Let’s find out what you know about the health of your body, mind and spirit. After the story, we’ll see what you’ve learned!

Pre-Test

1) Your body has bones, veins and nerves that run to your limbs and organs.
   - True   - False

2) You should only drink water on hot days.
   - True   - False

3) Your mind is controlled by your heart.
   - True   - False

4) Having good spirit means having a good attitude and outlook.
   - True   - False

5) Certain foods can make your brain work better.
   - True   - False

6) When you sleep, your muscles, bones and skin grow, repair and fight sickness.
   - True   - False

DISCLAIMER. This book provides general information about various nutrition, exercise and health-related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical, nutritional or medical concerns. You should consult a qualified medical professional before beginning any exercise program.

Darby Bolngg was playing basketball with his friends at the park. After a short while, Darby realized that both his energy and basketball went very flat. He headed over to Coach Super J to get pumped up!

Hi, Super J!
My basketball is flat. Is there any way that you can fill it up?

Let’s fix your flat ball and flat energy! My body mechanics team will help us work it all out!

As a matter of fact, did you know that brains are actually gray?

Your mind thinks, makes decisions, learns and is reading this now!

Your body takes you everywhere. It holds your mind, body and drive together!

Your spirit feels and is now you stay happy and motivated!

As the coach of the Body Mechanics, let’s go out and do a wellness tune-up with them!
Darby and Coach Super J got back on the Road to Wellness to understand more about how to keep your engine running.

Each Wheel of Wellness is important!

I'm going to pump you up, Darby!

The Wheels of Wellness knew they had to work together to be the best Body Mechanics team!
Your Body
It’s the engine for wellness!

In a lot of ways, your body is like a roadmap with bones, veins and nerves running to your limbs and organs.

Your skeletal system is what keeps the shape of your body and helps you move around.

Are those roots? Nope! There is a big system of tiny tubes that carry blood to and from all the parts of your body.

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!
Just like a car, your body’s tank needs to be filled up when you run low on fuel.

When refueling, it’s important to fill up with the right things.

It’s important that your engine doesn’t overheat, which is why you should stay hydrated.

REFUEL YOUR BODY

DAIRY
Things like milk, cheese and yogurt help your bones stay strong.

PROTEIN
Meats like chicken, ham and beef, as well as some beans, help build muscles.

VEGGIES
Veggies like carrots, broccoli, peas and celery help your body run smoothly.

FRUITS
Fruits like apples, bananas, grapes and oranges help give you energy.

GRAINS
Grain foods like bread, cereal and crackers help you play longer.

GET UP AND GO WITH H₂O!

Toxin: a poisonous substance

Gets rid of waste and toxins

Water keeps bodies from overheating

Drink 6-8 glasses a day

Liquid Tip:
Keep a refillable water bottle with you everywhere you go. Put it in your gym bag, backpack or on your bike!

That morning, Darby was so excited to play basketball that he forgot to drink any water. As he gulped down the water, he felt refreshed and ready to go!
Your speed of mind:
The roadmap of your brain!

Cerebrum:
- Contains the areas that think, feel, learn, and more

Cerebellum:
- Controls muscle coordination so you can walk and play

Brainstem:
- Controls body functions like breathing and heartbeat

Your mind has everything to do with your brain! Each part has a different job, and if you take care of your brain, your mind will be healthy, too!

Reading and learning at school helps your mind grow and brain stay strong!

Certain foods like fish and blueberries can help your brain work better!

Now I understand body and mind. What is spirit?

Spirit is all about having the right attitude and outlook!

Drive your spirit:
- Keep trying even if you don’t think you can do it.
- You can do it, Darby!
- Be kind and try to encourage others when they need help.
- Stay positive and try looking at the good side of things.

“You’ve got to want it to get it!” Darby kept saying that over and over in his mind. The more he said it, the more he believed it, and his spirit tuned up! When Darby was tuned up in drive and spirit, he could help his friends, too!
Darby woke up the next morning after a good night of sleep, ate a healthy breakfast and chugged some water. Coach Super J, his Body Mechanics Team and Darby were able to play basketball all day!

Wow! I learned so many things I didn’t know about tuning up my body, mind and spirit. And that’s flat out awesome!

The Keys of ZZZZZZ’s

Sleep lets your body rest after a day of play

Your brain needs sleep so you stay sharp when you’re awake

Not sleeping enough can cause you to be cranky

While they slept, they didn’t realize that their muscles, bones and skin were growing, repairing and fighting sickness!
Drive Your Goals
What are some goals you have for your body, mind and spirit?

BODY

MIND

SPIRIT

EXERCISES
Try one of these fun exercises daily to tune up your body!

SIT-UPS

JUMP ROPE

PUSH-UPS

RUNNING

JUMPING JACKS
Write down two goals for body, mind and spirit. Then over the next 14 days, put a checkmark in the box for each day you make your goal!
How Did You Do?

Look back at your chart and see how you did on your goals. Color the stoplight in red, yellow or green based on how you did.

Now, let's find out what you've learned by taking that test again!

Post-Test

1) Your body has bones, veins and nerves that run to your limbs and organs.
   □ True  □ False

2) You should only drink water on hot days.
   □ True  □ False

3) Your mind is controlled by your heart.
   □ True  □ False

4) Having good spirit means having a good attitude and outlook.
   □ True  □ False

5) Certain foods can make your brain work better.
   □ True  □ False

6) When you sleep, your muscles, bones and skin grow, repair and fight sickness.
   □ True  □ False

Remember, even if you don’t finish all of your goals, don’t feel bad. Just try again!

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Super J Cheer

Four, three, two, one, ready, set, go!
I'm gonna be healthy from head to toe!

Come on, come on, come on, let's hear it!
Takin’ care of my mind, my body and spirit!

Lace up my sneakers, give a double hi-five!
I'm kickin’ in to gear and working on my drive!

Two, Four, Six, Eight!
What is it that I just ate?
Good food that makes a healthy plate!

Heading for the finish line, coming in first!
Drinking lots of water and quenching my thirst!

Charging up my batteries and keeping up the pace!
Getting lots of sleep to help my body win the race!

Seven, eight, nine, ten, say it loud and cheer it!
Fun and fitness lead the way with body, mind and spirit!

I pledge to keep my mind, body, drive & spirit fueled!

____________________
Sign your name here!

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 health and fitness. This book will teach you how to stay in the game!

Darrell Green
Pro Football Hall of Fame

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

ISBN 978-0-9916167-1-8

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