



**CENTENE**  
Corporation

Darby Boingg  
meets

# SUPER J

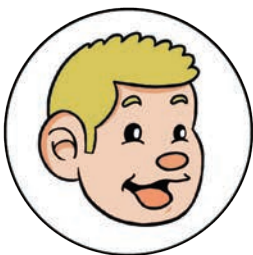
Darby  
Boingg

Super J

## & the Body Mechanics

Written &  
Created by  
Michelle Bain









Let's find out what you know about the health of your body, mind and spirit. After the story, we'll see what you've learned!

## Pre-Test

1) Your body has bones, veins and nerves that run to your limbs and organs.

☐ True

☐ false

2) You should only drink water on hot days.

☐ True

☐ false

3) Your mind is controlled by your heart.

☐ True

☐ false

4) Having good spirit means having a good attitude and outlook.

☐ True

☐ false

5) Certain foods can make your brain work better.

☐ True

☐ false

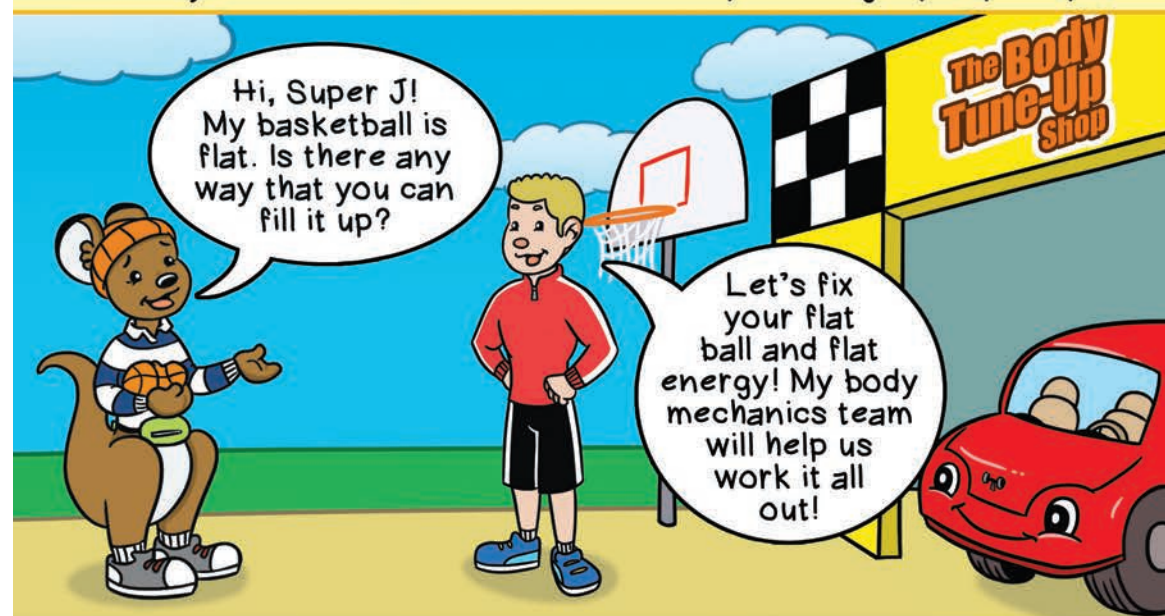
6) When you sleep, your muscles, bones and skin grow, repair and fight sickness.

☐ True

☐ false

**DISCLAIMER.** This book provides general information about various nutrition, exercise and health-related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical, nutritional or medical concerns. You should consult a qualified medical professional before beginning any exercise program.

Darby Bolngg was playing basketball with his friends at the park. After a short while, Darby realized that both his energy and basketball went very flat. He headed over to Coach Super J to get pumped up!



## The Body Mechanics

### WHEELS OF WELLNESS!

As a matter of fact, did you know that brains are actually gray?

Your mind thinks, makes decisions, learns and is reading this now!



Your body takes you everywhere. It holds your mind, body and drive together!



Your drive pushes you to do things to improve parts of your life!

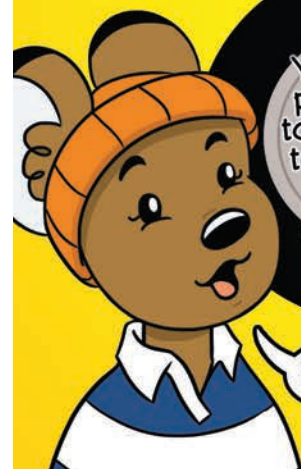


Your spirit feels and is how you stay happy and motivated!

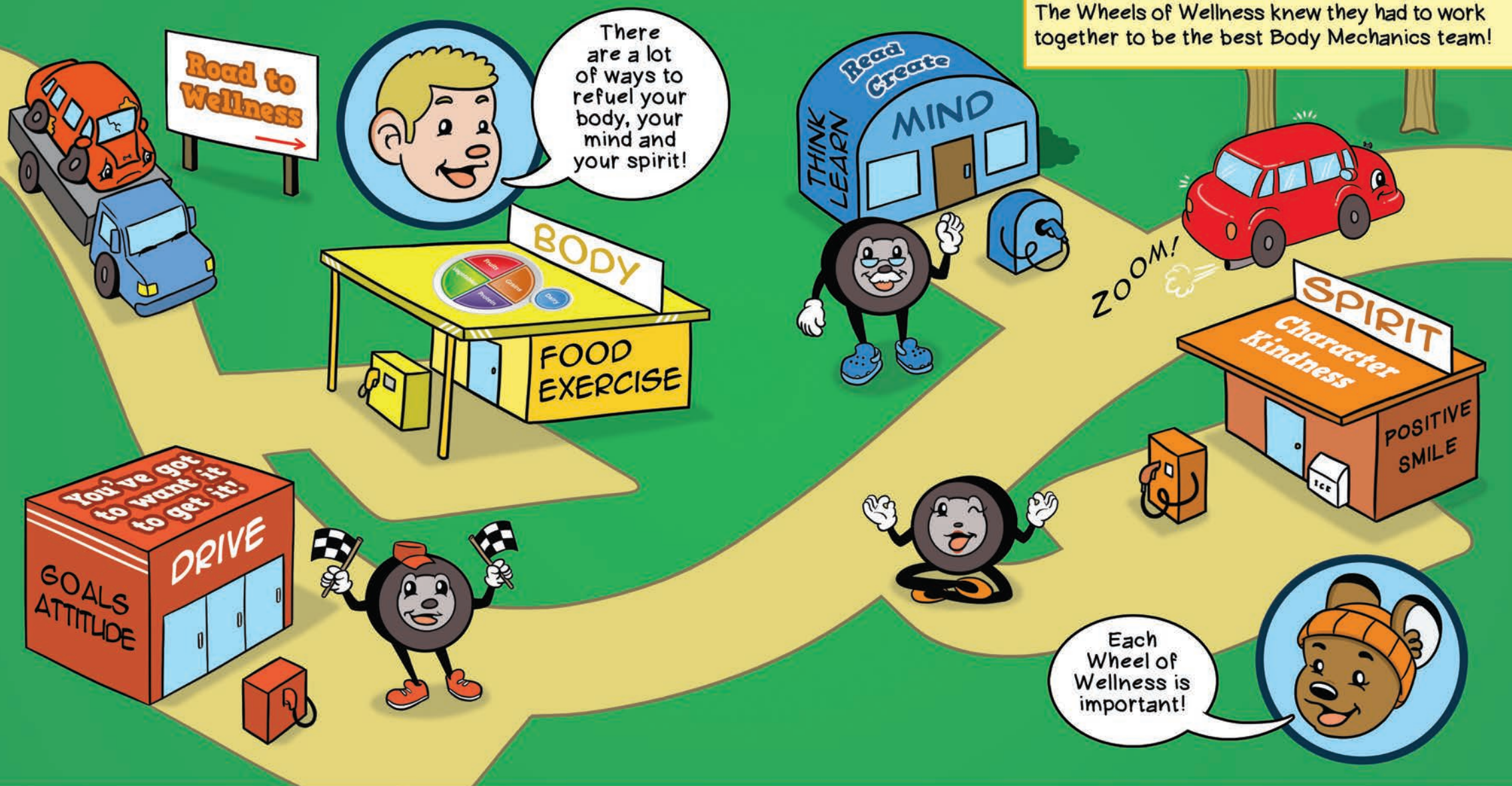


Wow!

As the coach of the Body Mechanics, let's go out and do a wellness tune-up with them!







Darby and Coach Super J got back on the Road to Wellness to understand more about how to keep your engine running.



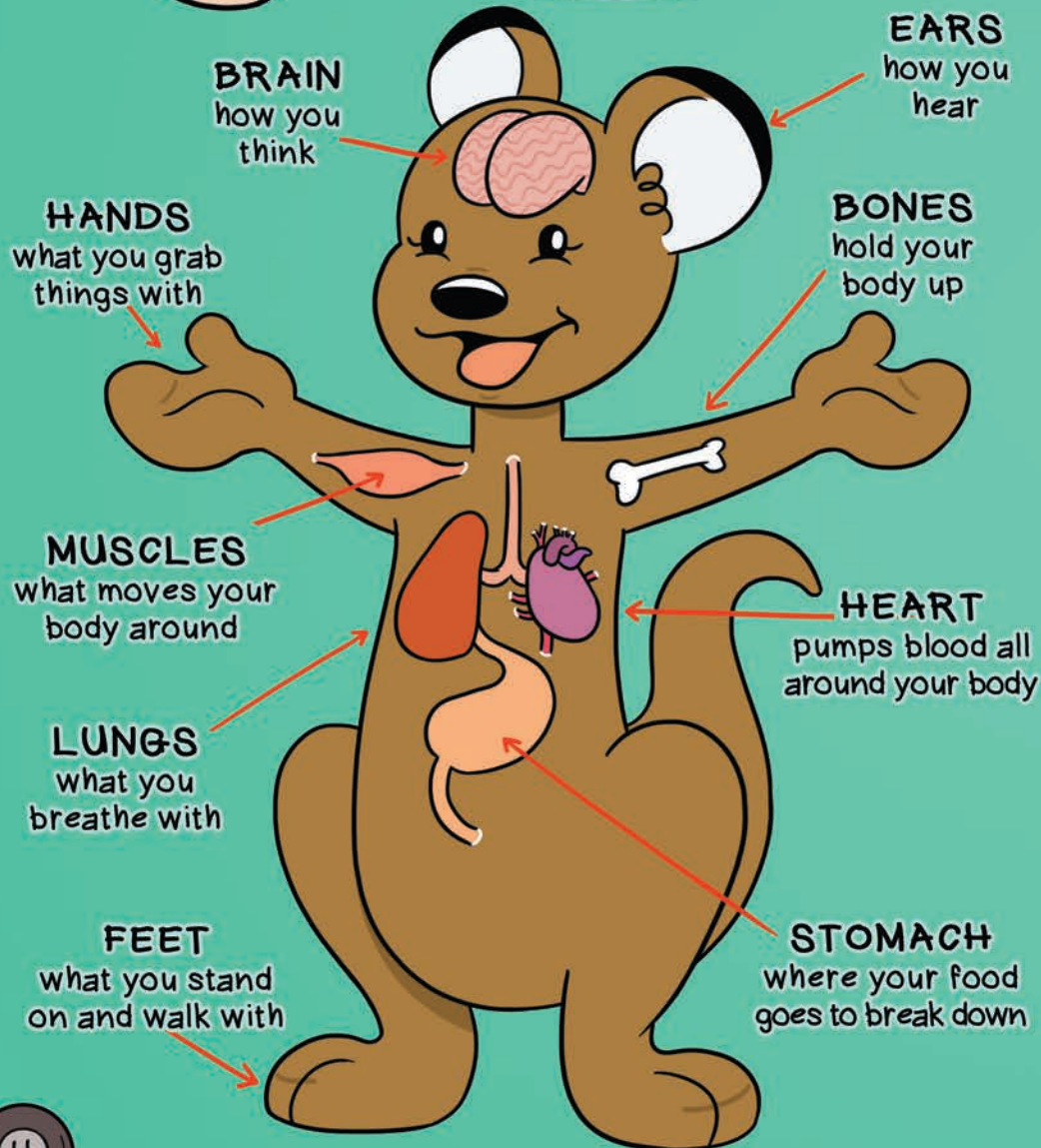


# Your Body

It's the engine  
for wellness!



In a lot of ways,  
your body is like a  
roadmap with bones,  
veins and nerves  
running to your  
limbs and organs.



Your skeletal system  
is what keeps the shape  
of your body and helps  
you move around.



Are those roots?  
Nope! There is a big  
system of tiny tubes  
that carry blood to  
and from all the parts  
of your body.

That's amazing!  
I had no idea there  
were so many things  
going on inside of  
my body! I'm going  
to keep my engine  
tuned up!

VROOM!  
VROOM!







## REFUEL YOUR BODY

**DAIRY**  
Things like milk, cheese and yogurt help your bones stay strong.

Choose **MyPlate.gov**

**PROTEIN**  
Meats like chicken, ham and beef, as well as some beans, help build muscles.

**VEGGIES**  
Veggies like carrots, broccoli, peas and celery help your body run smoothly.

**FRUITS**  
Fruits like apples, bananas, grapes and oranges help give you energy.

**GRAINS**  
Grain foods like bread, cereal and crackers help you play longer.

## GET UP AND GO WITH H<sub>2</sub>O!

Gets rid of waste and toxins

Toxin: a poisonous substance

Water keeps bodies from overheating

Drink 6 - 8 glasses a day

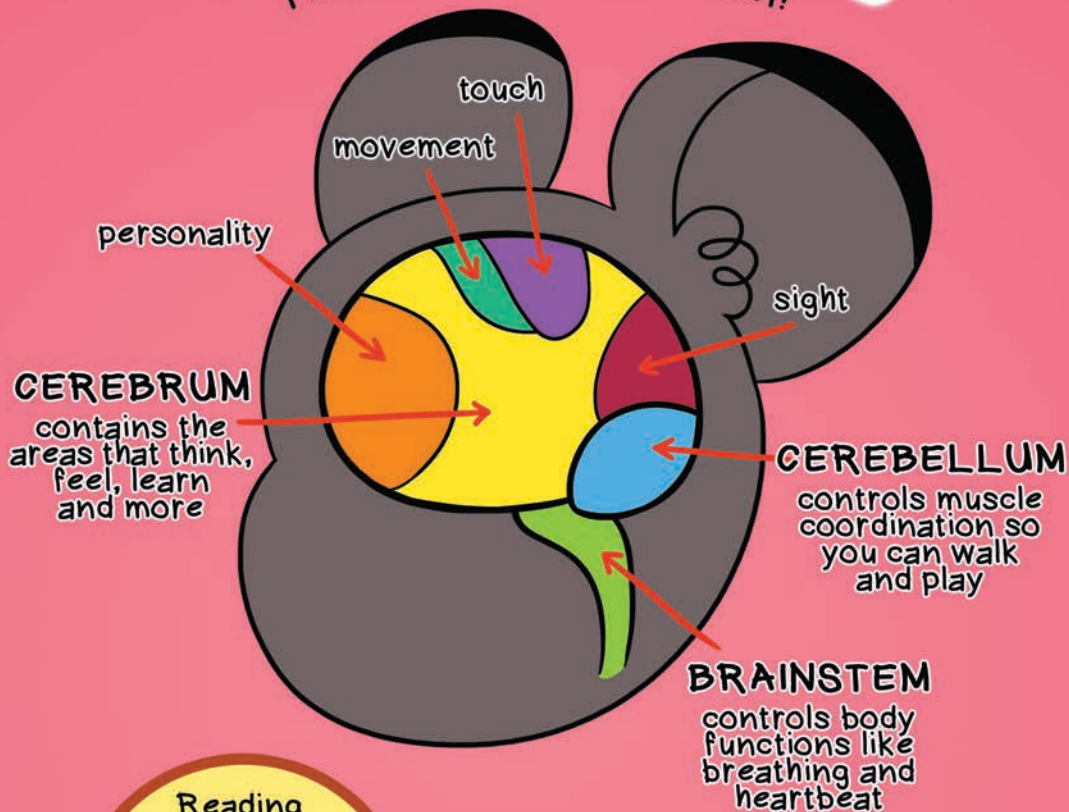
**Liquid Tip:**  
Keep a refillable water bottle with you everywhere you go. Put it in your gym bag, backpack or on your bike!

That morning, Darby was so excited to play basketball that he forgot to drink any water. As he gulped down the water, he felt refreshed and ready to go!



# YOUR SPEED OF MIND

The roadmap of your brain!



Reading and learning at school helps your mind grow and brain stay strong!



Certain foods like fish and blueberries can help your brain work better!



Your mind has everything to do with your brain! each part has a different job, and if you take care of your brain, your mind will be healthy, too!



Now I understand body and mind. What is spirit?



Spirit is all about having the right attitude and outlook!



Keep trying even if you don't think you can do it.

You can do it, Darby!

Be kind and try to encourage others when they need help.

Stay positive and try looking at the good side of things.

"You've got to want it to get it!" Darby kept saying that over and over in his mind. The more he said it, the more he believed it, and his spirit tuned up! When Darby was tuned up in drive and spirit, he could help his friends, too!





Darby woke up the next morning after a good night of sleep, ate a healthy breakfast and chugged some water. Coach Super J, his Body Mechanics Team and Darby were able to play basketball all day!



While they slept, they didn't realize that their muscles, bones and skin were growing, repairing and fighting sickness!







# Drive Your Goals

What are some goals you have for your body, mind and spirit?



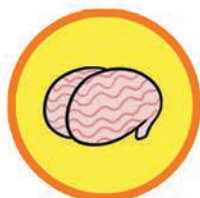
**BODY**



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**MIND**



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**SPIRIT**



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# EXERCISES

Try one of these fun exercises daily to tune up your body!



**SIT-UPS**



**JUMP ROPE**



**PUSH-UPS**



**RUNNING**



**JUMPING JACKS**





Write down two goals  
for body, mind and spirit.  
Then over the next 14 days,  
put a checkmark in the box  
for each day you make  
your goal!



You can  
do it!

BODY

MIND

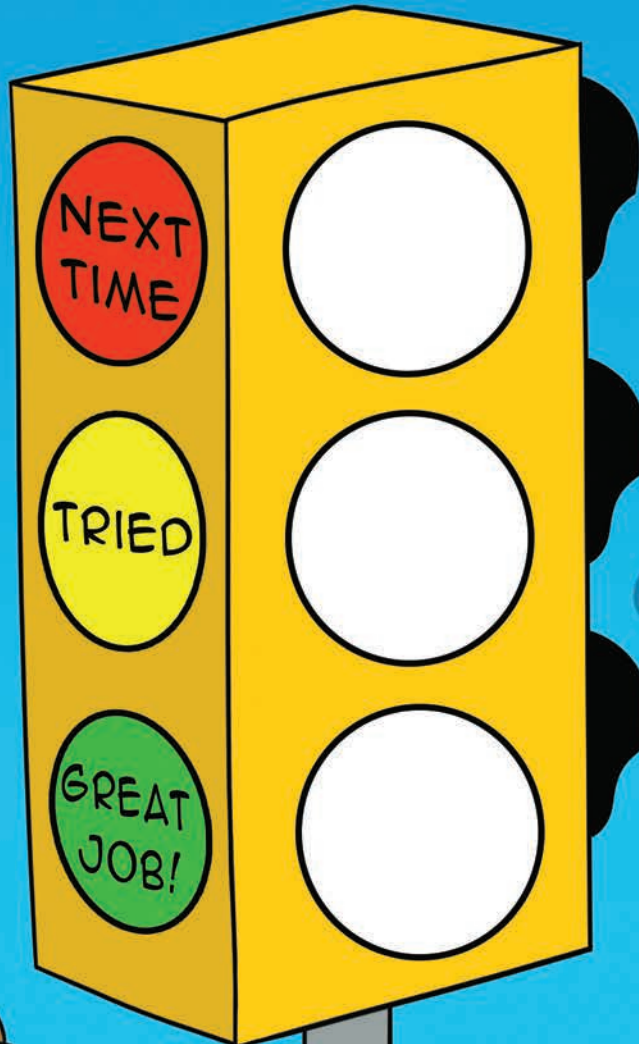
SPIRIT

GOALS	1	2	3	4	5	6	7	8	9	10	11	12	13	14



# How Did You Do?

Look back at your chart and see how you did on your goals. Color the stoplight in red, yellow or green based on how you did.



Remember, even if you don't finish all of your goals, don't feel bad. just try again!



## Post-Test

1) Your body has bones, veins and nerves that run to your limbs and organs.

☐ True

☐ false

2) You should only drink water on hot days.

☐ True

☐ false

3) Your mind is controlled by your heart.

☐ True

☐ false

4) Having good spirit means having a good attitude and outlook.

☐ True

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5) Certain foods can make your brain work better.

☐ True

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6) When you sleep, your muscles, bones and skin grow, repair and fight sickness.

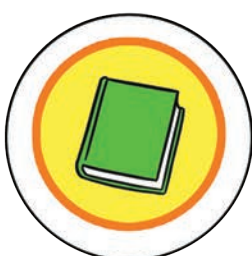
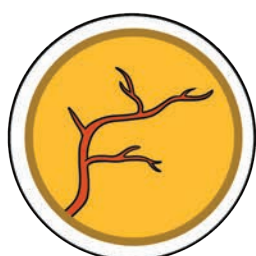
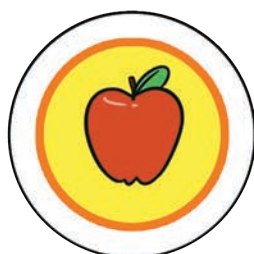
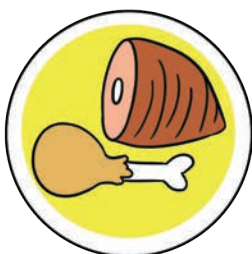
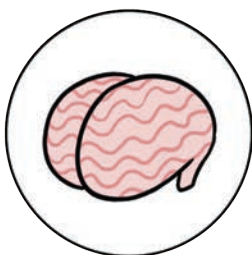
☐ True

☐ false

Answers: 1. True, 2. True, 3. False, 4. False, 5. True, 6. True

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# Super J Cheer



Four, three, two, one, ready, set, go!  
I'm gonna be healthy from head to toe!

Come on, come on, come on, let's hear it!  
Takin' care of my mind, my body and spirit!



Lace up my sneakers, give a double hi-five!  
I'm kickin' in to gear and working on my drive!

Two, Four, Six, Eight!  
What is it that I just ate?  
Good food that makes a healthy plate!



Heading for the finish line, coming in first!  
Drinking lots of water and quenching my thirst!

Charging up my batteries and keeping up the pace!  
Getting lots of sleep to help my body win the race!

Seven, eight, nine, ten, say it loud and cheer it!  
Fun and fitness lead the way with body, mind and spirit!

*I pledge to keep my mind, body, drive & spirit fueled!*



Sign your name here!



For 20 years I played each professional football game as if it was my first. Because I was small, I leveled the playing field by becoming the fastest player in the NFL and was able to turn that into my advantage. Turn the page on your health and fitness. this book will teach you how to stay in the game!



**Darrell Green**  
Pro Football Hall of Fame

Written and created by Michelle Bain  
Illustrated and designed by  
Fox Smith



Made in  
the USA



Keep the  
planet healthy!  
This book was printed  
on recycled paper!

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