In today’s session you will…

• Describe the impact of healthy eating and physical activity on your health

• Define what it means to be a Student Health Advocate (SHA)

• Create guidelines to follow during your work together as SHAs

• Explain the importance of student voice
How to Play *Get To Know You!*

- Read the question on the slide.
- Find a way to express your answer without talking (i.e. through gestures/movements).
- Move around the room doing your actions until you find 2 other people who seem to have the same or similar answer as you. Once you find your group, stand facing each other.
Get to Know You! Question 1: What is your favorite sport?

- Use movements to express your answer.
- Find 2 other people with the same or similar answer as you.

Share! If your last name starts with A-M, share with your group why this is your favorite sport.
Get to Know You! Question 2: Aside from sports, what is your favorite physical activity?

• Use movements to express your answer.
• Find 2 other people with the same or similar answer as you.

Share! If your last name starts with N-Z, share with your group why this is your favorite physical activity.
Get to Know You! Question 3: If you could play any instrument, what would it be?

• Use movements to express your answer.
• Find 2 other people with the same or similar answer as you.

Share! If your last name starts with A-M, share with your group why you selected this instrument.
Get to Know You! Question 4: What is your favorite fruit or vegetable?

• Use movements to express your answer.
• Find 2 other people with the same or similar answer as you.

Share! If your last name starts with N-Z, share with your group why this is your favorite fruit or vegetable.
Welcome SHAs!

Who is HealthMPowers? HealthMPowers is a non-profit organization that partners with your school to empower students to eat healthier and move more.

What does SHA stand for? Student Health Advocate

What will we be doing? We will be working together this semester to create a sustainable project that helps influence the health of your peers.
Establishing SHA Session Guidelines

Guidelines are essential for teams to work together efficiently and effectively.

**STEP 1:** Get into groups and brainstorm any guidelines you can think of. Write them down on your sticky notes.

*Remember: These guidelines are for your team to follow during your group sessions.*
STEP 2: Come back as a group. Each small group will have a chance to share their proposed guidelines.

STEP 3: After listening to each group share, choose the top 5 agreed-upon guidelines for your SHA group.
Record your top 5 guidelines so you can see and use them to guide your work during each session!
You Are Important!

As SHAs, it is important for teachers, students, and your community to hear and learn from you!

Why do you think that is?
What does it mean to be a Healthy Role Model?

• Encourage friends, family, and community members to eat better and move more

• Take leadership for your own health choices

• At HealthMPowers, healthy role models are called Health Heroes!
EAT
3 VEGETABLES + 2 FRUITS

DRINK
MORE WATER + LESS SUGARY DRINKS

MOVE
1 HOUR + LIMIT SCREEN TIME

BE A HEALTH HERO™
Health Empowers You!
Behavior #1: Eat 3 vegetables & 2 fruits every day

• Increasing fruits and vegetables consumption is one of the BEST moves you can make to improve your health!

• Fruits and vegetables are sources of many essential nutrients that tend to be under-consumed, including potassium, dietary fiber, and vitamin A.
Behavior #2: Move 1 hour & limit screen time every day

- Physical activity can decrease your risk for chronic diseases like obesity, heart disease, diabetes, and some cancers. It also:
  - Sharpens focus and improves memory
  - Helps academic performance
  - Enhances mood and decreases levels of anxiety and stress
  - Improves sports performance
Behavior #3: Drink more water & less sugary drinks every day

• Our bodies are composed of about 60% of water, so we need it to help our bodies function!

• Water helps your body:
  • Keep your temperature normal
  • Lubricate and cushion joints (which allows you to move)
  • Protect your spinal cord
  • Get rid of waste
Think you are ready to be a Health Hero?

It is time to practice!
Health Heroes Activity

Every superhero has a superpower, and Health Heroes are no different!

1. Write your Health Hero name on your paper.
2. Draw your Health Hero symbol and describe your superpower on your paper.
3. Your superpower must tie into the 3 key behaviors that Health Heroes promote.
4. Share your name, symbol, and superpower with the group!

Check out an example on the next slide!
Health Hero Example

**Name:** Wonder Working Water Woman

**Superpower:** I can turn any sugary drink into water with a snap of my fingers! I can also shoot water out of my fingertips to provide anyone with a cool drink on the go!

**Symbol:**

Now it is your turn!
What is a Brain Booster?

• 3-5 minutes of physical activity
• Activity breaks:
  • Send more oxygen to the brain
  • Increase ability to focus
  • Increase task behavior
  • Help you retain information better
Choose a Brain Booster

Dance Video
Take a trip down the Old Town Road.

Tabata
Take turns leading exercises for 20 seconds each to music.

Relaxation Station
Participate in these Seated Stretches.
Think-Pair-Share

1. How do you feel about being a SHA?

2. What is our role as SHAs?

3. Name one SHA guideline and describe why it is important.

4. Why are the 3 key behaviors important to our health?
Record Your Progress!

EAT
3 vegetables + 2 fruits

DRINK
more water + less sugary drinks

MOVE
1 hour every day + limit screen time

EVERY DAY!
See you next time for Session 2