



Welcome to the Health Fair

You can go through the stations in any order, but make sure you get to every one (Go to the Checkout Station when you are done).

☐ **Registration:** Name: _____

Height: _____ Age: _____

Weight: _____ lbs Body fat %: _____

BMI: _____ (Ideal 18.5-24.9)

☐ **Station 1 - Water:**

You should drink _____ cups of water every day.

☐ **Station 2 - Exercise:**

Your Fitness Level: _____

☐ **Station 3 - Live Temperately:**

Temperance pledge: _____

☐ **Station 4 - Lots of Fresh Air:**

Your Peak flow meter results: _____

☐ **Station 5 - Nutrition:**

Your Ideal weight: _____ lbs

☐ **Station 6 - Entire Trust in God:**

Your Stress Test results: _____

☐ **Station 7 - Sunshine:**

Your Blood sugar: _____

Your Cholesterol: _____

☐ **Station 8 - Sufficient Rest**

Your blood pressure: _____ / _____

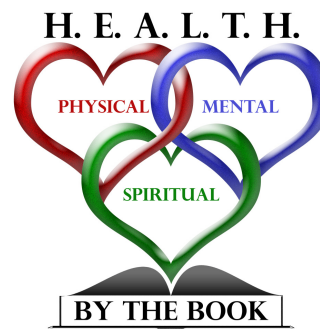
☐ **Station 9 - Checkout Station**

I have visited all the tables!

Thank you for joining us today!

8 simple ways to help you

Grow up Strong!



Healing, Educating and Advocating
Lifestyles for Total Health
<http://www.healthbythebook.org>

W-WATER

Strong, healthy bodies need lots of water. Over half of your body weight is water. Your blood is made up mostly of water. Your body also uses water for cleaning and cooling itself. You lose water when you are hot and sweaty, when you breathe, and when you use the toilet. If you don't drink lots of water every day, your body starts to run out of water. It would be like trying to wash the dishes with just a cupful of water!

In order for your body to have enough water to do all the work it has to do, you need to drink 4-8 cups of water every day, depending on your age. You need to drink water even if you don't feel thirsty. If you feel thirsty, your body is already running low on water.

Juice, soda, tea, or milk do not count as water. Your body is not made up of mostly soda, tea, juice, or milk. It is made up of mostly water! Instead of helping, other drinks often increase your body's need for water.

Your body needs water on the outside, too.

Taking a bath or shower every day keeps your skin clean and helps rid your body of germs or toxins that can make you sick. Cool water can help to reduce fever, and warm water can warm you up if you have chills.



Stress Test

Read each question, then write yes or no on the line.
Present the completed test at the Entire Trust in God station.

- _____1. Are you afraid something bad is going to happen?
- _____2. Do you sometimes have trouble falling asleep or staying asleep?
- _____3. When you're stressed do you eat a lot, snack more, or drink caffeine?
- _____4. Do you get upset easily over little things?
- _____5. Do you feel too tired or have no energy to do what you want to do?
- _____6. Do you feel like you have too much to do and not enough time to do it all in?
- _____7. Do you ever grind your teeth, have sweaty palms or feel like your heart is racing?
- _____8. Do you feel pressure to do things you don't want to do or you know are wrong?
- _____9. Are there problems at home that you worry about?
- _____10. Are you happy with how you are doing in school?
- _____11. Are you mostly happy with how your life is going?
- _____12. Are you able to really relax and have fun?



Temperance Pledge

Because of my responsibility to myself and to others, by the grace of God, I pledge to avoid alcohol, tobacco, and drugs, as well as other harmful substances and practices.

Signature

Date

Witness

Date

Now therefore, please be careful not to drink wine or similar drink, and not to eat anything unclean.

Judges 13:4

Wine is a mocker, Strong drink is a brawler, And whoever is led astray by it is not wise. Proverbs 20:1

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

E-EXERCISE

To help your body grow up strong and healthy, **you need to get exercise every day.** Exercise for a kid means playing and being physically active. There are a lot of good reasons why you need exercise. Exercise is good for your muscles and helps them to get stronger, but it does a lot more than just that! Exercise helps your lungs to be stronger and to work better. It also makes your heart stronger and helps your blood to circulate better. Exercise makes your bones stronger, too. It helps you sleep better at night, and helps to make you happy. It also helps to keep you from being overweight.

How do you exercise?

You exercise when you have gym class at school, football practice, or swim class. You're also exercising when you are playing basketball, riding bikes, or playing tag.



How much exercise do you need?

You need to have at least 1 hour of exercise every day. One of the best ways for you to get more exercise is to spend less time watching TV or playing video games. Having a regular schedule that includes time for exercise will also help to make sure that you are getting enough exercise.

L-LIVE TEMPERATELY

To be temperate means to stay away from things that are bad for you and to use carefully things that are good for you. If you want to be strong and healthy, then it makes sense to not use, eat, or do things that will hurt your body.

Alcohol—Drinking is seen as fun, but remember the millions of car crashes, fights, abuse, murders, and suicides caused by people who have been drinking alcohol. Besides all these things, alcohol kills your brain cells and it increases the chances that you will get all sorts of other diseases that can kill you.

Drugs—Drugs aren't fun and games either. It is just the opposite. Drugs kill brain cells too. And lots of people are in prison because of crimes they committed because they were taking drugs. It is far easier to prevent a drug problem than to cure one. If you or someone you know is addicted to drugs, get help!

Tobacco—Smoking is the single most preventable cause of death in the world. It is not cool to smoke, it is deadly! Tobacco causes not only lung cancer, but many other cancers, as well as lots of other diseases.



Temperance applies to all parts of your life: too little or too much of any good thing is not good for you. It is good to eat, but you shouldn't eat too much! It is good to study, but not so much that you have no time for play or exercise.

S-SUFFICIENT REST

Getting lots of rest is an important part of growing up strong and healthy. When you sleep, your body is resting, and it is able to renew its energy. It also releases growth hormones while you are sleeping, which are needed to make you grow well. Good sleep is also important for success in school and to help you keep a good attitude and be happy.

How much sleep should you get? Usually 10-12 hours of sleep a night is best, depending on your age. The earlier you go to bed, the better the rest is for your body. If you are unable to get the sleep you need at night, try laying down for a rest during the day. Even if you don't sleep, the rest you get will still be good for your body.



Try to go to bed at the same time every night. Having a schedule and a bedtime routine is the best way to ensure that you are getting enough sleep. Read a book, take a bath, listen to soft music, and pray before you go to bed. These are all good ways to start calming you down and getting your body ready to go to sleep.

Tips: Don't play hard or get lots of exercise right before bedtime. Your body needs a chance to cool down and relax. Eat your supper early in the evening so your tummy has a chance to digest your food before you go to sleep. Try to not watch TV or play video games right before bedtime.

S-SUNSHINE



Sunshine is important to all life on earth. Here's how it helps you grow up strong and healthy.

Sunshine kills germs. It is important to sun blankets, pillows, and things that are not washed often. The sun will

kill bacteria in your home and will help prevent mold. This helps to keep you from getting sick.

Sunshine helps your body to fight infections. Even ten minutes of sun twice a week can help you have fewer colds.

Bones are strengthened. Your body makes Vitamin D when it is exposed to sunshine. Vitamin D (among other things) helps your bones to be stronger.

Blood functions better after sun exposure. It helps the red blood cells carry oxygen to the body. This increases your energy and help prevent sickness.

Sunshine helps your mood. It makes you feel better about yourself and helps you be happy.

Healing properties are found in sunshine. If you have a sore on your skin the sunshine will help it to heal better.

Warning: Sunshine is wonderful, but don't get too much! A goal of 30 minutes a day is realistic. Be careful, you can still burn even if it is a cloudy day, and wet skin burns faster. Getting sunburned puts you at risk for getting skin cancer.

L-LOTS OF FRESH AIR

Growing up strong is not possible without fresh air! Your brain cells start to die in just five minutes if you don't have air!

Why is air so important? The air we breathe contains oxygen. Each cell in your body needs oxygen to live. Your blood takes the oxygen from your lungs and carries it to all the cells of your body so they can do their job.

What can you do?

1. Open your windows and let in the fresh air! Sleep with an open window whenever possible.

2. Exercise in fresh air. It keeps your lungs healthy and strong.

3. Sit up straight with your shoulders back. It helps you breathe deeper.

4. Take slow, deep breaths many times every day.

5. Put a plant in your house. They help your air to stay fresh.

BAD AIR

Smoking makes the air you breathe bad. It also hurts your lungs and keeps your blood from being able to take as much oxygen to your body as it needs to. Even if you don't smoke, just breathing the air around someone who smokes can hurt you. If your parents--or the people you live with--smoke, ask them to stop for you so you can grow up strong and healthy!



N-NUTRITION

Eating healthy food keeps you healthy and strong, too! Vegetables, fruits, grains, nuts, and seeds are the best foods and will help you grow up strong and healthy.



Protein is found in many foods. Peas and beans have lots of protein and are best eaten with a whole grain such as brown rice, whole wheat, oats, or corn.

Carbohydrates are important for giving your body energy. But make sure you eat the good ones. Bad carbohydrates (like sugar) are found in desserts, candies, sodas, and snacks. It is best to not eat these foods. Good carbohydrates are in provisions, brown rice, fruits, veggies, and whole grains.

Limit bad fats. Animal products, oils, margarine, and mayonnaise contain bad fats. Plant fats--like in avocados, olives, seeds, and nuts--are good for you.

Fiber is like scrub brushes that keep our digestive system clean and functioning well. Fresh fruits, vegetables, nuts, and whole grains are high in fiber. Animal products and refined foods have no fiber.

A balanced plant-based diet is the best. Every day you should eat lots of vegetables, fruits, and whole grains. Be sure to include legumes (beans and peas), seeds, and nuts in your diet too. Breakfast is the most important meal of the day! Try to eat a good lunch and a very light supper. Snacks, even healthy ones, are not good because they keep your stomach working, when it needs to have time to rest.

E-ENTIRE TRUST IN GOD

Trusting in God is an important part of growing up strong and healthy.

God made you. He knows all about you and your problems, and He has the answers for every one of them. Feeling stressed out about school, friends, or home can make you feel sad, frustrated, angry, or confused. This stress can even make you sick. But there is good news. God has promised to help us if we will trust Him. "Cast your cares on the Lord and He will sustain you." Psalm 55:22.

Good feelings like peace, happiness, and love can make you feel better and help keep you from getting sick. "A merry heart does good, like medicine, but a broken spirit dries the bones." Proverbs 17:22

Trust God with your problems. You will learn that you can have peace and joy even though you have problems. Trusting in God does not mean that He will take away all your problems. But He has promised to be with you to help you and give you strength.

Spend time reading the Bible. This is God's special letter to you. The Bible can help you learn to trust God and find peace and happiness. Also, talk with God in prayer, just like you would talk to a friend. He loves to answer your prayers. Tell others what you learn in the Bible and how He has answered your prayers. He loves you so much!

