



**CENTENE**  
Corporation

DARBY BOINGG  
MEETS

# SUPER J



DARBY  
BOINGG

SUPER J

## & the Body Mechanics

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CREATED BY  
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**PROACTIVE  
PARENTS/GUARDIANS  
GUIDE**



# MIND+BODY+SPIRIT+DRIVE

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 BOINGG & SPROCKETTE: DARBY BOINGG 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.

STAYING  
FUELED IS  
FLAT OUT  
AWESOME!



**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.



# BODY MECHANICS

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!



THERE  
ARE A LOT  
OF WAYS TO  
REFUEL YOUR  
BODY, YOUR  
MIND AND  
YOUR SPIRIT!



# 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 THE DARBY BOING66 MEETS SUPER J BOOK. 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.



## 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.



## 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.



## GRAINS

GRAIN FOODS LIKE BREAD, CEREAL AND CRACKERS HELP THEM PLAY LONGER.

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-TOO-UH-TAIR-EE) GLAND

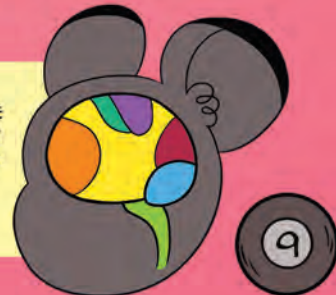
PEA-SIZED GLAND WITHIN THE BRAIN: CONTROLS GROWTH AND METABOLISM

### 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](http://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](http://fitness.gov/be-active)

CDC: BAM! BODY AND MIND™: PHYSICAL ACTIVITY

[bam.gov/sub\\_physicalactivity](http://bam.gov/sub_physicalactivity)

GIRLS HEALTH: FITNESS

[girlshealth.gov/fitness](http://girlshealth.gov/fitness)

PRESIDENT'S CHALLENGE PROGRAM

[presidentschallenge.org](http://presidentschallenge.org)

RUNNER'S WORLD/RUNNING TIMES: KIDS RUNNING

[runnersworld.com/tag/kids-running](http://runnersworld.com/tag/kids-running)

KIDS.GOV: EXERCISE AND EATING HEALTHY

[kids.usa.gov/exercise-and-eating-healthy/index.shtml](http://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
- BODY BASICS
- HEALTHY FOODS
- STAYING HYDRATED
- GETTING ENOUGH SLEEP



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!



**DARRELL GREEN**  
PRO FOOTBALL  
HALL OF FAME



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



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