

## “The principles of health”



Hunter groaned as his P.E. teacher, Coach Jackson, handed out the P.E. reports. As usual he got the lowest grades. Hunter crumpled the paper up and began to stuff it in the bottom of the wastebasket, but Coach Jackson was walking by. “Hunter! Let me see that paper.” Hunter grunted as he handed his coach his P.E. report. “I will personally email the online copy to your parents.” Coach Jackson replied as he walked away. For the rest of the school day, Hunter fell asleep in classes once (OK four) times, before school ended. When he got home he saw his mom unloading groceries from her car. “I thought grocery day was Saturday.” He muttered aloud. Hunter found out that he was going for a diet and was eating something healthier and better

than a big Hershey’s bar for breakfast. Hunter plopped onto bed early and drifted off to sleep. Then suddenly with a blinding flash of light he saw a figure.

“My name is Mr. Physical and I am here to tell you about exercise.” Mr. Physical looked like a professional wrestler with sunglasses and white teeth. Suddenly the image changed and they were at a gym. “To be physically fit, you need to exercise about 60 minutes a day.” People were running on the treadmill and lifting weights. “But don’t try to run 100 laps on your first run,” he winked and continued, “that is great, but you should try progressing a little at a time and try a couple of laps; take it easy, keep consistent and don’t forget to take breaks now and then.” The scene changed again and he saw himself sleeping. “Kids need about 10 to 12 hours of sleep each night and adults need about 7 to 9 hours of sleep each night. Getting enough sleep can help you get a grip on sports and tests in school.”

Mr. Physical disappeared and a normal looking person appeared in his place. He introduced himself as Mr. Food (which Hunter found silly) and said, “Look at this!” Mr. F. snapped his fingers and a big pyramid towered over him. Hunter had seen this at school. “This is the food pyramid. There are: veggies, meats, grains, fruit and dairy (milk). As you also see, there is a little slim section for oils. You only want to eat a little bit of it.” “Where’s the chocolate? I thought it lifts your mood and does something for your body.” asked Hunter. “Yes, that is true, but it only

gives you a little energy boost and it's sugary." Mr. Food said "You should eat 6 oz. of grain each day, with half of it being whole grain. Eat 2 ½ cups of vegetables, preferably green veggies a day. Eat 2 cups of different fruit each day, get 3 cups of milk each day and for meats and beans, 5 ½ oz. You should also drink 6-8 glasses of water each day."

Mr. F. snapped his fingers and a lady with (if it was even possible) whiter teeth than Mr. Physical and was practically glowing with cleanness. "I am Ms. Clean and I just love the brilliant feeling of being clean!" She cried in an over happy voice. "Staying clean by taking baths and washing your hands prevent diseases. It is better to do little things like staying clean to prevent getting a disease than catching a sickness and trying to get better. Staying healthy with good hygiene and getting shots (ouch!) is better than catching a bad disease." Then Hunter and Ms. Clean were at the dentist's office. "Remember to brush and floss your teeth! Your teeth are the jewels in your smile and you only get two sets!"

Then after Ms. Clean was Ms. Emotion. Ms. Emotion was beaming and said, "When you are happy, your body produces good cells and when you are sad or mad your body's cells die, so try to always keep a positive attitude and a big smile on your face." Before she left, Ms. Emotion said "Remember keep on track for your goal of being healthy and becoming a professional basketball player." "How did she know that I wanted to play basketball?" thought Hunter. "Always stick to your goals." Hunter woke up and saw an expensive looking basketball, soap and toothbrush, food pyramid with a note that said: Don't forget! , a poster that said: You can do anything, and toast with jelly and oatmeal on his bed. Hunter tasted the oatmeal. "Yum, maybe healthy is good after all."

