

DR. NERD'S

click here

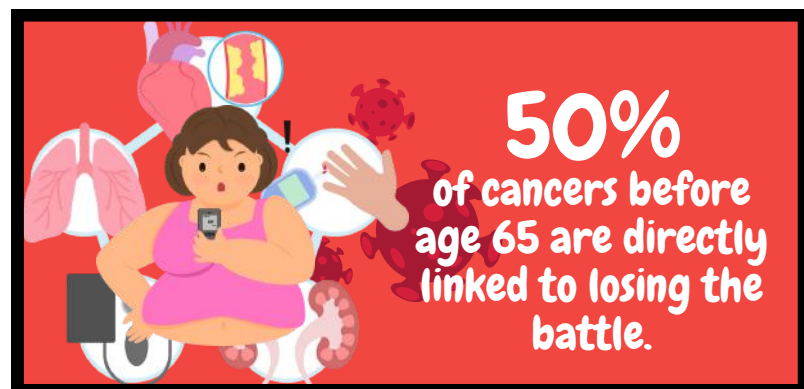
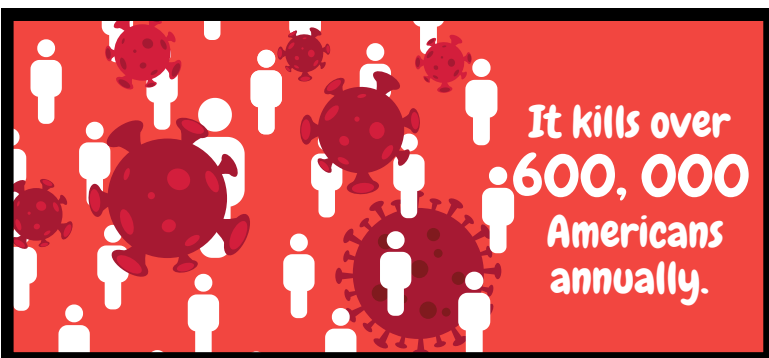
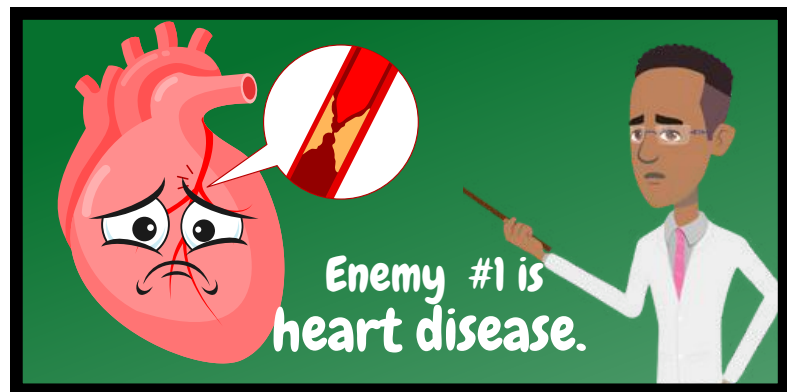
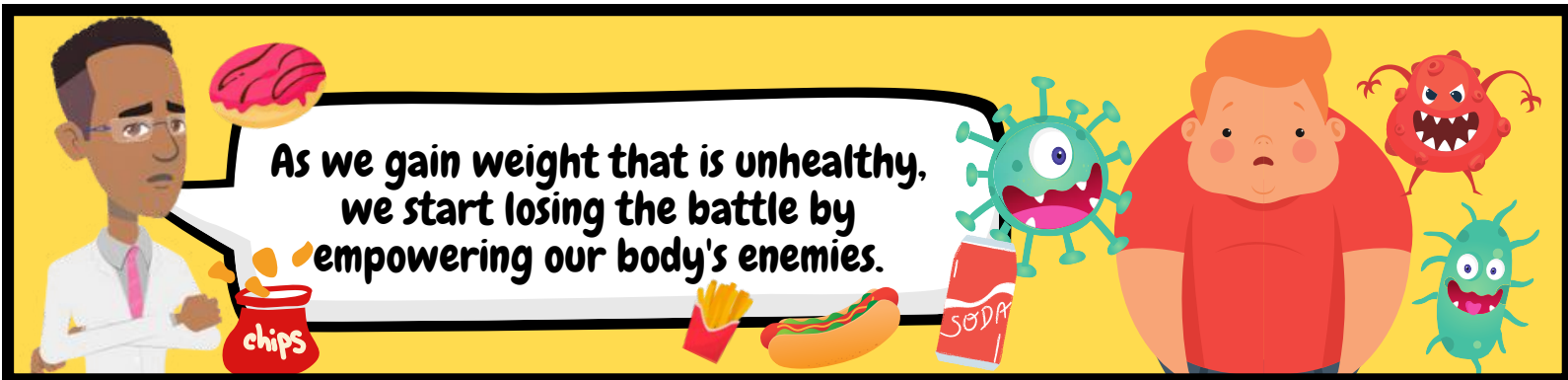


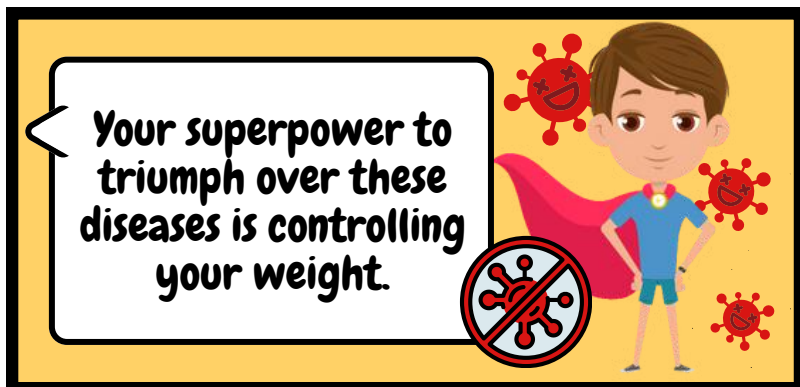
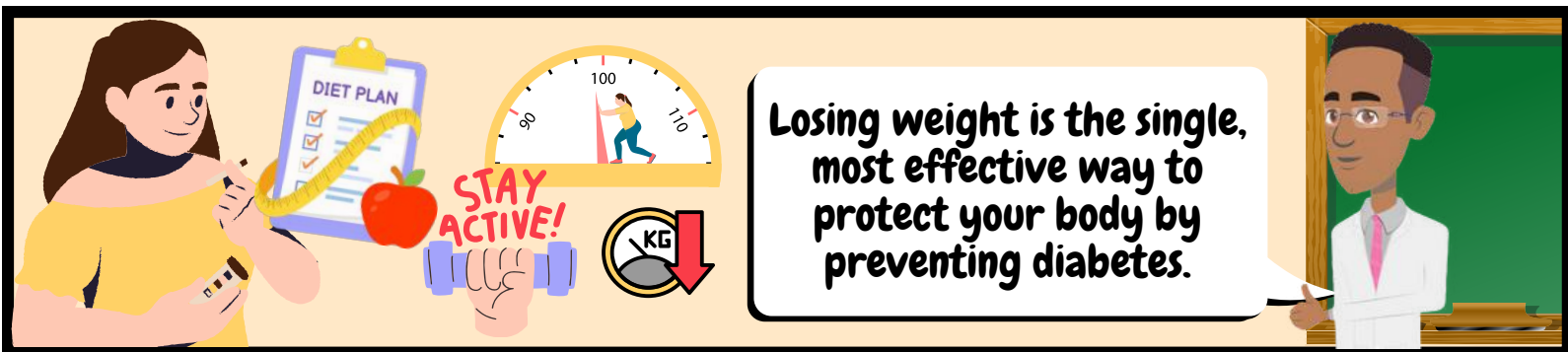
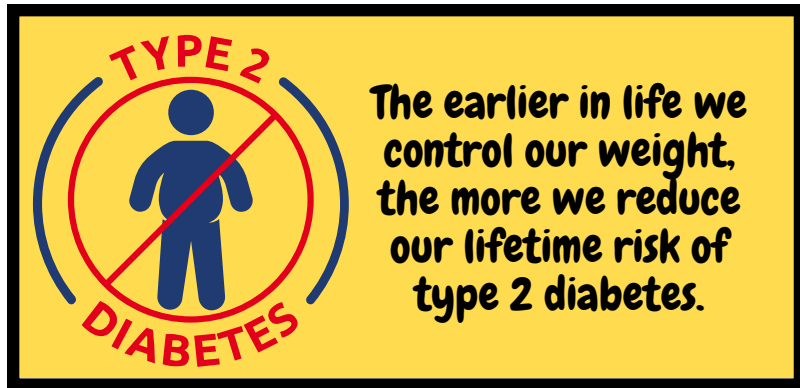
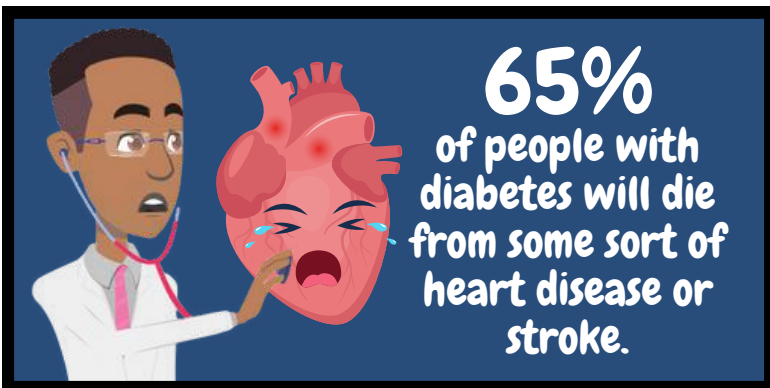
to WATCH the
Playbook

WELLNESS HABITS









Guide Dr. NERD through the maze by avoiding enemies.
Collect power-ups to defeat our body's fiercest foes and
achieve victory!

start here



Power-ups



Nutrition



Exercise

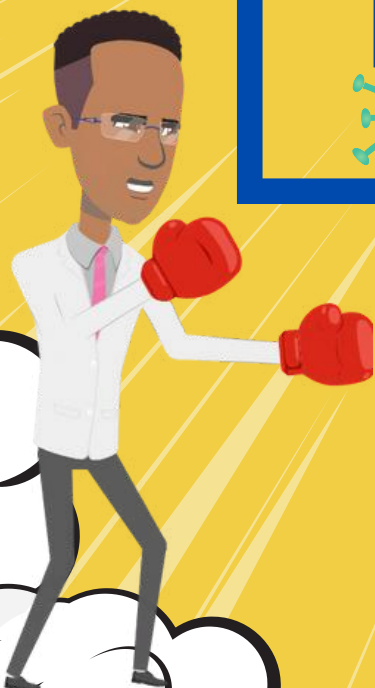


Rest



RELAXED
mind

Destress



Be
HEALTHY
eat
HEALTHY



DR. N.E.R.D.'S WELLNESS HABITS

When Do We Lose Weight



Hello,
Dr. Nerd
here.

Join me on a journey
through the
fascinating process of
weight loss.

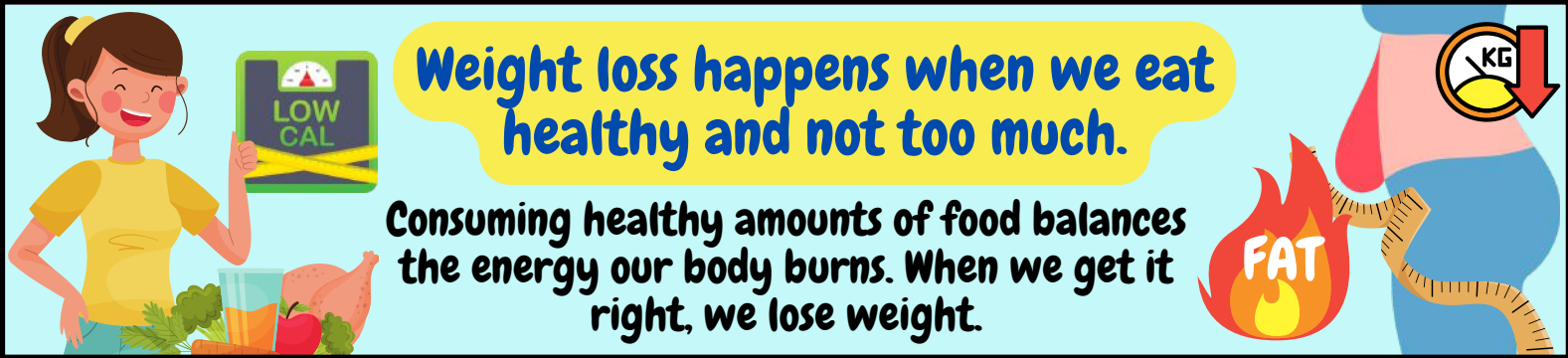
Have you ever wondered
when and how our bodies
shed those extra pounds?

To understand the
timing of weight loss,
let's start with the
SCIENCE

Our bodies store
excess energy in
fat cells.

FAT

This stored energy
is what makes us
gain weight.



Weight loss happens when we eat healthy and not too much.

Consuming healthy amounts of food balances the energy our body burns. When we get it right, we lose weight.



There are 3 factors influence weight loss.



Our healthy diet, fun exercise, and avoiding unhealthy food.



These factors work together to determine if and when we need to shed those extra pounds.



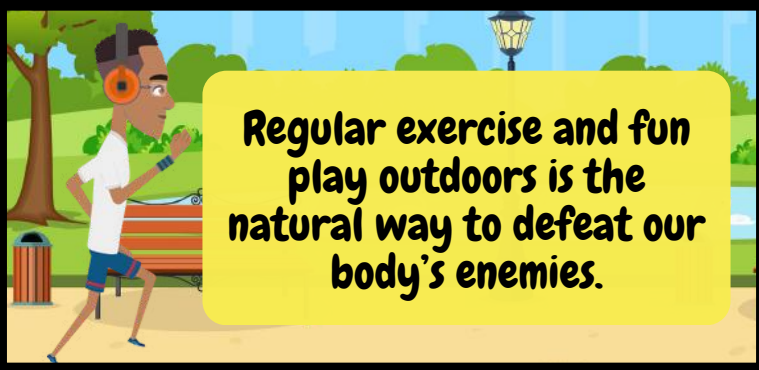
Eating healthy whole foods makes all the difference.



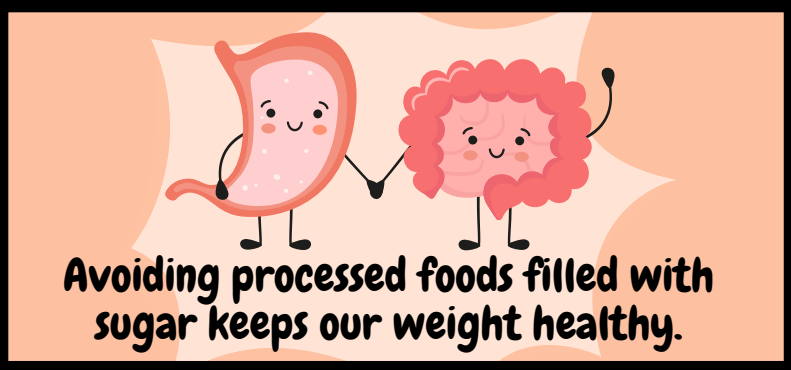
A balanced diet, rich in nutrients and low in excess calories is the best way to stay healthy.



Fun exercise keeps us strong and keeps our weight healthy.

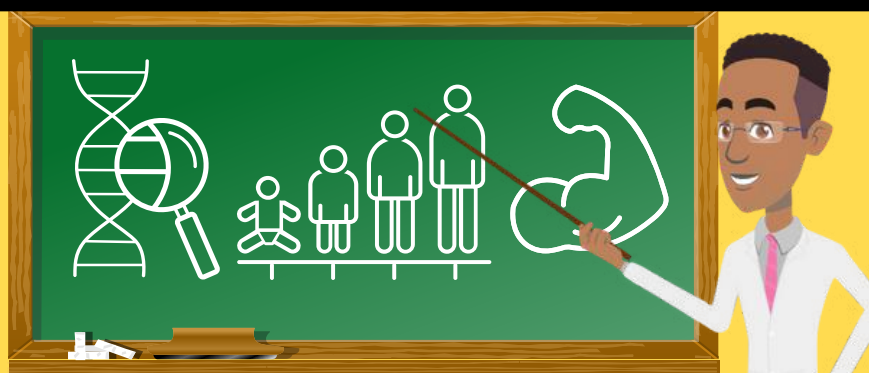
A man with glasses and a white t-shirt is jogging in a park. There are trees, a bench, and a trash can in the background.

Regular exercise and fun play outdoors is the natural way to defeat our body's enemies.

A cartoon illustration of a smiling stomach and a smiling, curly intestine holding hands.

Avoiding processed foods filled with sugar keeps our weight healthy.

**Everyone has a unique body.
Dr. N.E.R.D. uses Science to help you protect yours.**



Now, let's address the million dollar question.

When do we lose weight?



Water is our body's best friend. Everyday, we need to drink enough.



Defeating our body's enemies is a daily task. Keeping healthy habits prevents weight gain.



The key to successful healthy weight is living healthy habits.



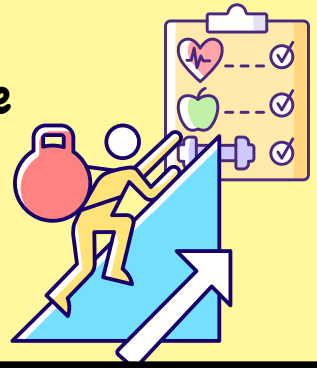
Gradual changes to diet and exercise lead to lasting results, making it essential to embrace the journey.



Celebrate the small victories along the way.



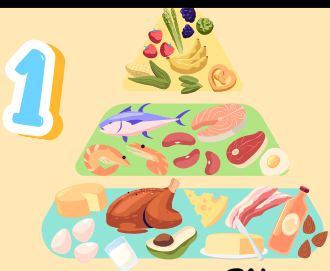
Each milestone achieved is a step closer to your goal.



Stay motivated and focused on your progress.



So when do we lose weight?



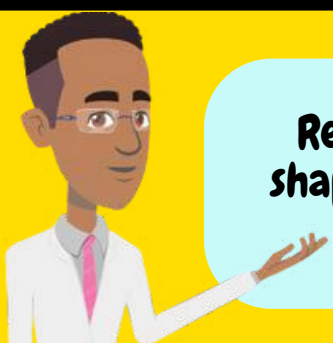
2



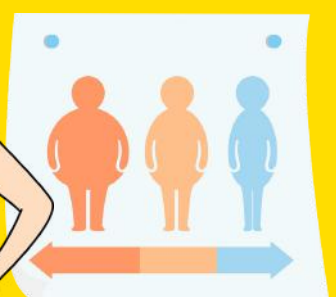
3



It's a process fueled by a balanced diet, consistent physical activity, and the passage of time



Remember, you have the power to shape your journey and achieve your weight loss aspirations.



Making wise choices

Encircle the smiley face if the action is a good choice and the frowny face if the action is a bad choice.



Fighting your urge to sleep when feeling tired



Doing physical activities everyday



Eating donuts for breakfast



Sitting in front of the computer all day



Doing daily stretches/exercises

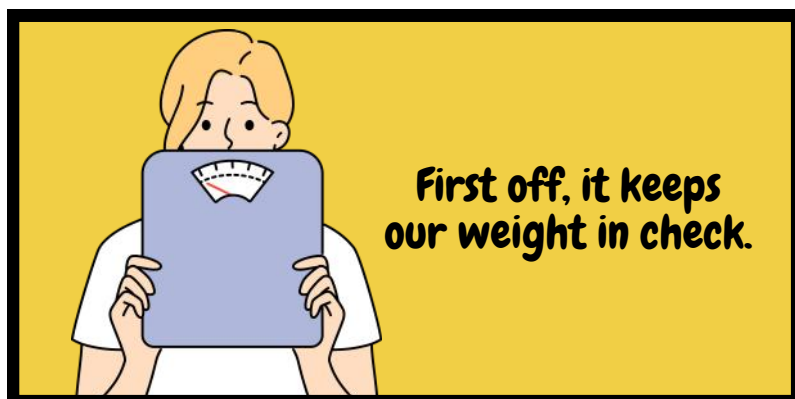
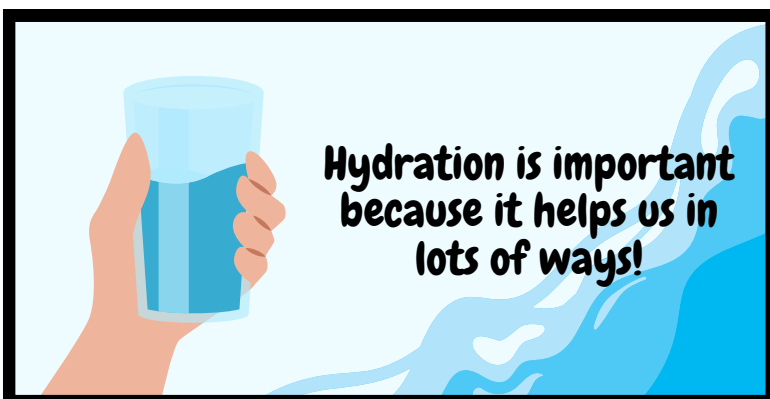


Sleeping on time every night



DR. N.E.R.D.'S WELLNESS HABITS

Hydration



When we drink water, it fills up our tummies and makes us feel full, so we don't eat too much.



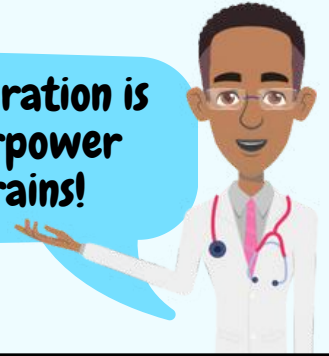
Sometimes when we feel hungry, we're actually just thirsty!



Before you eat, try drinking some water or other healthy drinks without calories.



Next up, hydration is like a superpower for our brains!



Drinking water helps our brains stay sharp, so we can remember things better, pay attention, and make smart decisions.



And guess what? Hydration is like magic for our joints!



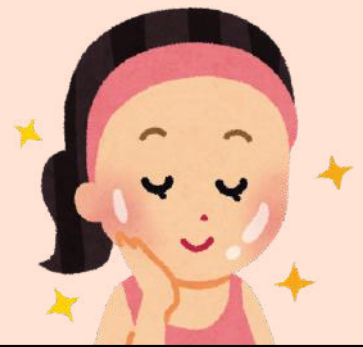
It keeps them feeling strong and flexible, so we can run, jump, and play without any pain.



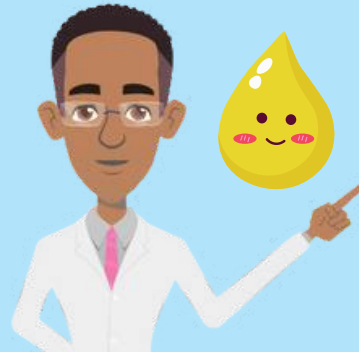
So make sure to drink water before and after you play or exercise.



Water helps to keep our skin hydrated, which can make it look and feel healthier.



How do we know if we're hydrated enough? One way is by checking the color of our pee.



If it's light yellow, we're good to go! But if it's dark yellow or orange, it means we need to drink more water.



Another way to know if you need more water is if you feel thirsty. If your mouth feels dry, it means your body wants more water.



But not everyone feels thirsty the same way.

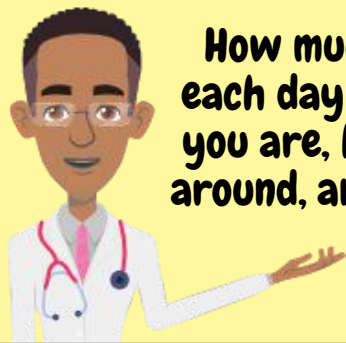


Some people might not feel thirsty even when they need water.

How much should you drink?



Do not overdrink. Too much water can be bad too.



How much water you need each day depends on how old you are, how much you move around, and how hot or cold it is outside.



A simple rule is to try drinking 8 glasses of water every day.



What should you drink?



You can stay hydrated with other drinks besides water, too!



Plain tea without sugar is also a good idea!



Remember, it's better to avoid sugary drinks because they can make you more thirsty and give you extra calories that you don't need.



Here are some tips for staying hydrated.



Carry a water bobble with you so you can sip on fluids throughout the day.



Avoid sugary drinks as these can dehydrate you.



Eat fruits and vegetables that are high in water. Watermelon, cucumbers, and celery.



Take a cool shower or bath on a hot day.



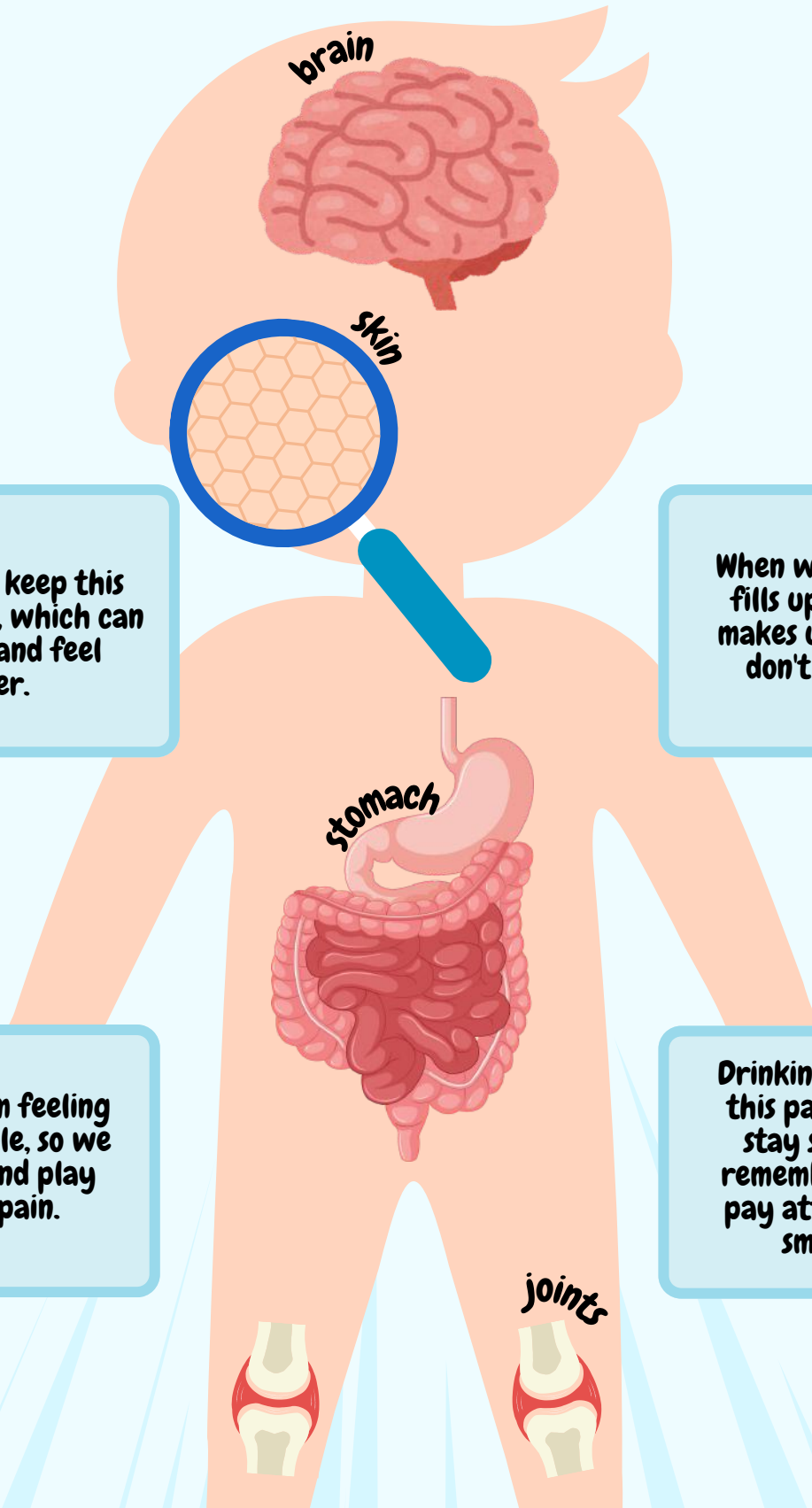
Don't drink alcohol or caffeine because they can make you feel more thirsty.

By following these tips, we can be hydration superheroes and keep our bodies feeling awesome!



Why is hydration good for you?

Connect the part of the body that benefits with the given descriptions inside the boxes



brain

skin

stomach

joints

Water helps to keep this organ hydrated, which can make it look and feel healthier.

When we drink water, it fills up this organ and makes us feel full, so we don't eat too much.

Water keeps them feeling strong and flexible, so we can run, jump, and play without any pain.

Drinking water helps our this part of the body to stay sharp, so we can remember things better, pay attention, and make smart decisions.

DR. N.E.R.D.'S WELLNESS HABITS

CHOOSE YOUR PATH:

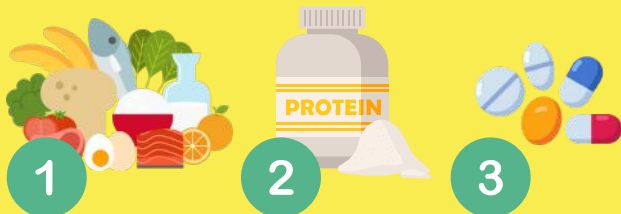
Food, Meal Replacements, Medications



Hello,
Dr. Nerd
here.



Let's talk about
staying healthy in a
super easy way.



We have three cool paths
to choose from!

The first path is
food



Food is like
the building
blocks for
our bodies.



We want to eat yummy
stuff like fruits, veggies,
lean meats like chicken or
turkey, and whole grains
like brown rice or whole
wheat bread.







**Last but not least,
we have
medications**

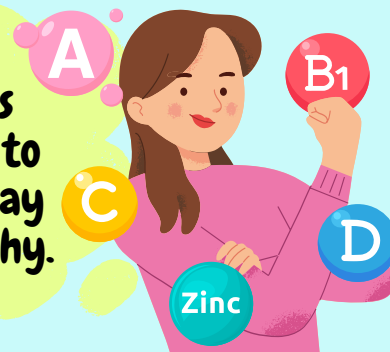


**Sometimes, if we're not
feeling well or have a
health condition, we
need to take special
medicine.**

**It's like a
superhero helping
us feel better!**



**Doctors give us
these medicines to
make sure we stay
strong and healthy.**



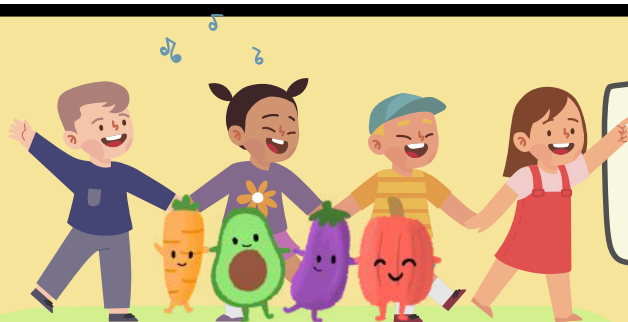
**Whether it's eating yummy food,
grabbing a quick meal replacement,
or taking medicine when we need it,
we're taking care of ourselves and
being super healthy!**



**So always remember
to choose what's best
for you, talk to your
doctor.**



**Be on your way to
being a healthier,
happier you!**



**Because the choices we make
today make a big difference for
tomorrow. You've got this!**



Healthy or unhealthy?

Identify each item and mark if it is healthy or unhealthy.

☐

Healthy

☐

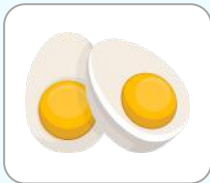
Unhealthy

☐

Healthy

☐

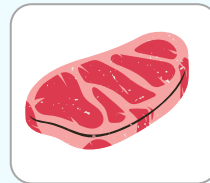
Unhealthy

☐

Healthy

☐

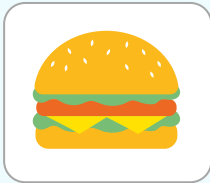
Unhealthy

☐

Healthy

☐

Unhealthy

☐

Healthy

☐

Unhealthy

☐

Healthy

☐

Unhealthy

☐

Healthy

☐

Unhealthy

☐

Healthy

☐

Unhealthy

☐

Healthy

☐

Unhealthy

☐

Healthy

☐

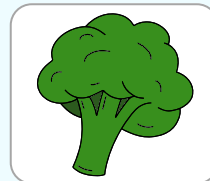
Unhealthy

☐

Healthy

☐

Unhealthy

☐

Healthy

☐

Unhealthy

☐

Healthy

☐

Unhealthy

☐

Healthy

☐

Unhealthy

DR. N!E!R.D.'S WELLNESS HABITS

THE MAGIC OF FOOD

Carbs, Protein, and Fats



Hello,
Dr. Nerd
here.



Let's talk about
how what we eat
can help us stay
healthy and full of
energy.

First,
let's talk about
carbohydrates,
or "carbs."



Carbs
give us
energy.



When we eat carbs,
our bodies turn them
into something called
glucose, which gives
our cells fuel.



Breaking down carbs
actually burns some
calories!



Foods like whole grains, fruits, and vegetables are great sources of carbs that can help boost your energy.



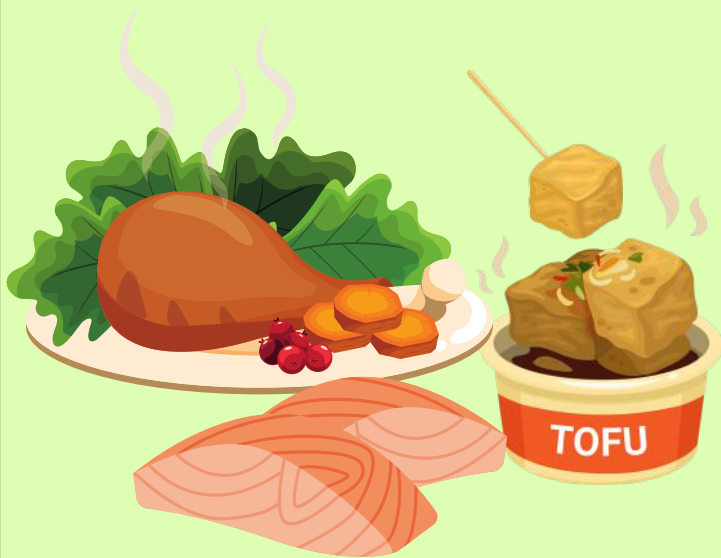
Now, let's talk about protein.



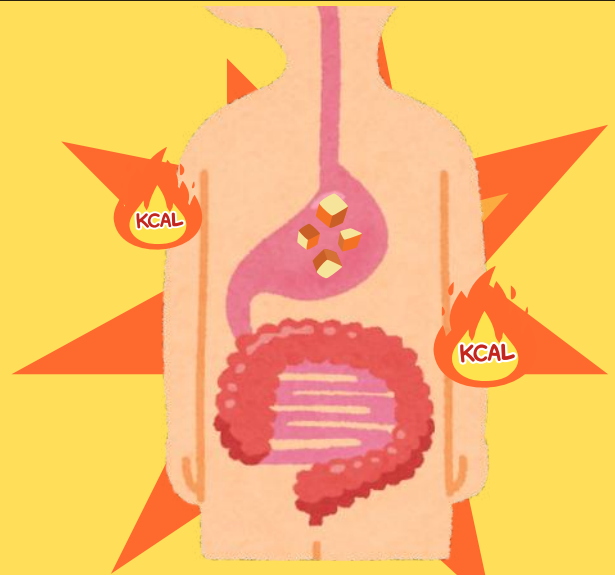
Protein

Protein

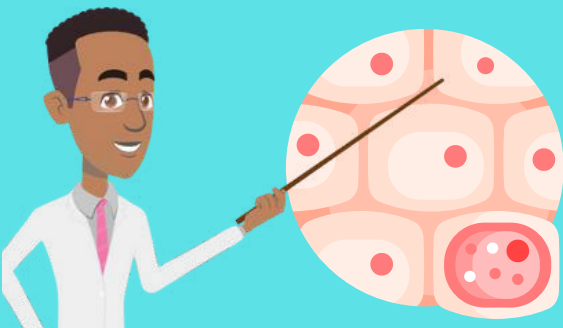
Protein
is really important for our bodies.



When we eat protein-rich foods like chicken, fish, or tofu, our bodies work hard to digest them.



For example, if you eat a snack with 100 calories of protein, your body might use up 25 of those calories just to digest it!



Protein also helps build and fix our muscles and tissues.





Last but not
least, fats.

FAT

FAT



Not all
fats
are bad for
you.



Healthy fats, like the ones in avocados, nuts, and olive oil, give you a slow and steady release of energy, helping to keep your metabolism running well.



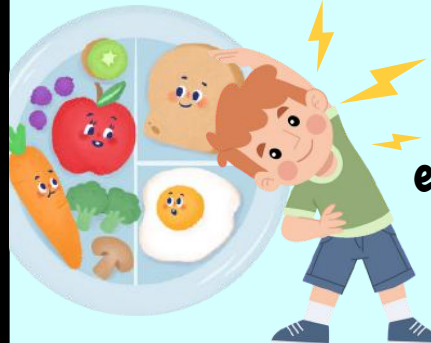
The main idea here is
that different foods can
help your body burn
calories naturally.



By eating a mix of
carbs, proteins, and
healthy fats, you can
help your body stay
strong and energetic.



Remember, no single
food can make you
super healthy on its
own.



A balanced diet
with regular
exercise is the real
secret to feeling
great.



So, next time you eat, think about how
your food helps your body. It's not just
about eating; it's about giving your body
what it needs to be its best!



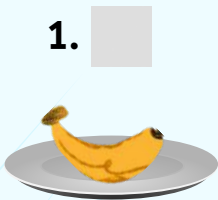
PICNIC BASKET

Find the food words in the puzzle and put a tick.



w	a	t	e	r	m	e	l	o	n
a	b	y	o	g	u	r	t	d	e
v	a	p	p	l	e	d	l	t	q
o	n	n	g	r	a	p	e	s	g
c	a	i	n	o	t	h	p	x	e
a	n	d	u	w	c	h	i	p	s
d	a	r	t	s	i	p	a	m	m
o	s	h	s	c	t	s	u	k	i
m	s	a	n	d	w	i	c	h	l
c	h	e	e	s	e	m	s	e	k
c	h	i	c	k	e	n	t	e	d

1.



2.



3.



4.



5.



6.



7.



8.



9.

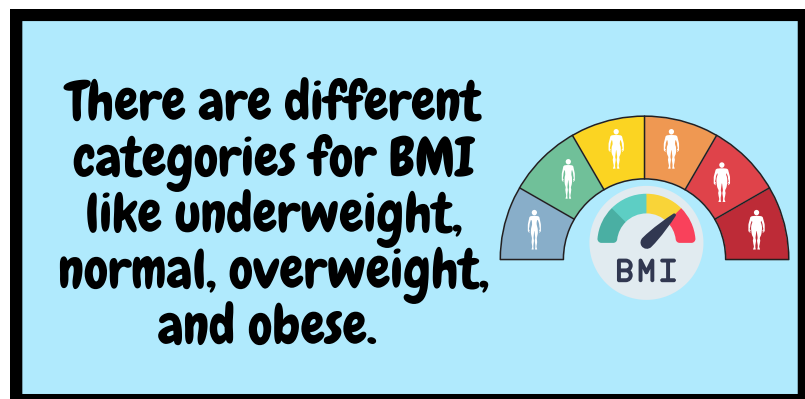
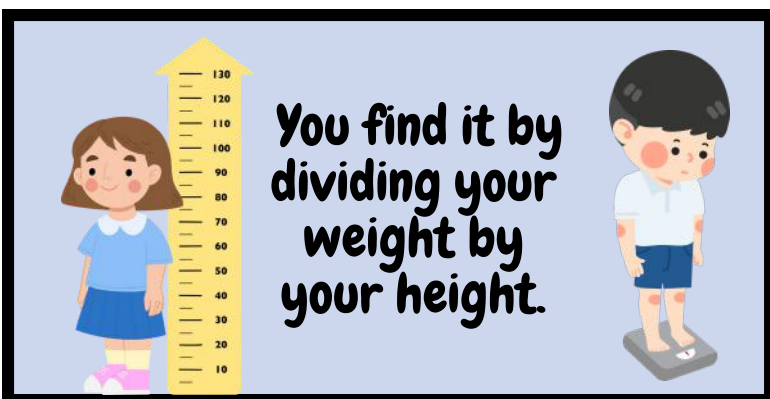
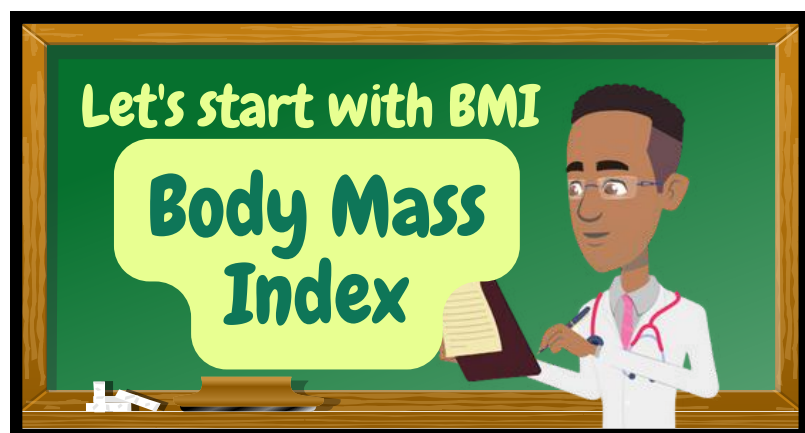
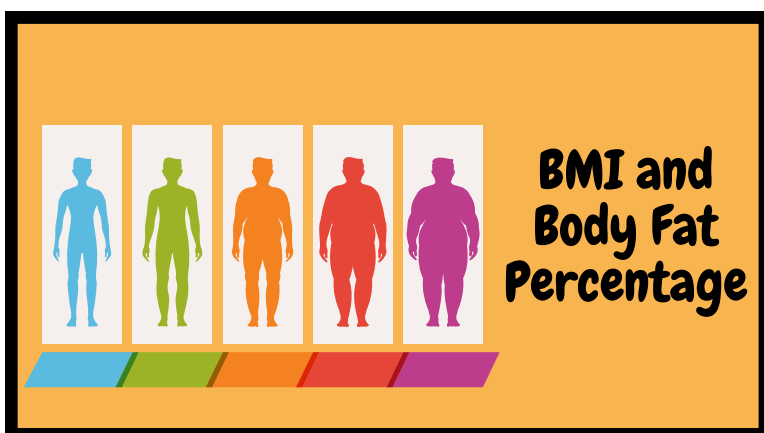
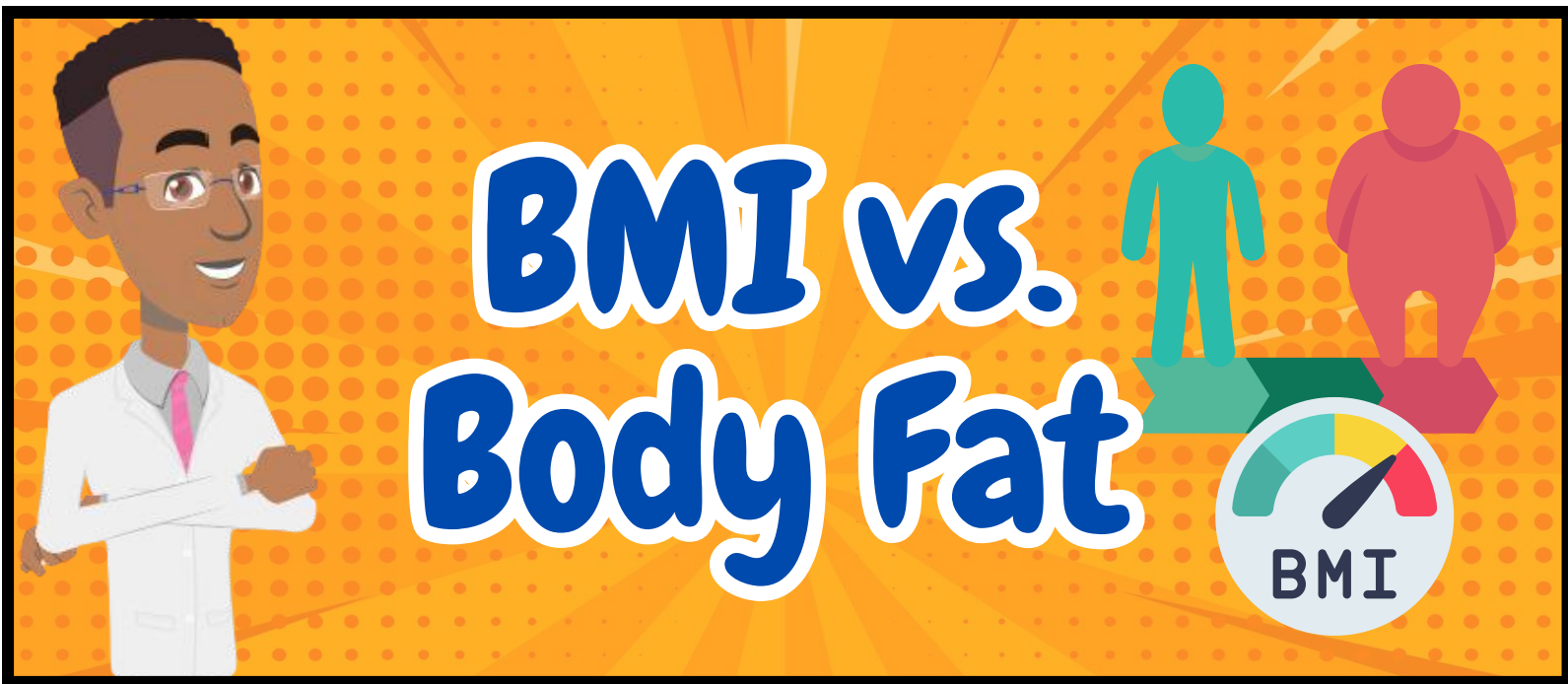


10.



11.



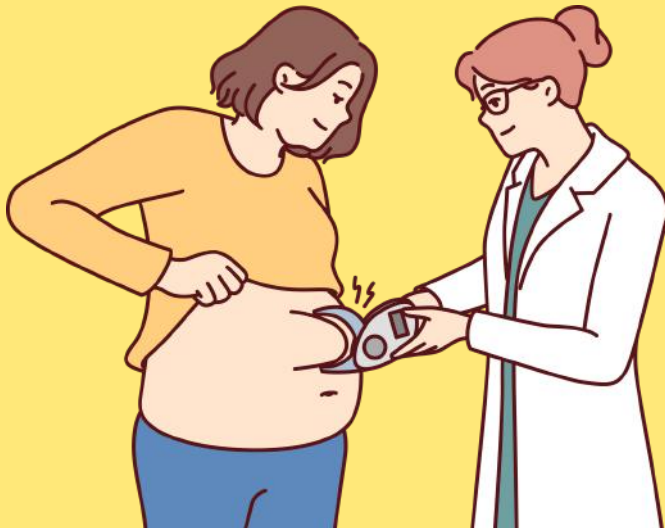
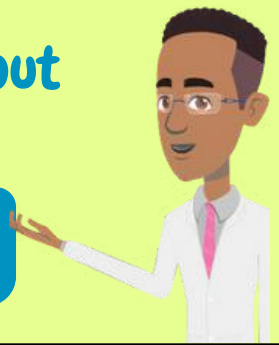




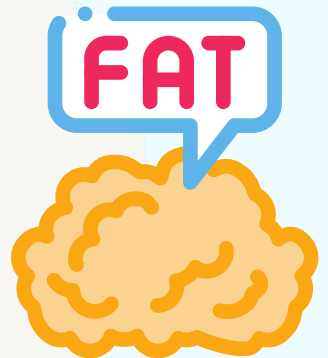
But BMI doesn't tell you everything because it can't show if your weight is from muscles or fat.

Now let's talk about

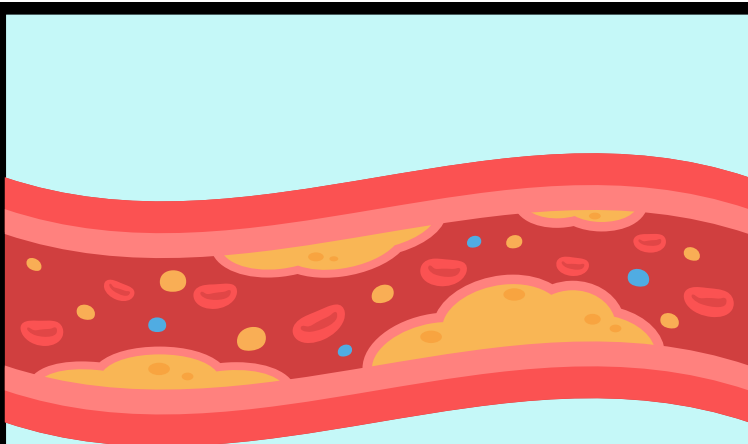
Body Fat Percentage



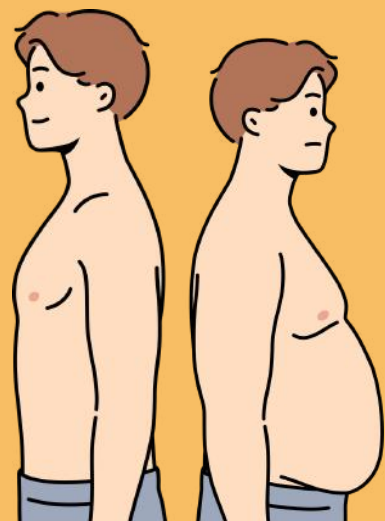
Body Fat Percentage is a better way to see how much of your body is fat.



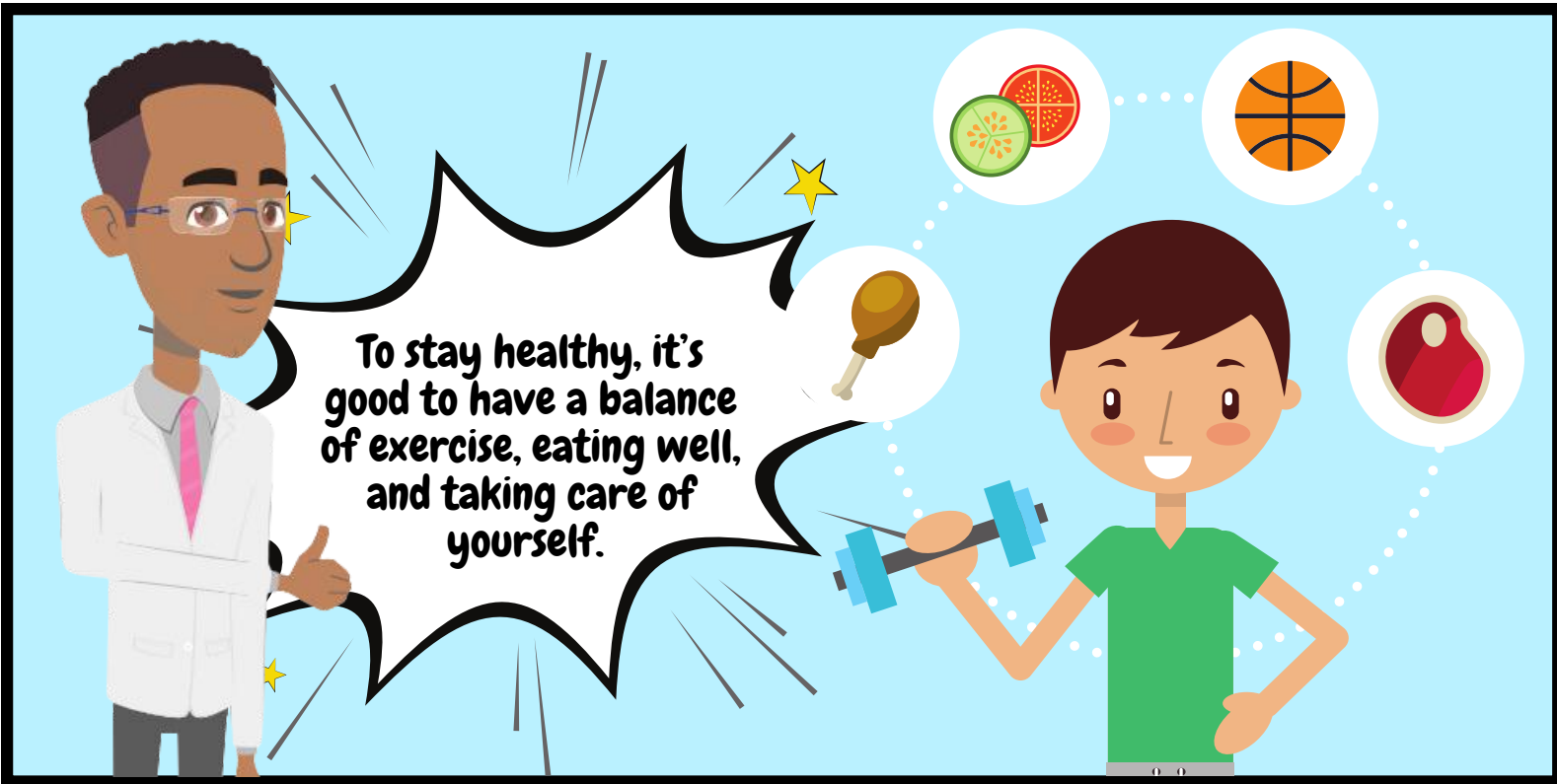
This measurement shows how much of your weight is fat compared to everything else like muscles and bones.



It helps you understand your body's makeup more clearly.

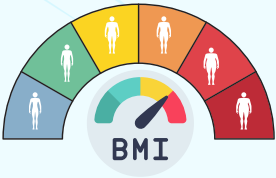


For example, two people can have the same BMI, but one might have more muscles and the other might have more fat.

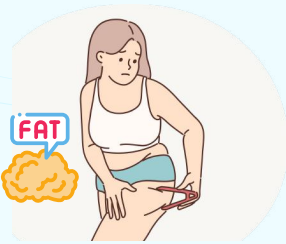


Matching Game

Match the term on the left with the correct definition on the right.



BMI (Body Mass Index)



Body Fat Percentage



Nutrition



Exercise



Healthy

Feeling good, staying active, and taking care of your body.

A way to check if your weight is right for your height.

Activities like running, swimming, or playing sports that keep your body strong.

Eating the right kinds of foods to give your body the energy and nutrients it needs.

Shows the amount of fat in your body compared to muscles and bones.

DR. N.E.R.D.'S WELLNESS HABITS

Awesome Eating

How to Pick the Perfect Portions!



Hello,
Dr. Nerd
here.

Let's talk about
something super
important for staying
healthy:

portion control!



Portion control means
eating the right amount
of food your body needs.



It's not about being
hungry or not eating
what you like.

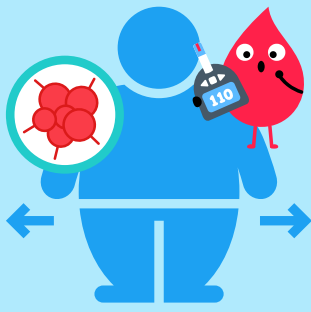


It's about choosing the
right foods and not
eating too much.



Why is portion
control important?





Eating too much can make you gain weight and cause health problems like heart disease, diabetes, and even some types of cancer.



By controlling how much you eat, you can stay at a healthy weight and feel better.



Here are some easy ways to use portion control:

First, drink water before eating.



Have a glass of water or a low-calorie drink before you eat. This helps you feel full so you don't overeat.

Second, use smaller plates and bowls.



People tend to eat more when they use bigger plates. Smaller plates make your portions look bigger!

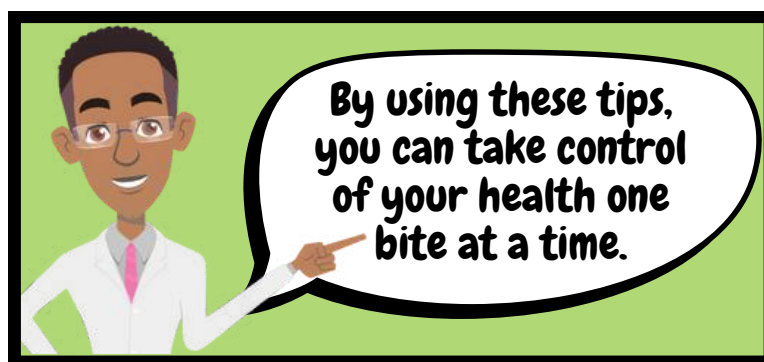
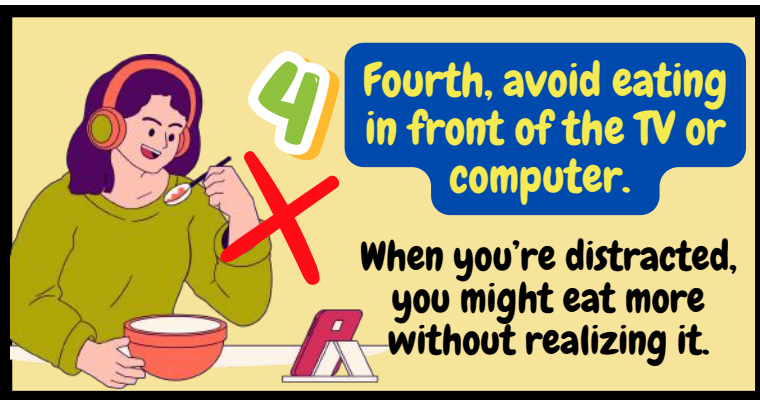


3

Take your time and enjoy your food. Eating slowly gives your body time to feel full.

Third, eat slowly





Healthy Eating Habits

Read each statement below and decide if it's true or false.

Test your knowledge about healthy eating habits and see how much you know!

True False



Eating too much can make you feel tired and gain weight.

☐☐

Drinking water before a meal can help you feel full and avoid overeating.

☐☐

It's okay to eat as much as you want when you're watching TV or playing video games.

☐☐

Using smaller plates can help you eat the right amount of food.

☐☐

Reading food labels can help you know how much you're eating.

☐☐