

# Healthy Lifestyle

**A HEALTHY LIFESTYLE** is the way a person lives to help keep his or her mind and body free from illness and harm.

## LESSON 1

Read the definition of **HEALTHY LIFESTYLE**. Explain the meaning of a healthy lifestyle. Sing the following song to the tune of “Three Blind Mice.” Have students repeat each verse after you. “I’m healthy; I’m healthy; I eat well; I eat well; I won’t do things to hurt myself; I’ll try to have the best of health; my choices now are better than wealth; I’m healthy; I’m healthy!” As time allows, have students practice the song as you direct.

**School/Home Link** - Ask students to teach their family the healthy lifestyle song they learned today.

## LESSON 2

Review the definition of **HEALTHY LIFESTYLE**. Explain that part of having a healthy lifestyle is having a healthy heart. Have them draw a heart on the page. Explain that the heart is the main organ that keeps their blood pumping and moves oxygen through their bodies. Have students write this sentence under their drawing:

***The heart moves oxygen and pumps blood through our bodies.***

Explain that the heart is also a muscle, and in order to stay strong and healthy, daily exercise is needed. Have students stand and do ten jumping jacks to feel their hearts pumping blood. As time allows, have student do an additional ten sets of jumping jacks while singing the *Healthy Lifestyle song*.

**School/Home Link** - Ask students to tell a family member what they learned about the heart and consider doing some jumping jacks together.

## LESSON 3

Review the definition of **HEALTHY LIFESTYLE**. Review the importance of having a healthy heart with students. Read: **I will have a healthy heart.** Have students repeat after you. Brainstorm with students things they can do to have a healthy heart. Examples could include: 1) Good Nutrition--eating ten servings of fruits and vegetables a day, and eating low fat proteins, like chicken and fish. 2) Exercising daily--walking, running, playing sports. 3) Keeping body weight at a healthy level. 4) Never start smoking! As time allows, create a Healthy Heart checklist on the board and ask students to copy it. Instruct them to put a check mark by each practice they are willing to do.

**School/Home Link** - Ask students to explain to a family member the importance of keeping a healthy heart and share a heart healthy snack.

## LESSON 4

Review the definition of **HEALTHY LIFESTYLE**. Explain to students that the four best ways they can have a healthy lifestyle at their age are to:

- 1) Eating healthy.
- 2) Brushing their teeth at least two times a day and flossing daily.
- 3) Keeping their body and hair washed and clean.
- 4) Washing their hands often throughout the day to rinse off germs.

As time allows, have students draw a picture or symbol for each of these things to help them remember to maintain a healthy lifestyle while singing the Healthy Lifestyle song.

**School/Home Link** - Ask students to share their drawing and explain these healthy habits to a family member.

## LESSON 5

Review the definition of **HEALTHY LIFESTYLE**. Write the words **Healthy Lifestyle** on the board. Lead the class in creating a **Pledge for a Healthy Lifestyle**. Write the following words on the board to begin the pledge: **I pledge to have a Healthy Lifestyle.**

**I will \_\_\_\_\_.** Have students complete the sentence with an action that promotes healthy living. Continue the pledge as time allows and have students recite it. Ask them to copy it and take it home to share with a family member. As an extended activity, have students describe their daily habits to determine if they have a healthy lifestyle. As time allows, ask them if reciting the **Pledge for a Healthy Lifestyle** will help them develop better habits and tell why or why not.

**School/Home Link** - Ask students to tell a family member about the **Pledge for a Healthy Lifestyle**.