** employees who are making your day fun, with “Have a great day”
- Nurture your nature side at **ZooAmerica** and watch the animals
- Set a positive example - if someone jumps in line - don’t overreact
- Be your own best friend and follow the rules to avoid negative consequences
- Find a quiet place near **Spring Creek** and have “alone time” with a close friend
- Focus on the good stuff - tell friends how much you’re loving the day
- Activate your smile - if you smile, your brain thinks you are happy
- Put a straw in your mouth horizontally and practice your smile

***Make Hersheypark Your Conflict-Free Space***



# Pennsylvania's Academic Standards for Health, Safety, and Physical Education

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## *Wellness Day at Hersheypark*

The Study Guide for Wellness Day at *Hersheypark* was created to supplement instruction and curriculum used in the classroom environment.

The information and suggested activities encourage further investigation in the areas of wellness. The principles apply to any setting, but specifically target some outdoor fun activities for students attending this event. This guide includes some of the elements of the Pennsylvania Department of Education's Academic Standards for Health, Safety, and Physical Education.

This guide is not a substitute for a comprehensive health curriculum or the sequential study of these topics in a classroom. The additional information presented, along with the wellness day event, encourages students to apply what they have learned and enjoy a day of wellness activities.

All students have the right to feel safe and develop their own personal decisions regarding wellness. Supporting student health and school promotion of physical activity, nutrition, and well-being is a community effort encouraging positive health outcomes.

The chart below highlights the specific standards included in the study guide. These academic standards served as guidelines throughout the guide's creation. Teachers, students, and community members are partners in helping children achieve a life long goal of wellness.

## **Academic Standards for Health, Safety, and Physical Education**

<b>Grade Level</b>	<b>Academic Standard</b>
Grade 6	10.1.6 10.2.6 10.3.6 10.4.6 10.5.6
Grade 9	10.1.9 10.2.9 10.3.9 10.4.9 10.5.9
Grade 12	10.1.12 10.2.12 10.3.12 10.4.13 10.5.12

Pennsylvania Department of Education 7/18/2002

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***Thank You Both for All Your Help***