

# Lesson 1

# LET'S BUILD A HEALTHY COMMUNITY



# WHO ARE WE AND WHY ARE WE IN YOUR CLASSROOM?



We are doctors and union members!

We want you and your families to be happy and healthy.

We will break it up to make it FUN for YOU

# How will this go?



✿ We will move ✿ New challenge ✿ Fun activity

# LET'S MOVE OUR BODIES!



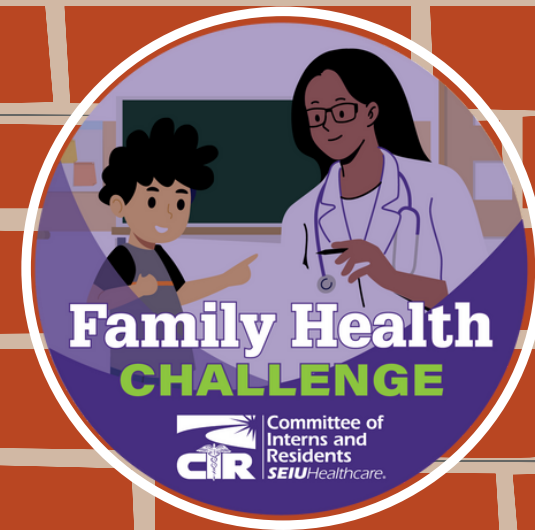
You move how you move





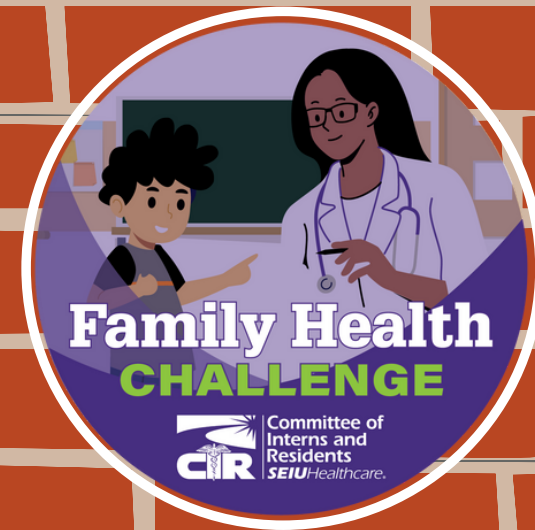
# BREAK IT UP





ALL BIG THINGS  
START WITH  
BABY STEPS!

LET'S BUILD A  
HEALTHY  
COMMUNITY BY  
TAKING TINY  
STEPS!



# What's an Upstander?



UPSTANDERS  
CAN SAVE A  
LIFE, IMPROVE A  
COMMUNITY AND  
CHANGE HISTORY  
FOREVER. ARE  
YOU AN  
UPSTANDER?



# Upstanders in history



EXHIBIT 1



EXHIBIT 2



EXHIBIT 3

# Doctors are also upstanders!

We're upstanders in many different ways:



We are part of our union



We come to the classroom to teach FHC



We take care of your health

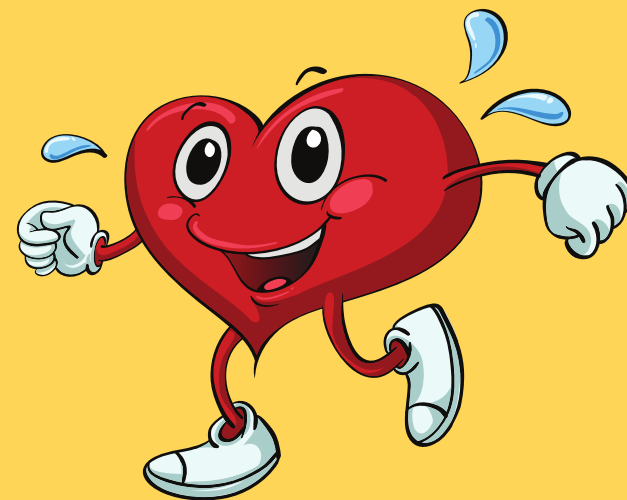


We speak up and try to make changes



# You can be an upstander too!

How FHC will help you:



# ACTIVITY

What's YOUR tiny step  
for the week?

## IDEAS FOR TO TRY THIS WEEK:

- Eat Breakfast
- Do 10 jumping jacks
- Tell yourself: I'm Powerful
- Try the lunch vegetable or fruit!
- Your own idea...



# Challenge

## TRACKER



NAME: \_\_\_\_\_

Use colors to track your challenge results

GREEN  
 Yes!

YELLOW  
 Some

ORANGE  
 Tried or  
thought  
about it

PURPLE  
 No or  
forgot

|        | CHALLENGE                                            | DAYS       |
|--------|------------------------------------------------------|------------|
| Week 1 |                                                      | M T W Th F |
| Week 2 | Eat a fruit or vegetable.                            | M T W Th F |
| Week 3 | Spot a whole grain food + protein.                   | M T W Th F |
| Week 4 | Spy the ingredient sugar listed by any of its names. | M T W Th F |
| Week 5 | Move my body.                                        | M T W Th F |
| Week 6 | Measure my food amount with my hand.                 | M T W Th F |





# RECAP



What's the challenge for this week?

## SHARE IT!

Who can you tell about your challenge?

