**GCCHM Leadership Certification**

**Level IV, Course #1**

**HEALTHY INSIDE OUT! CELEBRATIONS!**

**(Handouts)**

1. Can you identify what all the letters of CELEBRATIONS stand for?

**R** \_\_\_\_\_\_\_\_\_\_\_\_\_; **L \_\_\_\_\_\_\_\_\_\_\_\_\_\_; E \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_;**

**B \_\_\_\_\_\_\_\_\_\_\_\_\_; C \_\_\_\_\_\_\_\_\_\_\_\_\_\_; E \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_;**

**T \_\_\_\_\_\_\_\_\_\_\_\_\_; N \_\_\_\_\_\_\_\_\_\_\_\_\_\_; O \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

1. When you choose not to take drugs, or try alcohol, or cigarettes, you are choosing to live a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. What are some of the benefits of exercise?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What does the F.I.T. formula stand for?

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1. What are the 7 benefits of water:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Studies show that those who believe in God and attend church regularly: CIRCLE ALL CORRECT ANSWERS.

a. live longer d. listen well to the pastor

b. sleep well at night e. live better

c. get along well with others f. far less likely to have heart disease

1. If you want to sleep well, you must avoid foods such as \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_ food.
2. How much sleep do you really need? Fill in the correct age or sleep needs in the table below:

**Age Sleep Needs**

Newborns (0-2 months) \_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 14-15 hours

Toddlers (1-3) \_\_\_\_\_\_\_\_\_\_

Preschoolers (3-5 years) \_\_\_\_\_\_\_\_\_\_

1. God wants us to not only take care of ourselves by getting fresh air but also to keep air fresh by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Fresh air decreases \_\_\_\_\_\_\_\_\_\_\_\_\_.
3. God’s advice to us in Ephesians 5:18 says, “Do not get \_\_\_\_\_\_ with \_\_\_\_\_, for that is debauchery, but be filled with the \_\_\_\_\_\_\_\_\_\_.”
4. The only safe behavior before marriage is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. What is the definition of **Integrity?**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. How do you know that the person has an Optimistic outlook?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. How should we eat?

Breakfast like a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Lunch like a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Dinner like a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. What are the benefits of a healthy diet?

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ d. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 e. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. The Bible mentions that **support** is good for our health The Apostle Paul says, “Therefore \_\_\_\_\_\_\_\_ one another and \_\_\_\_\_\_\_\_ one another up just as you are doing.” 1 Thess 5:11

18. Why is good and effective parent-child communication important as a means of support?

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1. How is having a belief in God related to good health?

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1. What contributes to air pollution?

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1. How can you help stop pollution?

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1. MATCH the following diseases with the causes by placing the correct number on the blanks.

\_\_\_\_\_\_\_\_ Alcohol 1. Brain damage

\_\_\_\_\_\_\_\_ Smoking 2. Colon cancer

\_\_\_\_\_\_\_\_ Drugs 3. Lung cancer

 4. Liver cancer