

Triple Play/Healthy Habits Program Introduction

Triple Play/Healthy Habits is a dynamic wellness program designed to help youth create opportunities to take charge of their personal health and wellness. This program is built on providing healthy habits, daily challenges and social recreation as a game plan to develop children's mind, body and soul. ([This description comes directly from the Boys & Girls Club of America's website: https://www.bgca.org/programs/sports-recreation/triple-play](https://www.bgca.org/programs/sports-recreation/triple-play))

During this age it is imperative for students to learn how to live a healthy lifestyle and the importance of exercise and diet, We are excited about teaching this program as it offers many fun activities along with a wealth of knowledge that will develop a great attitude towards healthy habits just before these students enter their critical teen years. We hope you enjoy our videos, guide and overall program as well as gain knowledge on how to take charge of your personal wellness.

Enjoy the program!

Session 1

Triple Play/Healthy Habits is a program that combines healthy habits, fitness challenges, and social recreation to improve your health and wellness. Over the next several sessions we will work to show you ways you can create opportunities to take charge of their personal health and wellness. In each session we will think about a particular problem, idea, concept or question in the beginning and learn more about this question throughout the lesson. Today's question deals with your health. Take the time to answer this question: How can your decisions affect your health? There is no right or wrong answer here, you can just be honest give your opinion. You may even be unsure about your health as you are still learning about the concept and that is okay. We will spend the next several sessions learning about how your decisions can impact your health.

How can your decisions affect your health? _____

Pre-Test/Survey

Thank you very much for taking this survey/test today! Your opinion is important to us and we appreciate your time.

This survey/test is designed to find out about you, your opinions, and your experiences. Your answers will help the Cliff Hagan Boys & Girls Clubs and Dannheiser Fund for Kids improve our programming in the future.

Instructions:

1. There is no grade for this test/survey, just relax and answer the best you can.
2. If you don't find the answer that fits exactly, use the answer that comes closest.
3. If any question makes you feel uncomfortable, you don't have to answer it. Just skip it and go to the next question.

Now please take the pre-test/survey on the next page.

Healthy Habits Pre-test/survey

How true are the following statements for you: (circle one)

I think about how the choices I make now can affect my health in the future	Not true at all	Not very true	Sort of true	Very true
When I set goals for my health, I think about challenges that may get in my way	Not true at all	Not very true	Sort of true	Very true
It is easy for me to choose healthy when I am away from home	Not true at all	Not very true	Sort of true	Very true
It is easy for me to choose healthy foods when I am at home	Not true at all	Not very true	Sort of true	Very true
I am confident in my abilities to choose healthy foods	Not true at all	Not very true	Sort of true	Very true

Which of the following is not a food group?

- a. Fruit
- b. Grains
- c. Dairy
- d. They all are food groups

What is an example of a Protein food?

- a. Strawberries
- b. Bread
- c. Corn
- d. Candy
- e. None of the above

Where is the best place to find the nutrients that are in my drink or food?

- a. By looking at the label
- b. By asking my friend who likes that drink
- c. Through a TV advertisement
- d. By tasting a snack and then guessing
- e. There is no way to know what is in your drinks or food

Session 1 Conclusion

Today you were introduced to the idea of healthy habits and to think about what decisions you make that can affect your health. Over the next several lessons we will dig into these concepts more and teach your decisions can make an impact on your health today and in the future.

For this program while we want to emphasize healthy habits, we also want you to learn how important it is for you to keep a positive outlook and feelings about yourself. As we get older each of us have many things that set us apart and make us different, but just because we are different does not mean we are not special. Each one of us are different in many ways and it is our uniqueness that makes us special.

For the ending of some of these sessions we want you to think about something that each of us have, but can be different. Today we want you to think about your favorite color. Think about what your favorite color is. Many people have different favorite colors but just because someone else's favorite color is different from yours, it doesn't mean your favorite is any less special to you or you should not like it. Just like favorite colors, each of us are unique and special in our own ways, but that doesn't mean you should like yourself any less because you may be different. Each person is different and special and we want you to understand that even more throughout these lessons!

At the conclusion of each session we would like you to turn to the last page of this binder and write down something positive about yourself, something that you like about yourself or something that makes you different and unique. This page will be titled "What I Like About Me" and it is very important that you follow up with this activity each session and learn some things that make you special!