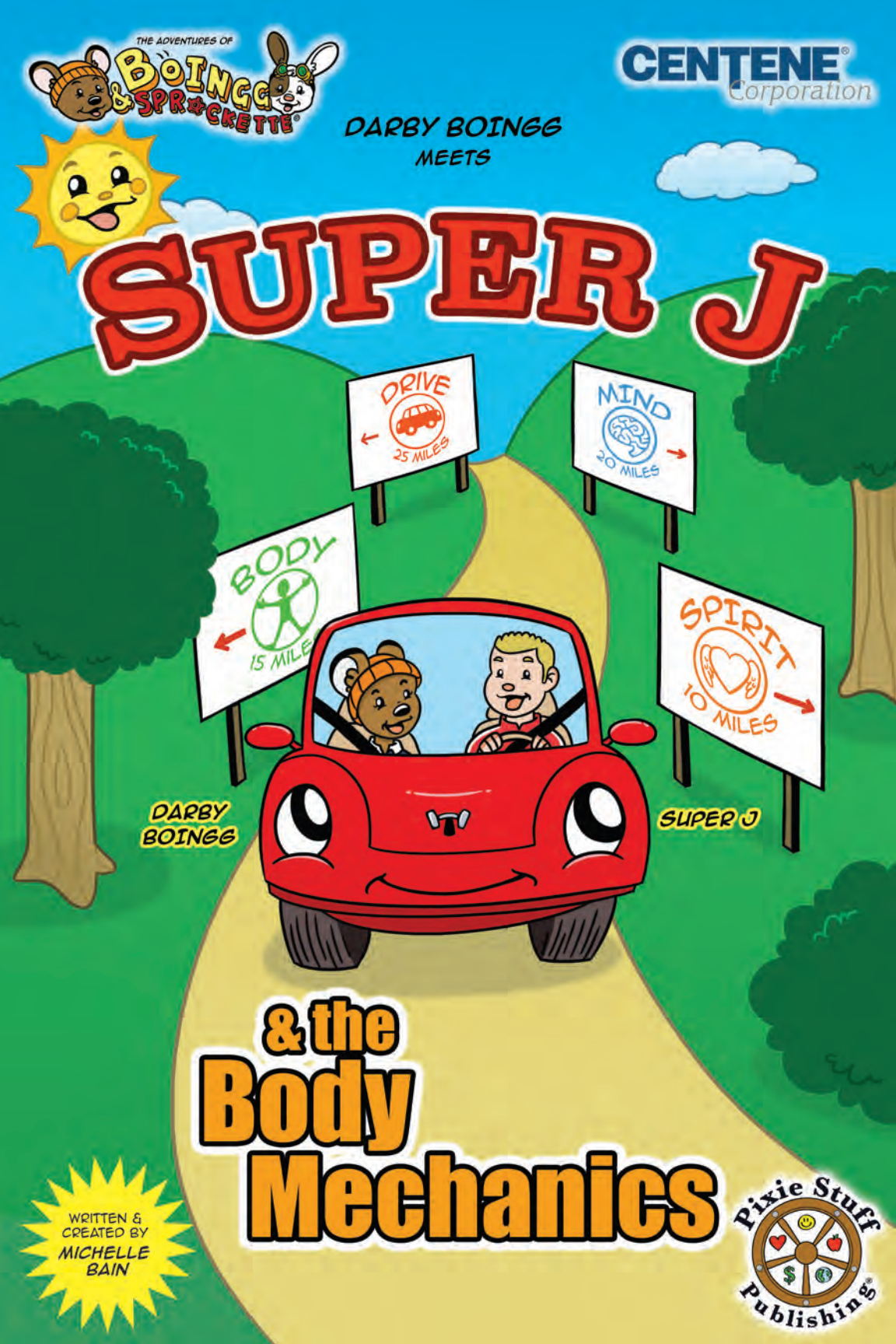
THE ADVENTURES OF BOINGG & SPROCKETTE

CENTENE Corporation

DARBY BOINGG MEETS

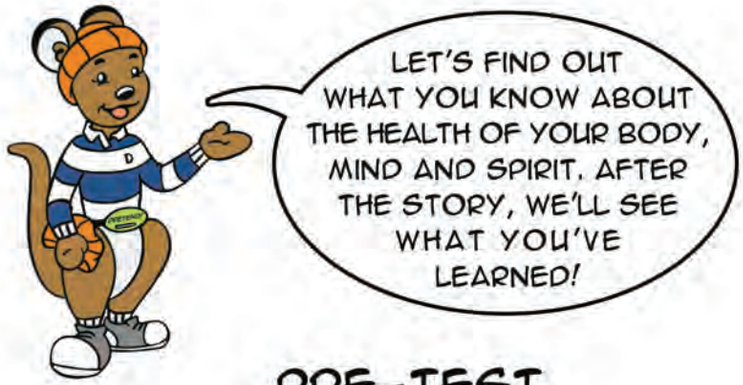
SUPER J



& the Body Mechanics

WRITTEN & CREATED BY MICHELLE BAIN

Pixie Stuff Publishing



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.

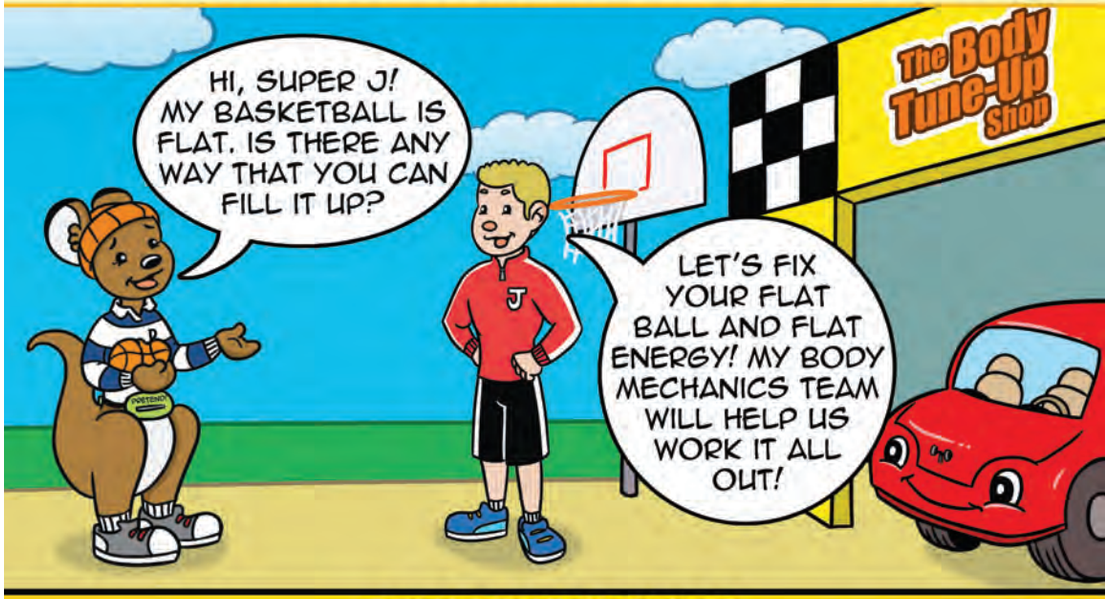
☐ TRUE ☐ FALSE

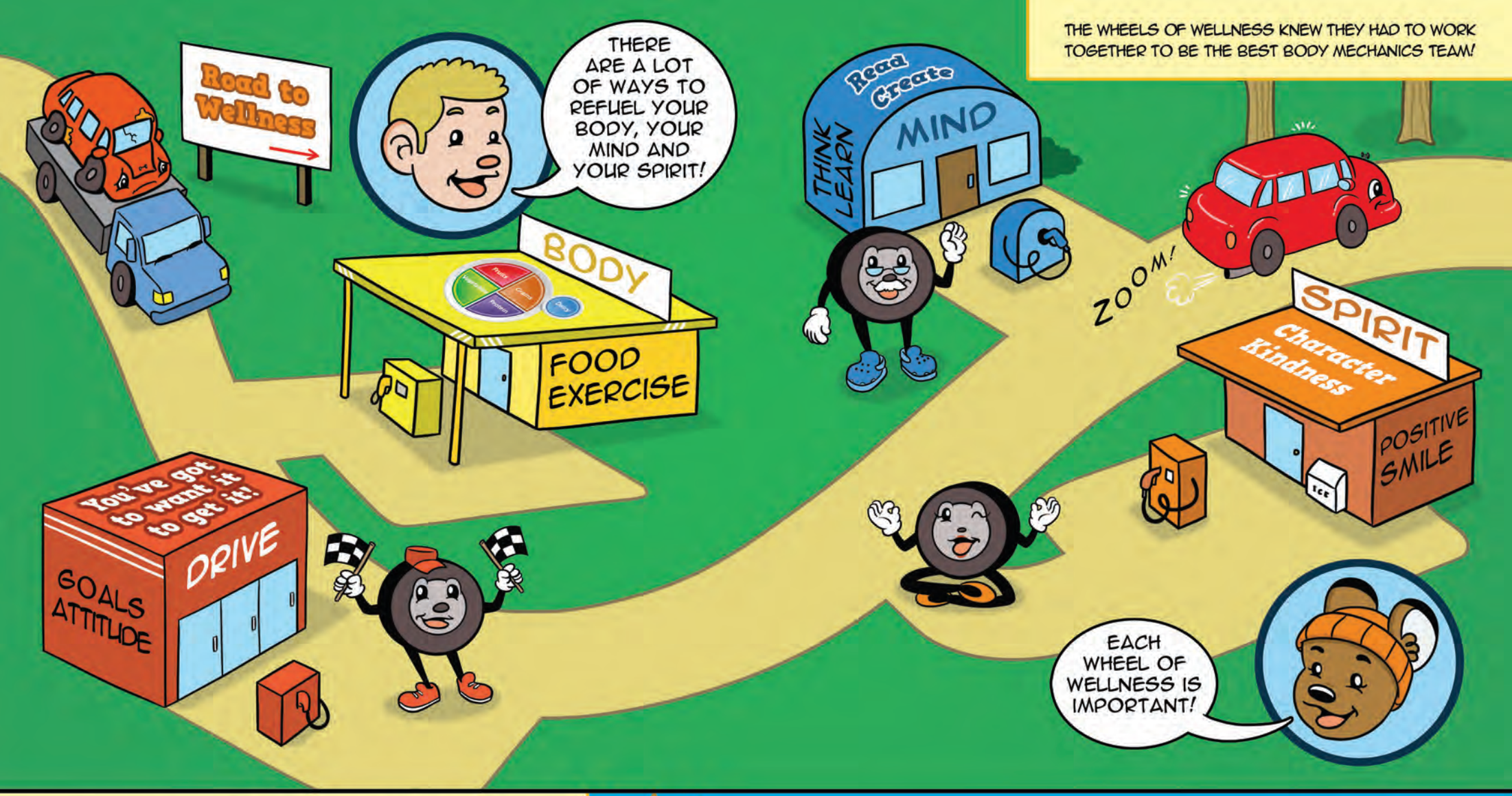
6) WHEN YOU SLEEP, YOUR MUSCLES, BONES AND SKIN GROW, REPAIR AND FIGHT SICKNESS.

☐ TRUE ☐ FALSE

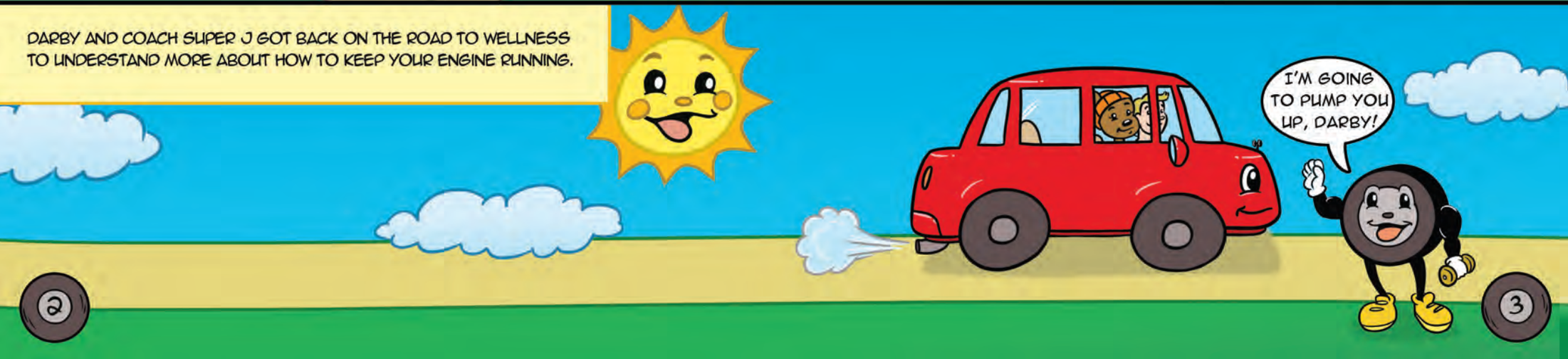
DISCLAIMER. This book provides general information about various nutrition, exercise and health-related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a 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 BOINGS 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!





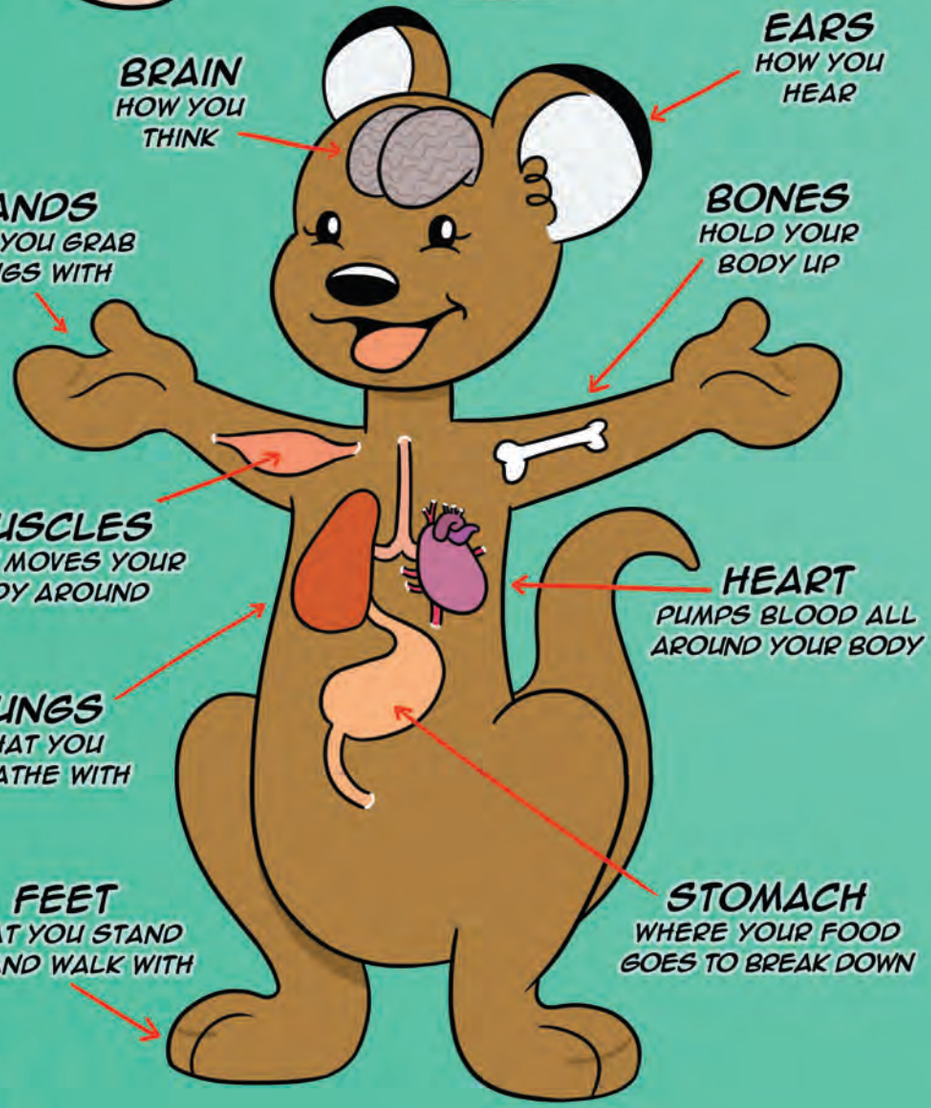
DARBY AND COACH SUPER J GOT BACK ON THE ROAD TO WELLNESS TO UNDERSTAND MORE ABOUT HOW TO KEEP YOUR ENGINE RUNNING.



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.

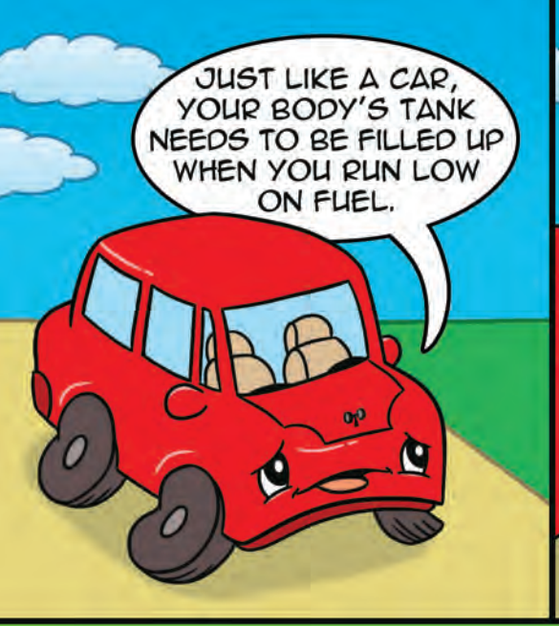


YOUR SKELETAL SYSTEM IS WHAT KEEPS THE SHAPE OF YOUR BODY AND HELPS YOU MOVE AROUND.

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!

VROOM! VROOM!



REFUEL YOUR BODY

DAIRY

THINGS LIKE MILK, CHEESE AND YOGURT HELP YOUR BONES STAY STRONG.

VEGGIES

VEGGIES LIKE CARROTS, BROCCOLI, PEAS AND CELERY HELP YOUR BODY RUN SMOOTHLY.

PROTEIN

MEATS LIKE CHICKEN, HAM AND BEEF, AS WELL AS SOME BEANS, HELP BUILD MUSCLES.

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 H_2O!

TOXIN: A POISONOUS SUBSTANCE

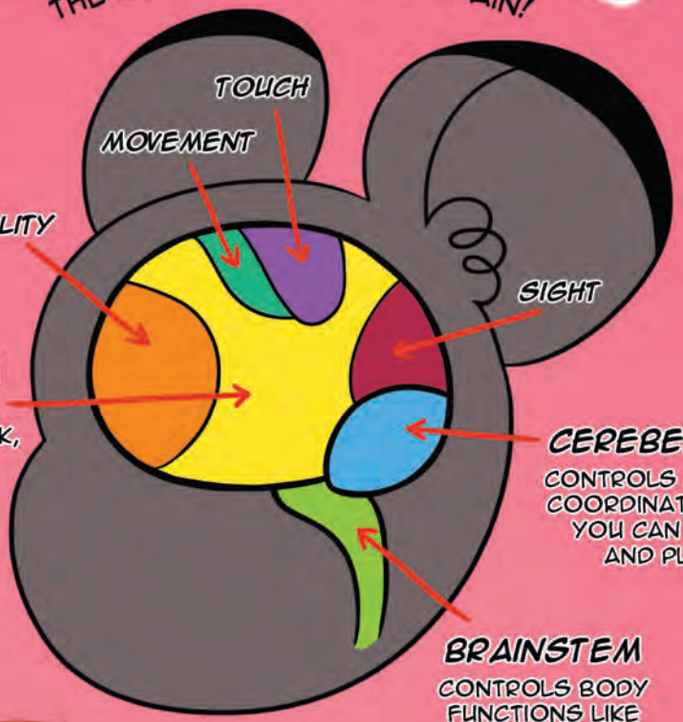
WATER KEEPS BODIES FROM OVERHEATING

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

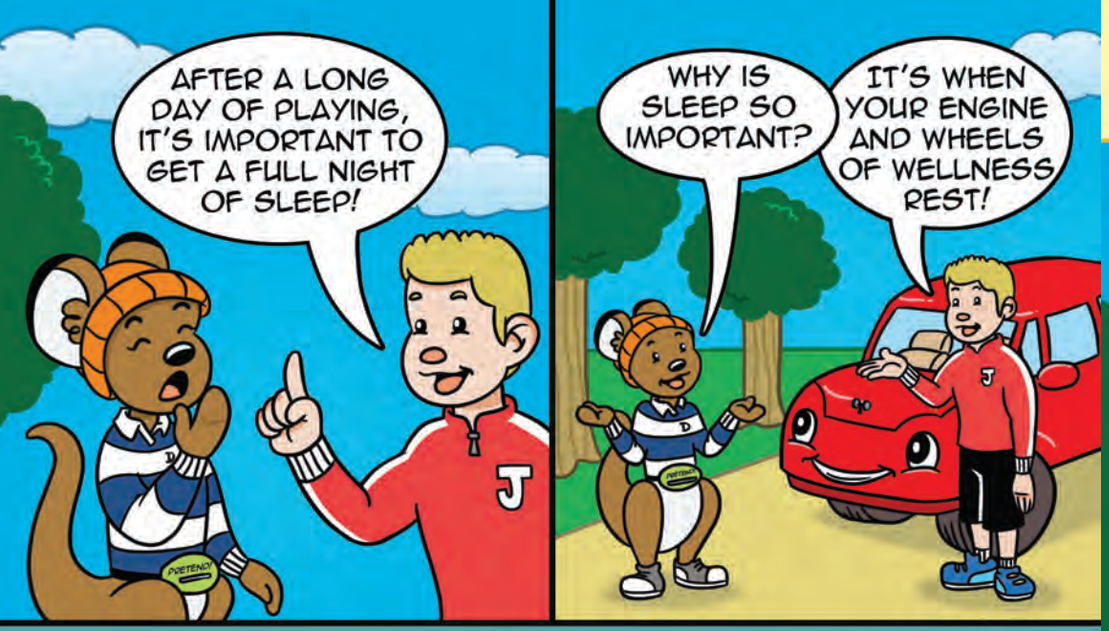
BRAINSTEM
CONTROLS BODY FUNCTIONS LIKE BREATHING AND HEARTBEAT

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!

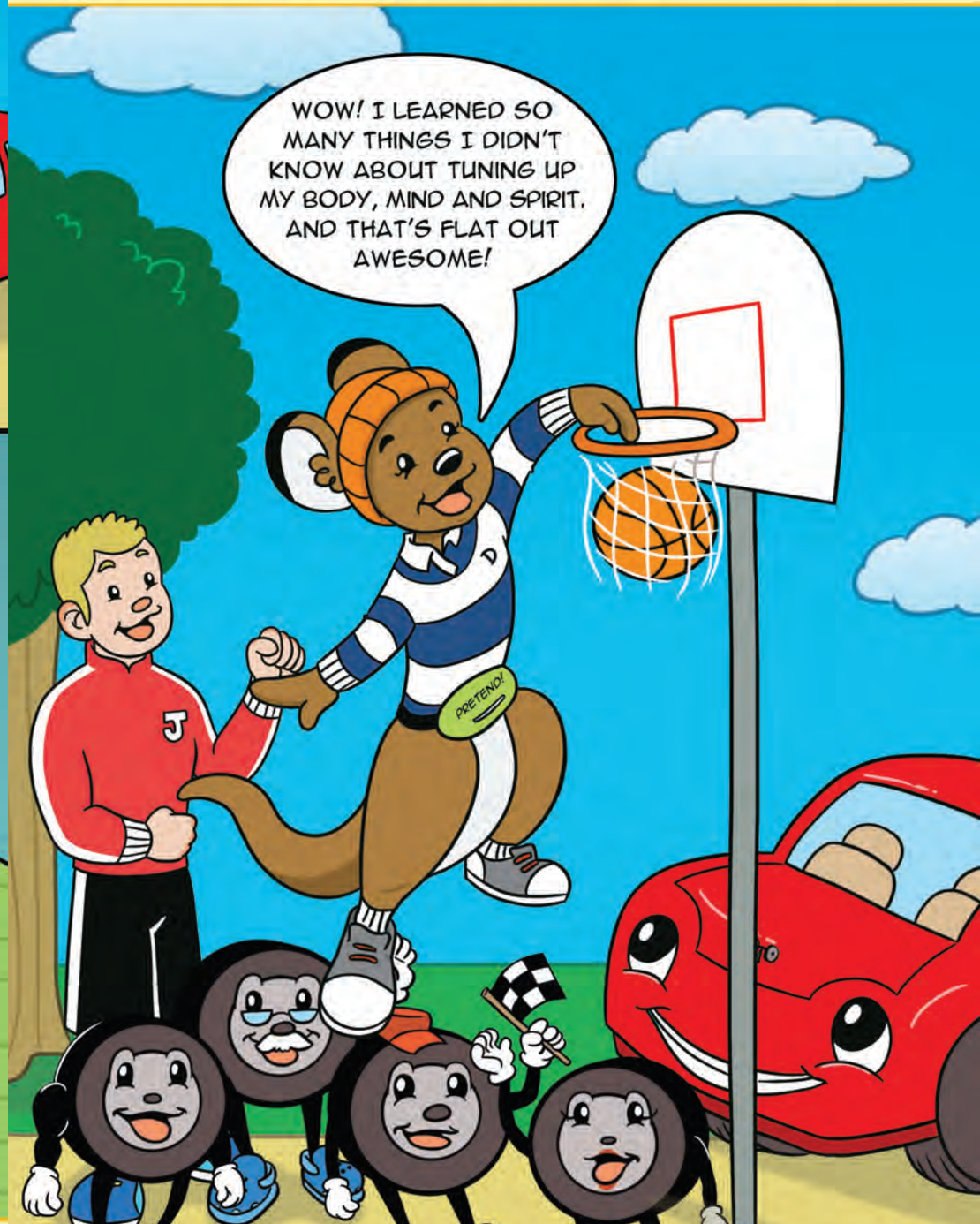
YOUR MIND HAS EVERYTHING TO DO WITH YOUR BRAIN! EACH PART HAS A DIFFERENT JOB, AND IF YOU TAKE CARE OF YOUR BRAIN, YOUR MIND WILL BE HEALTHY, TOO!

"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!



WHILE THEY SLEPT, THEY DIDN'T REALIZE THAT THEIR MUSCLES, BONES AND SKIN WERE GROWING, REPAIRING AND FIGHTING SICKNESS!

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!



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 TEN TIMES DAILY TO TUNE UP YOUR BODY!

SIT-UPS

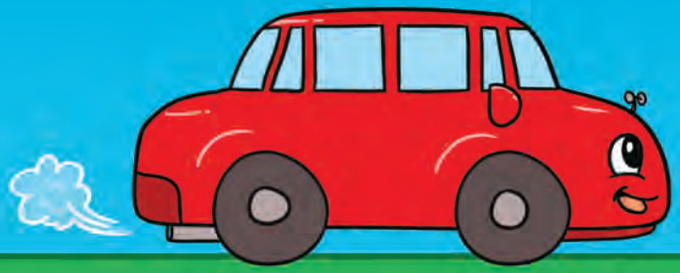
JUMP ROPE

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!

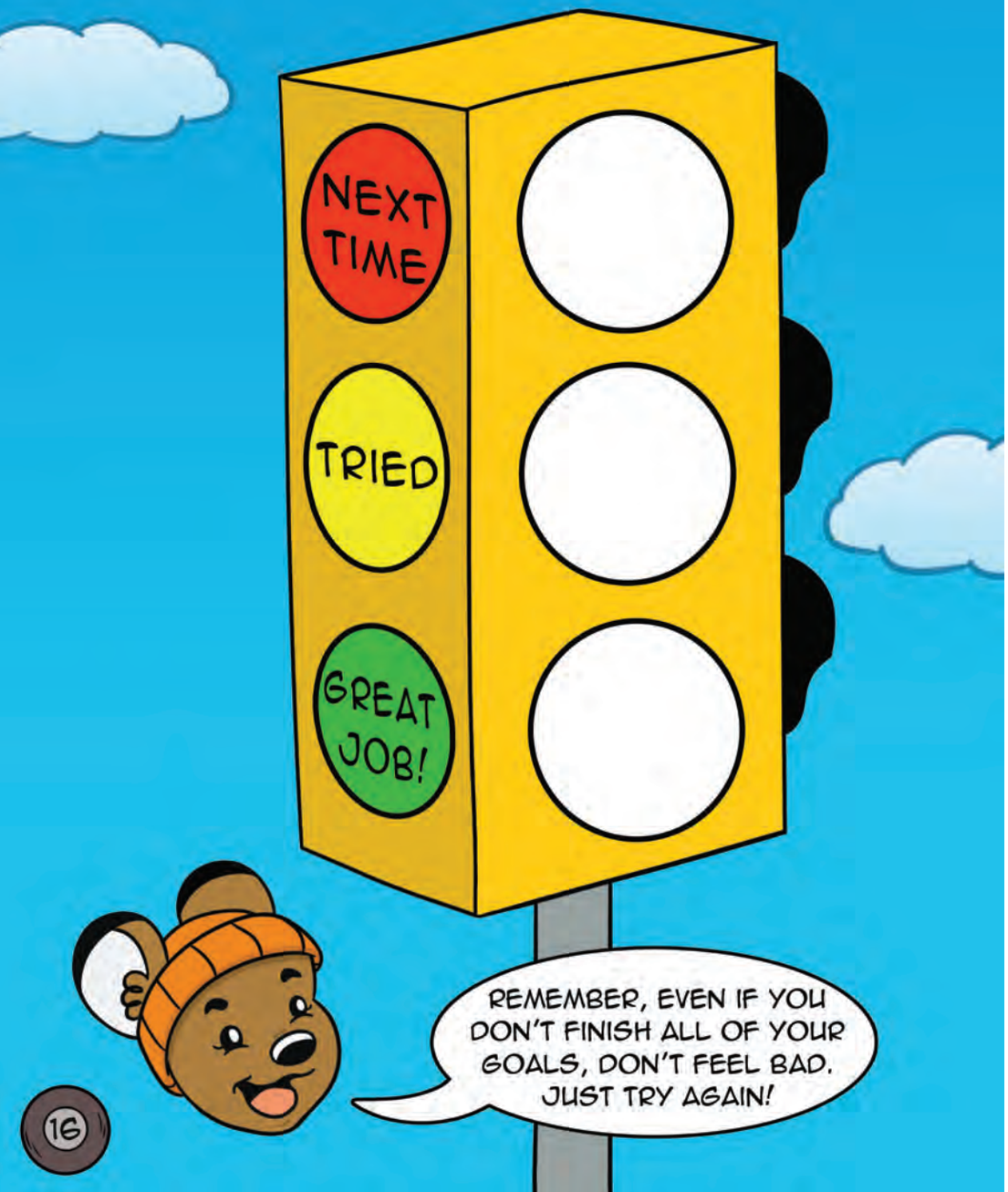


YOU CAN DO IT!

	GOALS	1	2	3	4	5	6	7	8	9	10	11	12	13	14
BODY															
MIND															
SPIRIT															

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.



POST-TEST

1) YOUR BODY HAS BONES, VEINS AND NERVES THAT RUN TO YOUR LIMBS AND ORGANS.

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2) YOU SHOULD ONLY DRINK WATER ON HOT DAYS.

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☐ TRUE ☐ FALSE

ANSWERS: 1. TRUE, 2. FALSE, 3. FALSE, 4. TRUE, 5. TRUE, 6. TRUE

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YOGURT

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!

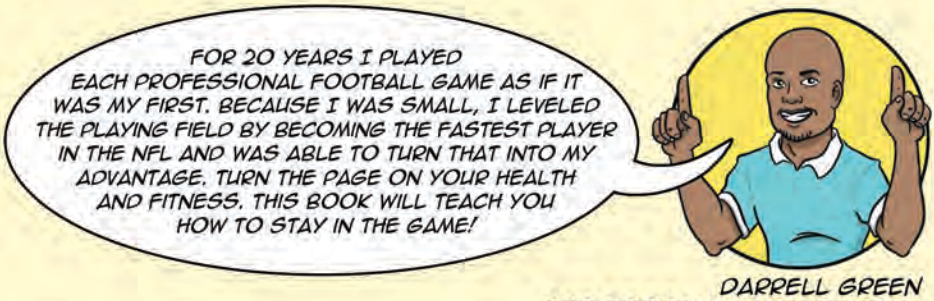
HEADING FOR THE FINISH LINE, COMING IN FIRST!
DRINKING LOTS OF WATER AND QUENCHING MY THIRST!

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!



DARRELL GREEN
PRO FOOTBALL HALL OF FAME

MADE IN THE USA

KEEP THE PLANET HEALTHY! THIS BOOK WAS PRINTED ON RECYCLED PAPER!

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ILLUSTRATED AND DESIGNED BY ANDREA HYON TAYOR

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