Darby Boings meets Super J & the Body Mechanics

Written & created by Michelle Bain

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LETS 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 healthcare 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.
There are a lot of ways to refuel your body, your mind and your spirit!

Each wheel of wellness is important!

Darby and Coach Super J got back on the road to wellness to understand more about how to keep your engine running.

I'm going to pump you up, Darby!
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.

Skeletal System

Hands
What you grab things with

Brains
How you think

Ears
How you hear

Bones
Hold your body up

Circulatory System

Lungs
What you breathe with

Heart
Pumps blood all around your body

Muscles
What moves your body around

Stomach
Where your food goes to break down

Hands
What you grab things with

Ears
How you hear

Bones
Hold your body up

Lungs
What you breathe with

Heart
Pumps blood all around your body

Muscles
What moves your body around

Stomach
Where your food goes to break down

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!

VROOM! VROOM!
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.

It is pretty warm out. I think I should have some water!

**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**

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

TOUCH

PERSONALITY

MOVEMENT

SIGHT

CEREBELLUM
CONTROLS MUSCLE COORDINATION SO YOU CAN WALK AND PLAY

BRAINSTEM
CONTROLS BODY FUNCTIONS LIKE BREATHING AND HEARTBEAT

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!

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!

NOW I UNDERSTAND BODY AND MIND, WHAT IS SPIRIT?

SPirit IS ALL ABOUT HAVING THE RIGHT ATTITUDE AND OUTLOOK!

“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!

DRIVE YOUR SPIRIT

KEEP TRYING EVEN IF YOU DON’T THINK YOU CAN DO IT

YOU CAN DO IT, DARBY!

STAY POSITIVE AND TRY LOOKING AT THE GOOD SIDE OF THINGS

BE KIND AND TRY TO ENCOURAGE OTHERS WHEN THEY NEED HELP
After a long day of playing, it’s important to get a full night of sleep!

Why is sleep so important?

It’s when your engine and wheels of wellness rest!

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**

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**EXERCISES**

Try one of these fun exercises ten times 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.

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


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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 LEVELLED 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 SAME!

DARRELL GREEN
PRO FOOTBALL HALL OF FAME

WRITTEN AND CREATED BY MICHELLE BAIN
ILLUSTRATED AND DESIGNED BY ANDREA HYON TAYOR

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