

**62GCCHM Leadership Certification  
Level IV, Course #1**

**HEALTHY INSIDE OUT! CELEBRATIONS!  
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(Presenter's Notes)**

**Healthy Inside Out! CELEBRATIONS!**

In today's modern world, more and more children are becoming overweight, lack energy, and spending more and more time in front of the television and the computer. We are raising a generation of "couch potatoes!"

Are parents becoming more aware of such trends? Or are they being the causing agents of such a trend? It is time that parents wake up and become agents of change to build healthy children by practicing a healthy life style.

Yes, we can build healthy children if we follow this suggested health program: CELEBRATIONS!

**C is for Choice**

**Choices:** Do you make the right choices every day?

There are many things you can choose every day: what to wear, eating healthy foods, be kind to others, play games and exercise instead of watching television, say no to drugs, alcohol, and cigarette.

There are many things you can't choose: the color of your eyes, your parents, whether you are a boy or a girl. But when you choose to do the right thing, it will make a difference in how your life will be. Making the right choice is like a key that opens the right door to successful living such as, good relationships, satisfying job, and healthy bodies.

**Choices Always Determine Your Future**

- Choosing good healthy habits prolongs life – When you choose to rest enough each night and exercise regularly, you will have energy for a new day of study and play.
- Choosing drugs destroys life -- When you choose not to take drugs, or try alcohol, or cigarette, you are choosing to live a healthy life.
- Your choices always determine your future. It is important to make the right choice.

**Wrong Choices will result in Unpleasant Consequences**

Examples:

- Staying up late nights = tiredness, lack of energy, poor concentration
- Waking up late in the morning = missed the school bus—so had to walk to school

### **How to Make Good Choices**

- ◆ Look at the consequences.
- ◆ Decide what is more important.
- ◆ Talk to your parents, teachers, or other adults to get their advice.
- ◆ Check the Bible to get advice on your decision.
- ◆ Pray to Jesus to seek His guidance.

## **E is for Exercise**

**Cartoon: “If I can raise my pulse to 160 beats per minute, this counts as a workout.”**

Our body was designed for movement. God did not make it to sit still and be quiet for hours at a time. Our bones and muscles will get weak if we don't use them. Unfortunately, sitting down to watch TV and snacking at the same time is a common pastime of many adults and children too.

### **Problems of Physical Inactivity**

- Diseases and body weakness.
- Stress – we feel irritated when life problems come upon us, we cannot sleep, we feel pressured.

### **Benefit of Exercise**

- Improves cardio respiratory function (heart & lungs) – Daily exercise can help increase blood circulation to the muscles and the brain. It prevents heart disease and stroke by strengthening your heart muscle, lowering your blood pressure, raising your good cholesterol (HDL) and lowering your bad cholesterol (LDL).
- Exercise also helps to Increase the amount of blood pumped every minute and with every beat of the heart. It also increases blood volume and ability to carry oxygen, thus improving blood flow, and increasing your heart's working capacity.
- Strengthens muscles – Regular physical activity can improve your muscle strength and boost your endurance. Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy to go about your daily chores.
- Controls weight – Obesity or overweight is one of the most common childhood problem among children in many developed countries. Children are overweight at a younger age these days.. When you engage in physical activity, you burn calories. The more intense

the activity, the more calories you burn. You don't need to set aside large chunks of time for exercise to reap weight-loss benefits. If you can't do an actual workout, get more active throughout the day in simple ways — by taking the stairs instead of the elevator helping with household chores.

- Strengthens flexibility – doing regular exercise, particularly stretching exercise increases flexibility and reduces the risk of injury. Bending and stretching allow muscles and joints to bend and move easily through their full range of motion. It also helps the muscles and joints to be less likely to experience tears when used actively.
- Strengthens bones-- Regular weight-bearing exercise promotes bone formation and may prevent many forms of problems bone loss when you are in your old age.
- Combats health conditions and diseases– boosts your "good," cholesterol and decreases unhealthy triglycerides. This keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases, such as heart attack, stroke, etc.
- Improves protection from diseases
- Increases energy and self-confidence
- Glowing complexion and firm body – Exercise boosts blood circulation and the delivery of nutrients to your skin, helping to detoxify the body by removing toxins (poisons). As exercise boosts oxygen to the skin, it also helps increase the natural production of collagen, the connective tissue that plumps your skin. Your skin color is also improved after exercise because of the increase in blood flow.

### **F.I.T Formula for Children**

**F** = Frequency – How often in the week you exercise.

**I** = Intensity -- How hard you exercise (often quantified using heart rate).

The target heart rate (THR) for children depends on their age but on an average:

3-4 years old – 137

5-7 years old – 133

8-11 years old – 130

**T** = Time – How much time you exercise.

### **Kids' Activity Pyramid**

- Everyday -- Play outside, take the stairs, help around the house, pick up your toys, go for a walk.
- 3-5 times a Week – Aerobic exercises like running, swimming, skateboarding; Recreational activities like basketball, soccer, volleyball, skiing.

- 2-3 times a Week – Leisure and playtime like swinging, canoeing, tumbling; Strength & flexibility activities like pushups, martial arts, rope climbing.
- Cut down on – TV watching, video and computer games, sitting more than 30 minutes at a time.

**The National Association for Sport and Physical Education Recommendations**

- Infant – No specific daily activity – Physical should encourage motor development.
- Toddler – 1-1/2 hours daily activity – 30 minutes of structured activity and 60 minutes of free play.
- Preschooler – 2 hours – 60 minutes of structures activity and 60 minutes of free play.
- School Age – 1 hour or more – Break up into bouts of 15 minutes or more.

**L is for Liquids**

**Every body cell, tissue and organ needs water to function**

Our body: 60-70% water

Blood: >90%

**Every day we lose 2000-3000 cc of water!**

- Sweat
- Urination

**How Much Water to Drink?**

- Drink even when you don't feel thirsty!
- Adults: 6-8 cups a day.
- 9-13 years: 7-8 cups a day.
- 1-3 years: 4 cups a day.

**Benefits of Water**

- Transport nutrients
- Improves kidney function
- Helps to excrete toxin
- Helps swallow
- Moistens the joints and organs
- Thins the blood
- Assists digestion and bowel movement
- Controls temperature

**Enjoy yourself with a warm bath each day for:**

- Cleanliness
- Relaxation
- Healing

## **E is for Environment**

### **To Stay Alive We Need A Clean Environment**

#### **A Clean Environment Includes:**

- Clean air
- Clean water
- Clean rich soil

#### **You Need a Healthy Environment**

- Do your best to keep a clean environment
- Do all you can to restore and protect it!

## **B is for Belief**

### **Belief**

- Gives you peace of mind.
- Finds a purpose in life.
- Gives you strength to overcome bad habits
- Brings happiness and hope to your life.
- Inspires you to be kind and treat others well.
- Helps you to develop peaceful friendships.

#### **Studies show that those who believe in God and attend church regularly:**

- Live longer.
- Live better.
- Far less likely to have heart disease.

## **R is for Rest**

### **Rest = Sleep + Repair**

#### **Problems of Insufficient Sleep**

- Difficulty in concentration
- Memory lapses
- Low energy
- Fatigue
- Emotional instability
- Growth retardation in children

#### **How much Sleep do You Really Need?**

<u>Age</u>	<u>Sleep Needs</u>
Newborns (0-2 months)	12-18 hours
Infants (3-11 months)	14-15 hours
Toddlers (1-3)	12-14 hours
Preschoolers (3-5 years)	11-13 hours

### **Benefit of Sleep**

- Repairs and grows tissues.
- Improves memory.
- Fewer behavior problems.
- Improves immune system
- Lowers stress.

### **How to Have Good Sleep?**

- Regular resting time
- Avoid overeating and late-night snacks
- Avoid severe exercise before sleep
- Avoid excitant foods before sleep, e.g. coffee, oily food

## **A is for Air**

### **Air is essential; All living things need air**

#### **Air is Essential for the Body**

- Cells in your brain and body must have lots of oxygen which comes from fresh air.
- If there is no oxygen for 4 or more minutes, brain damage or death may occur.
- Your lungs need clean air that comes from deep breathing.

#### **Types of Air Pollution**

- Smoke
- Furnace
- Oven
- Asbestos
- Dry cleaning
- Oil fumes and cooking odor

#### **Stop Air Pollution**

#### **We Should Keep Air Fresh By ...**

- Planting for the planet
- Saving energy

### **Fresh Air Decreases Diseases**

- Keep windows open for a breath of fresh air.
- Breathe easy and deeply

### **T is for Temperance**

- **Drugs cause brain damage.**
- **Smoking causes lung cancer**
- **Alcohol causes liver cancer**

### **What is God's Advice?**

“Do not get drunk with wine, for that is debauchery, but be filled with the Spirit.”  
Ephesians 5:18.

“Wine is a mocker, strong drink a brawler.” Proverbs 20:1

### **Temperance also includes ... Good planning on TIME. AVOID**

- Too much computer games
- Too much TV
- Too much studies

### **Temperance also includes . . . Self control on EATING & ATTITUDE**

### **Remember!!! Healthy Living**

- “The body should be the servant of the mind, and not the mind to the body.”
- “Dispense everything hurtful.”

### **I is for Integrity**

**Definition:** Possessing “Soundness and **Honesty**”

### **Integrity Matters**

- Out of integrity grows respect, loyalty, self-control, trustworthiness, responsibility, thankfulness, caring, cooperation, and courage. We must learn integrity.
- Integrity matters to the little boy whose mother has told him: “Do not eat any of the cookies in the cookie jar before lunch.”
- Kristin Megan’s 16-years-old sister, has not been allowed out on a date. Her parents continue to talk to her about sexuality.
- Sexual abstinence is the only safe behavior before marriage.
- Ian is the first child of the family struggling with tobacco. He has strong peer pressure to smoke, but he has been standing up to this pressure for a long time.

## **People With Integrity!**

- Learn to be honest with ourselves and with others.
- Always tell the truth.
- Take responsibility.

“Finally brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is any thing praiseworthy—meditate on these things” (Phil. 4:8 NKJV).

## **O is for Optimism**

### **What is Optimism?**

- Optimism = Cheerfulness and trust

### **Through the eyes of an optimist (happy and cheerful guy)**

- The glass is half full

### **Through the eyes of a pessimist (gloomy worrier)**

- The glass is half empty.

### **Benefits of Optimistic Outlook**

- Allows us to laugh in difficult times.
- Brightens life of others.
- Helps others have confidence when things are not going well.
- Promotes hope.

## **N is for Nutrition**

### **The Healthy Eating Pyramid – Harvard School of Public Health**

Eat a plant-based diet rich in fruits, vegetables, and whole grains. Eat a variety of fruits and vegetables with various colors. Follow this guide:

- Whole Grain Bread, Cereal, Pasta, and Rice Group—Eat Liberally—6-11 servings at most meals.
- Vegetables—Eat in abundance – 3-5 servings.
- Fruits -- 2-4 servings
- Legume, Nuts, Seeds,—Eat Moderately— 1-3 times a day.
- Vegetable Fats and Oils (olive, canola, soy, corn, sunflower, peanut, and other vegetable oils).
- Fish, poultry, eggs – 0-2 times a day.



- Dairy or calcium supplement— 1-2 times a day.
- Red meat, butter, white rice, white bread, white pasta, potatoes, soda, and sweets – use sparingly.

### **How Should We Eat?**

Breakfast – Eat like a King  
 Lunch -- Eat like a Queen  
 Dinner -- Eat like a Pauper

### **Balance Your Diet**

- More vegetable; less meat **or meat substitute**
- Avoid Snacks & sweet drinks (especially between meals)
- Eat on time

### **Healthy Eating Plate – Harvard School of Public Health**

- Largest portion of the plate should be vegetables – the more veggies and the greater the variety the better.
- One fourth of the plate should contain healthy protein – fish, beans, poultry, and nuts; limit red meat.
- One fourth should contain whole grains – like brown rice, whole wheat bread, and whole grain pasta. Limit refined grains like white rice and white bread.
- About one third of the plate should contain fruits – eat plenty of fruits of all colors.

### **You Are What You Eat**

- Eating Fast Foods Regularly Results in Obesity
- Choose Fruits and Vegetables over Unhealthy Fatty Foods

### **Benefit of Healthy Diet**

- Prevents diseases
- Maintains body weight
- Meets nutrition needs
- Healthier
- Enjoy life

## **S is for Support**

### **Why Should We Support?**

- Studies show that helping others and being a friend to someone in need makes you healthier and happier.

### **Benefits of Parent-child Communication**

- Improves relationships between parents and children.

- Children are more willing to do what parents say and teach. Promotes health, achievement, and self-esteem.
- Promotes sexually healthy behaviors.

### **The Bible Says Do It**

- “Therefore encourage one another and build one another up just as you are doing.” 1 Thess 5:11
- “Put on then, as God’s chosen ones, compassionate hearts ... Bearing with one another...” Col 3:11.

“I will praise You, for I am fearfully and wonderfully made; Your works are wonderful, I know that full well.” (Psalms 139:14).

“Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.” 1 Cor. 10:31

Want to be Healthy Inside Out? Live your life by using the gifts represented in CELEBRATIONS!