Darby Bolngg meets

SUPER J

& the Body Mechanics

PROACTIVE PARENTS/GUARDIANS GUIDE

WRITTEN & CREATED BY MICHELLE BAIN
Keeping your kids at peak health isn’t always easy. Poor food choices, too much time watching TV and playing video games and not enough physical activity has become a problem for today’s youth.

Keeping them in the game and fit takes a keen attention to the total mind, body and spirit picture. You can help get your kids’ motors running by having them read The Adventures of Bolngg & Sprockette: Darby Bolngg Meets Super J. Use this guide to help teach them the importance of exercise, good food, drinking water and getting sleep to help fuel them toward fitness.

Start your kids out by having them take the pre-test to find out what they already know about health and fitness. They can take the quiz again at the end of the book to see what they’ve learned.

Disclaimer: This book provides general health and fitness information. This information is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting a licensed health professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual health needs and to professionally address personal nutritional or medical concerns.

Mind, body, drive and spirit. These elements are the wheels of wellness. Knowing how they work is important for the fit development of any child.

Your kids are no different. Getting them on the road to wellness is your top priority.

Mind:
- Thinks, Makes decisions, learns, reads, interprets data, feels emotions

Body:
- Transports you places, holds the other elements

Drive:
- Pushes you, motivates you, encourages you to do and be better

Spirit:
- Helps you feel, keeps you upbeat, helps you have a good and positive attitude

A Kid’s Bill of “Rights”
Getting the right kind of exercise, having the right attitude, showing the right character and thinking with a right mind all add up to health and wellness. This goes for kids and grownups!
FITNESS AT ITS FINEST

Keep your kids tip-top fit with these

5 FIT TIPS

🍎 1. Eat a variety of Foods
Eating different foods means your
kids are more likely to get the nutrients
their bodies need.
→ Go for at least five servings of fruit
and veggies every day: two fruits and
three veggies.

💡 2. Drink Water and Milk
Cold water is the best thirst quencher.
six to eight glasses a day is best. The
calcium in milk helps build strong bones.
→ Kids younger than nine should drink
two glasses of milk a day. Kids nine and
up should drink three. A small amount
of cheese or yogurt is also good for
calcium.

🎧 3. Have your kids listen
to their bodies
Make sure they know when they’re hungry
and when they’re comfortably full. Eating
too much can feel miserable and cause
unhealthy weight gain.
→ Tell your kids to listen to what their
bodies tell them when they eat. Is it still
hungry? Does it really need more?
Has it had enough?

⏰ 4. Put a limit on screen time
Watching TV, playing video games and
playing on the computer are fun, but
they take away time from doing more
active things.
→ Outside of school activities and
assignments, limit your kids to two
hours of screen time each day.

🏀 5. Keep your kids active
Help your kids find ways to be active
each and every day. Lead them, join in
and help them find the activities they
enjoy the most.
→ Have your kids make a list of their
favorite physical activities (video games
don’t count!). When they’re bored, pull
out the lists they made and pick an activity.

Other ways you can help your kids
stay fit...

• Stock the house with
healthy foods
• Limit sweets at
home and away
• Plan fun physical
activities for the
whole family
• Be encouraging
• Keep fit yourself to set a
good example

Have your kids fill out the goal chart in
Make sure they stick to the 14 day plan
and do their best to reach their goals.
BODY OF EVIDENCE

Teach your kids that the body is the engine for wellness. Without a smoothly running engine, the vehicle won’t get very far. Kids should know about the body systems and parts that make up their engine and keep them on the road of life.

Know what these systems and parts do so you can teach your kids how they work to keep them fit and healthy.

Skeletal System
Star Player: the skull
• Stores calcium
• Acts as the body’s frame
• Protects vital organs
• Makes red blood cells

Muscular System
Star Players: the biceps & triceps
• Generates heat
• Creates movement
• Maintains posture
• Uses energy

Circulatory System
Star Player: The Heart
• Sends blood to the organs and tissues
• Moves nutrients and gas waste
• Supports immune functions

Digestive System
Star Player: the stomach
• Breaks down food
• Mixes and moves food through the body
• Absorbs nutrients
• Gets rid of waste

Respiratory System
Star Player: the lungs
• Filters air through the lungs for breathing
• Warms and humidifies air inhaled

Nervous System
Star Player: the brain stem
• Operates senses
• Interprets signals into thought
• Coordinates muscles

Check this out...

The heart is a muscle. Exercise can make it stronger.

The lungs are one of the largest organs in the body. They take in fresh air, get rid of stale air and even help with talking.

The stomach is like a mixer. It breaks down food into a liquid mixture before sending it to the small intestine.

That’s amazing! I had no idea there were so many things going on inside of my body! I’m going to keep my engine tuned up!
FOOD'S FABULOUS 5

The United States Department of Agriculture (USDA) created the divided plate approach to healthy eating. This balance of fruits, vegetables, grains, protein and dairy in your children’s meals means delicious nutrition is as close as the end of their forks.

**REFUEL**

- **Veggies**
  - Veggies like carrots, broccoli, peas and celery help their bodies run smoothly.

- **Fruits**
  - Fruits like apples, bananas, grapes and oranges help give them energy.

- **Grains**
  - Grains include bread, cereal and crackers help them play longer.

- **Dairy**
  - Things like milk, cheese and yogurt help their bones stay strong.

- **Protein**
  - Meats like chicken, ham and beef, as well as some beans, help build muscles.

For more information and tips on healthy eating, visit choosemyplate.gov.
THE WONDERS OF WATER

Humans need water every day. Even kids should make it a habit to drink six to eight glasses a day.

Let your kids know why drinking water is so important:

- Gets rid of waste and toxins (poisons) in the body
- Quenches thirst like no other liquid
- Keeps bodies from overheating
- Gives energy to muscles
- Helps burn calories
- Keeps skin healthy and good looking
- Helps the kidneys work
- Keeps the bowels working right
- Improves mood
- Naturally prevents headaches, cramps and sprains

Make sure your kids are drinking plenty of water. It’s the perfect add-on for meals, sports, exercise and playing. Get your kids a refillable water bottle to take with them.

BRAINWORKS

What to tell your kids:
Your brain is in charge. It’s the big boss of your body. Even when you’re sleeping, the squishy gray spongy thing inside your skull is hard at work controlling almost all of your body.

The Brain has five main parts:

1. Cerebrum (Suh-REE-Brum)
   Largest part of the brain: controls thinking, muscle movement, memory, reason

2. Cerebellum (Sair-UH-Bell-Um)
   Back part of the brain: controls balance, movement, how muscles work together

3. Brain Stem
   Bottom part of the brain that connects to the spinal cord: controls the involuntary muscles that tell our organs to breathe, digest food, pump blood; sorts out messages between the body and brain

4. Pituitary (Puh-tooh-tair-ee)
   Gland Pea-sized gland within the brain: controls growth and metabolism

5. Hypothalamus (hy-po-thal-uh-mus)
   Small part inside the brain: controls body temperature

Did you know?
Both sweating when you’re hot and shivering when you’re cold are your body’s attempts to get its temperature back to normal.
**Brain Training**

Those amazing brains!
The brain is pretty well protected inside our thick craniums. And that’s a good thing, given that it’s got so many jobs to do to keep the whole body working and humming along smoothly. Let your children know they can help in the proper care and feeding of their amazing brains.

**Brain Care tip #1:**
Eat healthy foods. Foods with the minerals potassium and calcium are important for the nervous system.

**Brain Care tip #2:**
Get plenty of exercise.

**Brain Care tip #3:**
Always wear a helmet when playing sports or riding your bike.

**Brain Care tip #4:**
Don’t smoke, drink alcohol or do drugs. These things can badly damage the brain.

**Brain Care tip #5:**
Use your brain! It’s there for a reason! Read, play music, do challenging puzzles, make art. Exercise your brain to make it stronger by giving it a good workout each day.

**Driving the Spirit**

Spirit is not something you can see or measure or buy by the jug from a warehouse store. But having it does wonders for your personality! Spirit is that little voice within us that tells us to do what’s right, stay upbeat and keep a good attitude. You’ve got to have a good spirit for sports and games or no one will want to play with you.

Teach your kids the concepts of good sportsmanship. Winning isn’t nearly as important as having fun and enjoying the thrill of the game.

When they don’t think they’ve got it in them to succeed, have them keep trying. Those who never try, never accomplish their goals.

Make sure they encourage others when they need help, just like they’d want to be encouraged.

Let them know that staying positive and having a bright outlook will help them see the good side of things. And even if they don’t win the game or finish the race, they’ll still succeed!

Spirit is all about having the right attitude and outlook!
GOODNIGHT, SLEEP RIGHT

Sleep lets your body slow down from the busy day and get ready for the next. Tell your kids that all living things need sleep. It’s important for the body, as well as the brain.

Most kids 5-12 years old get 9.5 hours of sleep a night. To run at peak performance, kids should get 10-11 hours each night.

Getting plenty of sleep will help your kids...

Focus better in school and think clearly
Play better
Keep from getting sick
Stay happy and not cranky

Tips for helping your children sleep better

1. Have them go to bed at the same time each night. This gets their bodies into a pattern.
2. Reading or taking a warm bath before bed helps calm them from a busy day.
3. Limit foods with caffeine, like soda, iced tea and some chocolate.
4. Don’t let your kids sleep with a TV on.
5. Don’t let your kids watch scary shows or movies before bed.
6. Don’t let your kids exercise close to bedtime. Exercising regularly earlier in the day helps with sleeping at night.
7. Make sure your kids use their beds just for sleeping, not playing, doing homework or talking on the phone. Train their bodies to think of the bed as the place to be for sleep.

Not sleeping enough can cause you to be cranky

RESOURCES

NIH: National Heart, lung and blood institute: Physical Activity tools and resources
nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/physical-activity.htm

PRESIDENT’S COUNCIL ON FITNESS, SPORTS & NUTRITION: BE ACTIVE
fitness.gov/be-active

CDC: BAM! Body and Mind™: Physical Activity
cdc.gov/bam/activity/index.html

Girls Health: Fitness
girlshealth.gov/fitness

President’s Challenge Program
presidentschallenge.org

Runner’s world/running times: kids running
runnersworld.com/tag/kids-running

KIDSHEALTH®: Kids and Exercise
kidshealth.org/en/parents/exercise.html
kids.usa.gov/exercise-and-eating-healthy/index.shtml

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TUNE UP! PLAY HARD! HAVE FUN!

Introduce the joys of fitness to your kids! Staying active, eating the right foods and getting enough sleep will get their engines revving down the road to wellness!

Help your kids learn about...

- Fitness
- Healthy foods
- Getting enough sleep
- Body Basics
- Staying hydrated

For 20 years I played each professional football game as if it was my first. Because I was small, I leveled the playing field by becoming the fastest player in the NFL and was able to turn that into my advantage. Turn the page on your child’s health and fitness. This book will teach them how to stay in the game!

Keep the planet healthy! This book was printed on recycled paper!

Darrell Green
Pro Football Hall of Fame

Written and created by Michelle Bain
Illustrated and designed by Fox Smith
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