**Page Excerpts**

“Ellen Sabin, a former student of mine, has created an outstanding educational and practical tool for children and families. In a simple and friendly way, this book introduces balance, exercise, diet, and knowledge....it has the potential to improve the well-being of all who read it.”

**Walter Willett, MD, Dr PH**  
Harvard School of Public Health

"I believe that all children need and deserve healthy bodies, healthy minds, and the tools to develop healthy habits. *The Healthy Body Book*—shared in homes, at schools, and in the community—is a valuable tool to help inspire healthy behaviors and actions that will support our children in leading happier, healthier and more productive lives."

**Alma J. Powell**  
Chair of America’s Promise Alliance

“The development of healthy habits is a key ingredient in the recipe for a child’s healthy future. This is a terrific book; it informs, motives, and inspires children. I hope it is shared far and wide.”

**Jay E. Berkelhammer, MD**  
Past President American Academy of Pediatrics

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A free teacher’s guide is available at www.wateringcanpress.com with lesson plans that provide creative ideas for using the book in classrooms while fulfilling National and State content standards.

Organizations and corporations can inquire about customizing this book to support their community outreach, cause-marketing, and educational efforts.

For more information, go to www.wateringcanpress.com.
Dear ________________,

Because you are such an amazing, caring, and responsible person, I am giving you this **HEALTHY BODY BOOK**.

In this book, you’ll learn about your incredible body. You will discover how it works and all of the remarkable things that it can do.

Along the way, you’ll also find out about ways you can care for your body to keep it strong and healthy.

As you go through this book, you will see that you—and your decisions—are powerful. Your choices can make a BIG difference in how you feel and how healthy you can be.

From, ________________
INTRODUCING THE INCREDIBLE, AMAZING, FANTASTIC YOU!

Incredible Machines ... Yours Is the Coolest!

Machines can do some amazing things, but your body can do even more!

Some machines, like cars or scooters, can move from place to place.

But your body can run, jump, flip, bend, and move in more ways than any machine ever made.

Some machines, like calculators, can do really hard math. Others, like TVs, make pictures that you can see.

Your body has a brain that can think, make decisions, learn new things, imagine, remember, and do stuff that’s more complicated than even the smartest computer.

Some machines, like voice-activated cell phones, can use hearing.

Your body can see, smell, feel, taste, AND hear things. It uses all five senses to help you experience the world.

Machines need help when they break down or get damaged. Mechanics fix cars, plumbers fix pipes, and electricians fix lights.

Your body can heal itself. Sometimes doctors help people when their bodies are hurt, but your body also has its own ways to fight off illness and repair itself.

What Your Body Can Do

Your body can do so many different things.

Circle the things that you can do.

swim  run  jump
wink  TALK  wiggle your toes
sing  climb a tree  smell flowers
snowboard  taste an apple  play an instrument
dream  laugh
do a sit-up  skate  whistle
RIDE A BIKE  dance  sew
feel a hug
YOUR BODY
Peek Inside and Learn about the Systems That Make It Work

Your Respiratory System
Main job: To take in fresh air and get rid of old air.

About: All animals need oxygen to live. Human beings get oxygen from the air we breathe. This system uses the mouth, nose, trachea, diaphragm, and lungs.

Did you know? When you breathe in, air enters your body through your nose or mouth and then travels to your lungs. Your lungs are like two bags inside your chest: They fill up with air and take a part of the air, called oxygen, and send it into your blood. Blood moves throughout your body and delivers the oxygen to every one of your trillions of cells. Cells need oxygen to make energy so your body can work.

Your body is SO smart that . . .
When energy is being made in your cells, a waste gas is also being created. This gas is called carbon dioxide. When you breathe out, your lungs are getting rid of carbon dioxide.

Fun facts:
* Humans breathe in air as oxygen and then breathe out carbon dioxide. Plants do the opposite: They take in carbon dioxide and then release oxygen.
* Every minute, you breathe in 26 cups of air.
* Adults breathe about 23,000 times a day.
**You and Your Heart**

Your heart is a muscle inside your chest. It is about the size of your fist. Its job is to pump blood to every part of your body.

Your heart fills up with blood and then squeezes hard to push the blood out and around your body. Your heart fills up and squeezes all the time. As it does this, it creates a heartbeat—the thump-thump in your chest. Your heart usually beats between 60 and 100 times every minute. Your heart also creates a pulse that you can feel on your wrist and neck.

Your heart has four parts—called chambers—that are separated by valves. Valves are like doors that open and close when blood is pushed through them. Your heartbeat is really the sound of the valves closing as your blood is pushed through the chambers.

**Be a good friend to your heart.**

When you run around and exercise, your body needs extra energy. To help you, your heart works harder and pumps blood faster so it can deliver the oxygen that your body needs to make energy.

You can tell how fast your heart is beating by feeling your pulse. After sitting quietly for a minute, ask an adult to help you find and count your pulse for one minute. Put that number here:

Now, run around or do jumping jacks for a few minutes. Then count your pulse again for one minute. Write that number here:

See? You gave your heart a good workout and made it beat faster!

Your heart is just like your other muscles. If you want to keep it strong, you need to exercise it. The best way to do that is to be as active as you can.

**Other Ways to Be a Friend to Your Body**

- **Wear sunscreen.**
  Sunscreen protects your skin when you are outside.

- **Be kind to your lungs.**
  You need them to breathe! The best way to keep them healthy is not to smoke cigarettes. Tobacco smoke clogs the lungs and poisons the body.

- **Your body needs to rest.**
  When you are sleeping, your body is recharging all the energy it used up during the day. You can help your bones grow, help your immune system stay strong, and even help your brain to think better by getting lots of sleep every night.

- **Care for your teeth.**
  Brushing your teeth is smart and good for you. Strong and healthy teeth help you chew your food and talk. Brushing your teeth gets rid of germs.
What’s on YOUR Menu?
Food that’s good for you can taste really good, too.
So plan your favorite healthy menu for the day.
Think about what you’ve learned and write down a balanced menu
that your body and your taste buds will thank you for!

Menu

Breakfast: ______________
Snack: ______________
Snack: ______________
Lunch: ______________
Dinner: ______________

You and Exercise
One of the very best ways to be good to your body is to give it plenty of exercise.
Your body likes it when you move around and play!

There are many health benefits from making exercise a part of your everyday routine.

- It strengthens your muscles and bones.
- It gives you energy.
- It helps you sleep better.
- It keeps your heart strong.
- It helps your body to be flexible so you can move, bend, and stretch in all sorts of ways.
- It makes you feel good and can even put you in a good mood.
- It’s FUN.

In addition, people who get plenty of exercise are less likely to become overweight, get sick, or develop certain diseases.

Exercise is good for your body, for your mind, and even for your happiness.
Think about Some Health Heroes

There are people in your life who do things to keep you healthy or remind you about healthy choices.

Your Doctor
What is his or her name?
What advice does he or she give you?
What do you like best about your doctor?

Your Dentist
What is his or her name?
What advice does he or she give you?
What do you like best about your dentist?

Think about the other people who help you to be healthy and strong. You can write about someone in your family, a teacher, a coach, a therapist, or even a friend.

You Are a HERO, Too!

You’ve just written about some people who do things to keep you healthy. Well, YOU do things to keep yourself healthy!

Here, you can list some things you do to care for your body.

YOU are a health hero when you take care of your body!