



# Dr. Muscle - PTI AMERICA

PROMOTING HEALTH, FITNESS and WELLNESS  
for CHILDREN and YOUTH



## Health, Fitness and Wellness for Children

E<sup>5</sup> Health, Fitness and Wellness teaches children concepts regarding health, fitness, nutrition and a healthy lifestyle. Each of the programs in the series; E is for Exercise, E is for Eating, E is for Emotions, E is for Esteem and E is for Energizing introduces a different dimension of wellness.

Dr. Muscle, spokesperson for E<sup>5</sup> Health, Fitness and Wellness for Children, presents the information and instruction in an engaging, educational and entertaining manner. Each E<sup>5</sup> program includes a knowledge component interfaced with an appropriate physical activity.

E<sup>5</sup> Health, Fitness and Wellness for Children was written with consideration to selected objectives from the Texas State Board of Education Rules for Curriculum, the Essential Knowledge and Skills for Physical Education, the Essential Knowledge and Skills for Health Education and the National Association of Sport and Physical Education Outcomes.



Dr. Muscle asks, “Where can strength be found?”

You answer

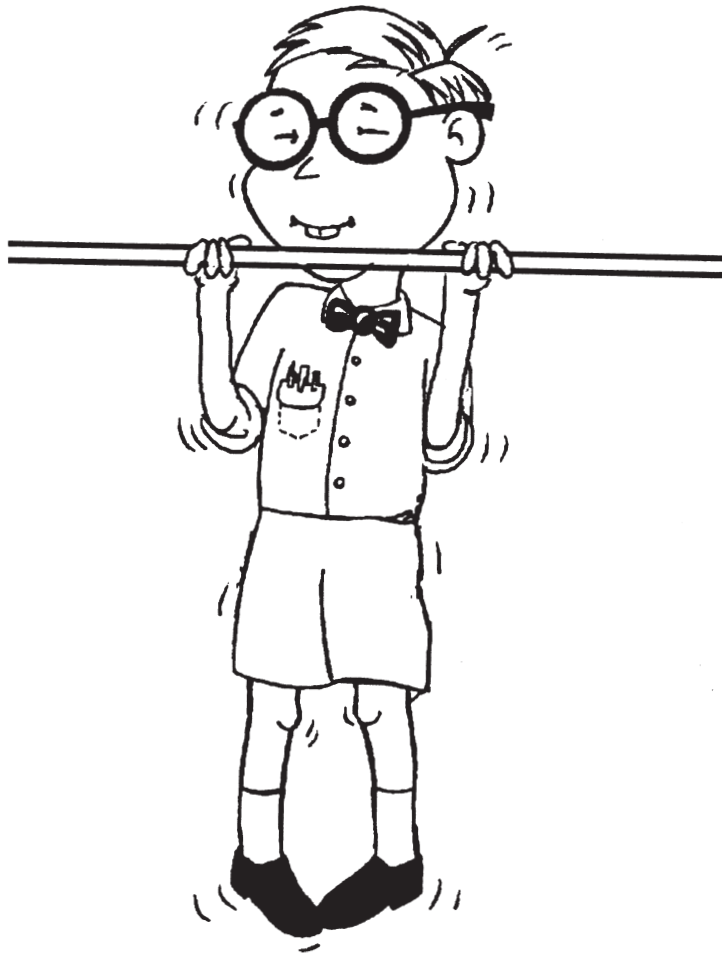
*Strength can be found in the muscles of the body*



Dr. Muscle asks, “How can you improve strength?”

You answer

*You can improve strength by following the advice in  
Dr. Muscle's Strength Training Guide*



Dr. Muscle says, “Your body reacts to feelings in different ways.

Dr. Muscle asks, “Use the definitions of the emotions from the other page and explain what may happen to your body after you feel the following emotions.”

You answer

Anger

Rage

Joy

Fear

Grief

Love



# **ESTEEM EDUCATION**

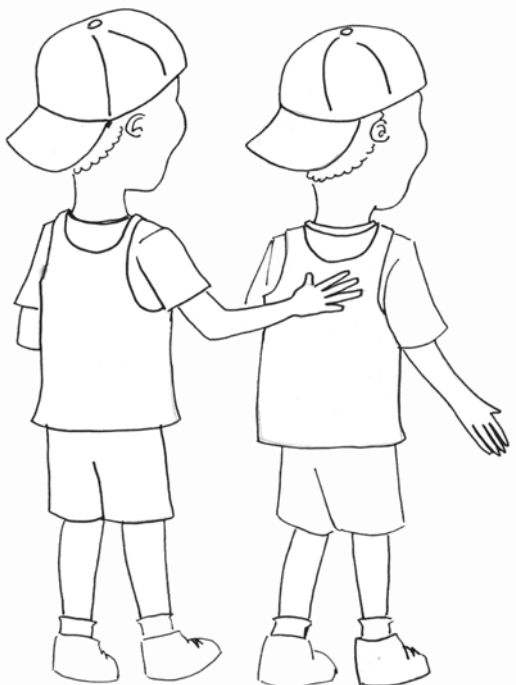
Dr. Muscle says, “Self-esteem is the way you feel about yourself or your over-all judgement about yourself. Self-esteem is also how much you like yourself. Self-esteem involves a respect for yourself, your confidence, your identity and your purpose in life. Self-esteem effects whether you will be a success or a failure as a human being.”

Dr. Muscle asks, “What is self-esteem?”

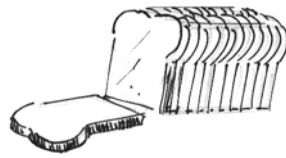
You answer

Dr. Muscle asks, “Do you think a boy or girl with low self-esteem would act differently than a boy or girl with high self-esteem?”

You answer



## **RULE 3: EAT A VARIETY OF GRAINS DAILY, ESPECIALLY WHOLE GRAINS**



Dr. Muscle asks, “Name some foods that contain complex carbohydrates or starch?”

Circle the correct answer(s)

fruits    macaroni    meats    breads    rice  
cereals    poultry    spaghetti    vegetables

## **RULE 4: EAT A VARIETY OF FRUITS AND VEGETABLES DAILY**



Dr. Muscle says, “You need to eat foods with fiber. Fiber is the part of the plant that you cannot digest. When you choose to eat foods that have fiber you get many benefits.”

Dr. Muscle asks, “How will eating foods with fiber help you?”

Circle the correct answer(s)

They make you feel full so you do not eat as much.

They may prevent certain cancers.

They may lower your cholesterol.

## THE E<sup>5</sup> WELLNESS CHAMPION'S CREED

I exercise my heart, muscles and bones every day by doing some type of vigorous activity.

I eat to live and do not live to eat. I eat heart healthy foods with plenty of starch and fiber while avoiding too much fat, cholesterol, sugar and salt.

I believe that my feelings about myself are very important. I believe my self-esteem is a valuable part of my life and I will show respect for myself with everything I say and do.

I practice being a kind, fair, friendly and happy person. I try to show my emotions in such a way that they will not harm myself or anyone else.

I choose not to try or use any illegal drugs. I choose not to smoke or chew tobacco. I choose not to use any form of alcohol.

I will share my knowledge about wellness with everyone. I want others to know how good they can feel from living a wellness lifestyle.

I will take pride in being an E<sup>5</sup> Wellness Champion and will practice a wellness lifestyle.

I will live by the principles of the E<sup>5</sup> Wellness Champion's Creed and the E<sup>5</sup> Oath.

