

**Your name** \_\_\_\_\_

(Print your name on the line.)

• green merit •

# Healthy Body

## REQUIREMENTS

1. Define what a healthy body is.
2. With your patrol, discuss the following Scriptures about the body and why we should care for our body.
  - a. Proverbs 14:30
  - b. Daniel 1:12–16
  - c. 1 Corinthians 6:19,20
3. Choose an accountability partner. Be accountable to one another for the good health habits you have and the new ones you will develop in this merit.

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Accountability Partner's Name \_\_\_\_\_

4. With your accountability partner, discuss the following health habits and how they contribute to good health. Discuss the best ways to implement them into your routine. Choose TWO habits that you are not currently doing, and make a plan and implement them for the next five weeks. Review your plan with your group leader.
  - a. Cleanliness: Drinking water, bathing, clean living conditions, dental hygiene, washing hands regularly, and proper wound care
  - b. Eat right: Eat a good breakfast every morning, healthy food choices and portion sizes, kick the soda habit, and take a daily vitamin and mineral supplement
  - c. Rest: Get enough sleep, go to bed early and rise early, and take a Sabbath (day of rest)
  - d. Exercise: Walk, cardiovascular exercise three times per week, and stretching

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## Healthy Body Requirements

- e. Posture: Good posture while riding in a vehicle, sitting at desk, and sleeping
  - f. Skin care: Protect yourself from overexposure to the sun, and mosquito and tick bites
  - g. Health care: Yearly physical
5. Develop a plan to achieve and maintain a healthy body weight. This may include visiting your doctor, physical activity, and eating healthy. Tell your group leader what the ideal weight is for a boy your age and height. Explain your plan to achieve and maintain a healthy body weight.
6. Explore natural options for health care and maintaining a healthy body. Develop a presentation of your findings, including the benefits and ramifications of all-natural alternatives. Present your findings to your patrol.
7. Explain the physical and spiritual benefits of fasting and the hazards when it's abused to your accountability partner.
8. Evaluate your lifestyle by completing **THREE** of the following items. Your patrol may help you. Explain your findings to your leader.
- a. Interview a health care professional, and talk about good health habits.  
Sample questions: What are some consequences of bad health habits you see regularly? If you could get your patients to make one change, what would it be? Do you have any advice for us on good health?
  - b. Interview a fitness trainer, and talk about good fitness habits.  
Sample questions: What does a fitness trainer do? Why do people need a fitness trainer?
  - c. Read a book of your choice about health or physical fitness. The book should cover at least one component of health: diet, rest, or exercise.
  - d. Read a magazine of your choice about health or physical fitness. The magazine should include an article on

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- at least one component of health: diet, rest, or exercise.
- e. Read a Web site of your choice about health or physical fitness. The Web site should include an article on at least one component of health: diet, rest, or exercise.
9. Discuss with your patrol some bad things people do that harm their bodies and the consequences. Discuss measures you can take to avoid them.
- a. Illegal drug use
  - b. Over-the-counter drug abuse
  - c. Alcohol
  - d. Tobacco
  - e. Reckless driving
  - f. Premarital sex
  - g. Unforgiveness
  - h. Sexual immorality
10. Demonstrate five exercises and three stretches suitable for all-around physical development that you can do at home. Do each of the exercises and stretches three times a week for no less than ten weeks. Use the log to keep track of your workouts. After ten weeks, give your leader an evaluation of the improvements in your physical health.
11. Develop a life fitness plan that is fun and that you will stay with. This could be something you do with others on a regular planned schedule OR have your accountability partner help keep you on a regular physical routine promoting good health.
12. Find three Scripture references that explain what the Bible says will bring healing and health to our physical body. Discuss the verses with your accountability partner and parents.

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