

How can you have a healthy life?

Use the game on the next page to discover the ANSWERS for a healthy life. Play the game with a friend. You will need a counter each and one dice. Some healthy answers will rocket you ahead. Beware of bad choices that will set you back. If you are sent back, you cannot use the rocket in the square you are sent back to. Write the ANSWERS you find in the spaces below.

A

— —

N

— — — — —

S

— — — — —

W

— — — —

E

— — — — —

R

— — —

S

— — — — —



Have you discovered the ANSWERS for a healthy life? Write them on page 1 END	POOR CHOICES Used alcohol and drugs! Go back to the start. 49	SELF-CONTROL Use moderately and in balance those things that are good. 48	TOO MUCH REST Stayed in bed all day! Don't be a sloth! Go back to 42 47	SELF-CONTROL Say "No!" to the things that harm your body. 46 Make wise choices.
NO EXERCISE Sat inside watching TV all day - Go back to 34 41	REST Too much sleep is worse than too little sleep. 42	43	44	TOO LITTLE REST Stayed up late - go back to 40 (no rocket use) 45
REST 8 hours sleep a day is the best! 40	39	EXERCISE Muscles that are not used become weak. 38	Helped mow the lawn - go ahead to 42 37	36
BAD SUNSHINE No hat or sunscreen, was sunburned - go back to 24 31	WATER Drink plenty of water. Wash regularly to cleanse your body. 32	33	EXERCISE Strengthen your muscles by daily exercise. 34	LACK OF WATER Did not drink water or wash your hands - go back to 32 (no rocket use) 35
SUNSHINE Helps to kill bacteria & changes chemicals in our bodies into vitamins. 30	29	28	Had fun hiking with a friend - go ahead to 34 27	26
21		BAD NUTRITION Ate junk food - go back to 6 - (You cannot use the rocket) 23	SUNSHINE Make sure you play outside with appropriate skin protection. 24	25
NUTRITION Eat a good balance of fruit, grains, nuts vegetables & protein foods. 20	19		17	16
LACK OF AIR You smoked a cigarette - go back to 1 11	12	13		15
10		8	7	NUTRITION Eat foods to GO, GROW and GUARD your body from disease. 6
START 1	AIR Open your windows. Be smoke-free! Do not pollute the air! 2	3	4	5