



***"A CHILDREN'S STAY HEALTHY  
COLORING AND ACTIVITY BOOK"***

This Book Belongs To: \_\_\_\_\_

# THE HOUSE I LIVE IN

" A CHILDREN'S STAY HEALTHY COLORING AND ACTIVITY BOOK"

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## A WORD TO PARENTS AND EDUCATORS

This activity and coloring book was based on a book entitled, "The House I Live In" authored by Eli F. Brown, M.D. and published by Van Antwerp, Bragg & Co. (New York) in 1887. The original book, which inspired the creation of this activity/coloring book, was published 117 years ago and was used by the Ohio public school system - to instruct children about the importance of regular exercise, eating properly and following healthy habits necessary to keep their bodies (*the house they live in*) healthy and strong.

It's interesting to note that 117 years ago there were none of the conveniences that have become essential parts of our present-day lives. Back then, there were no cars, buses, airplanes, computers, televisions or fast foods. In 1887, people ate natural foods and they were much more physically active, yet - the Ohio public school system still believed that it was necessary to teach children the importance of maintaining a healthy lifestyle.

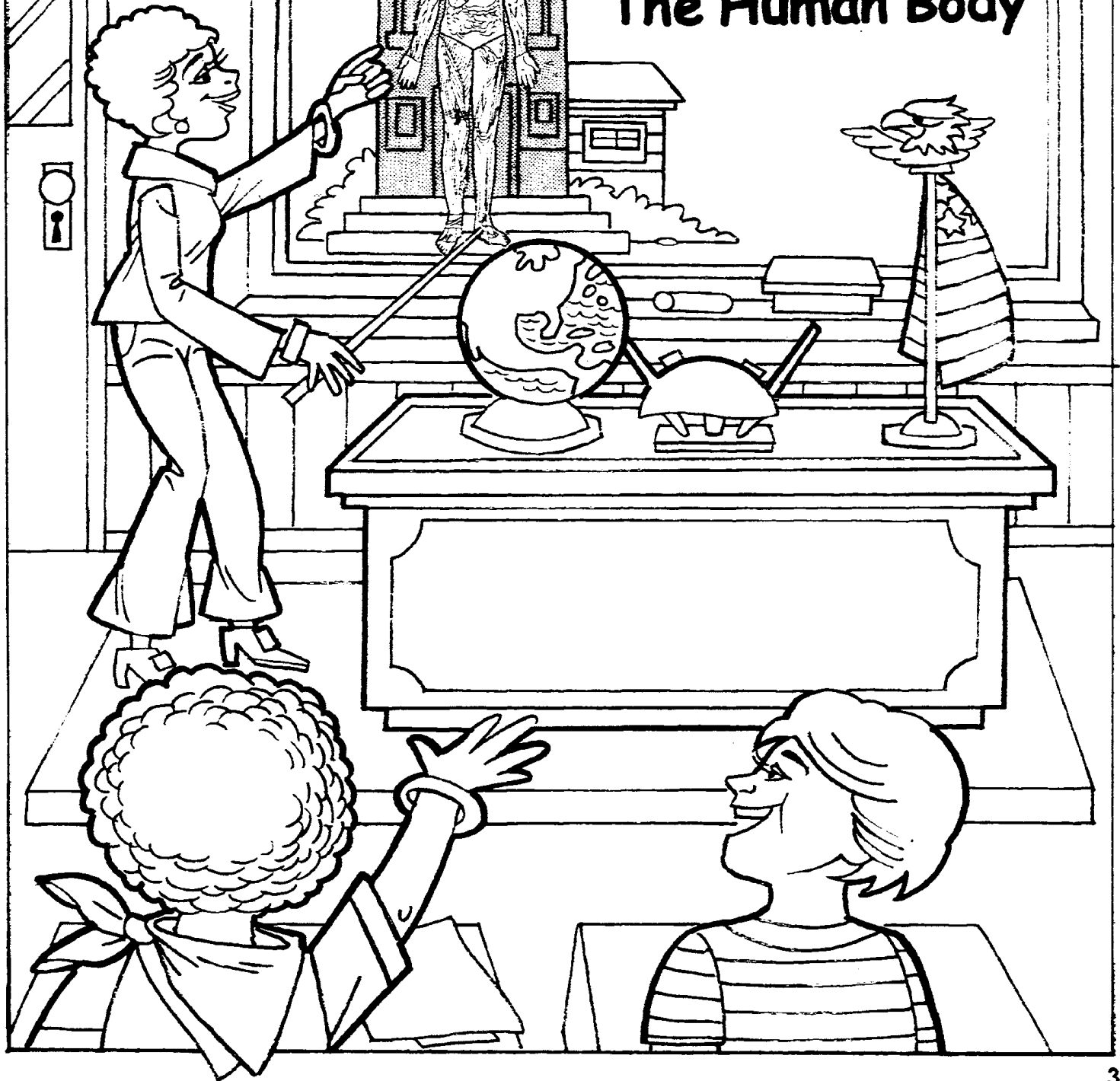
Children today are faced with far greater challenges to their health and well-being. The "age of convenience" in which we live - has reduced our children's need and desire to remain physically active - and has chemically altered almost every food they eat. As a result of this dramatic change in our lifestyle over the past 117 years - childhood obesity has reached epidemic proportions and children today are at greater risk for developing diabetes, heart disease and other serious illnesses at a young age. If this unhealthy trend continues, we can expect that today's overweight children will become tomorrow's obese adults, and that our health system will become increasingly overburdened. As parents and educators we have a responsibility to find creative ways to assist our children in developing healthy habits - and at the same time serve as good role models. Now is the time to change our priorities and place our children's long-term health and well-being at the top of our list.

Barry M. Stein, D.P.E.

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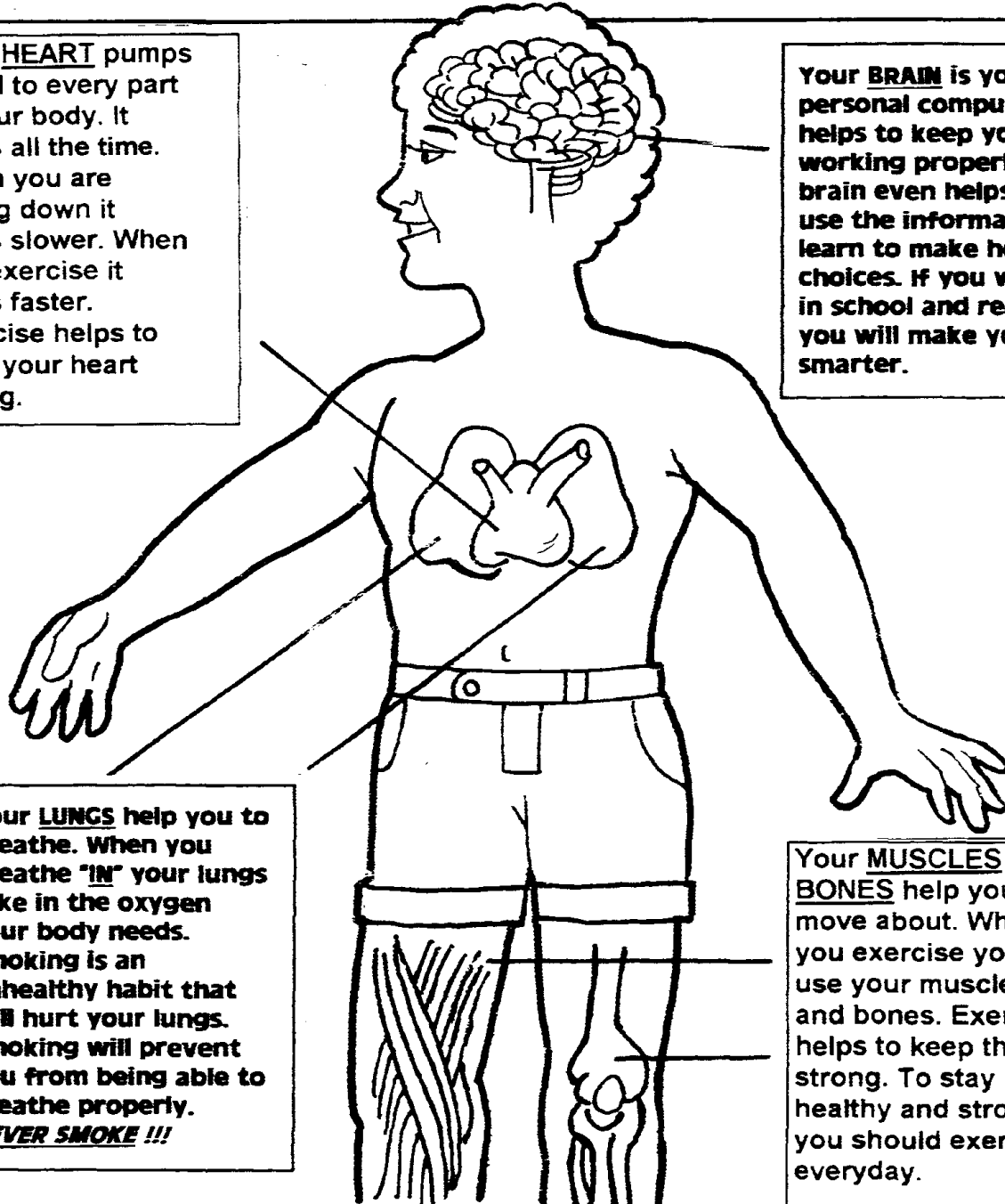
A B C D E F G H

"The House I Live In"  
The Human Body



Your **HEART** pumps blood to every part of your body. It beats all the time. When you are sitting down it beats slower. When you exercise it beats faster. Exercise helps to keep your heart strong.

Your **BRAIN** is your body's personal computer. It helps to keep your body working properly. Your brain even helps you to use the information you learn to make healthy choices. If you work hard in school and read a lot you will make your brain smarter.



Your **LUNGS** help you to breathe. When you breathe "**IN**" your lungs take in the oxygen your body needs. Smoking is an unhealthy habit that will hurt your lungs. Smoking will prevent you from being able to breathe properly. ***NEVER SMOKE !!!***

Your **MUSCLES** and **BONES** help you move about. When you exercise you use your muscles and bones. Exercise helps to keep them strong. To stay healthy and strong you should exercise everyday.

**"The human body is a wonderful HOUSE in which we live. Everyday when we wake up in the morning, we find ourselves living in the same HOUSE - with the same hands, feet, characteristics and feelings. We live in the same HOUSE for our entire life. We must learn then, how to take care of it - so that we will grow up healthy and strong.**

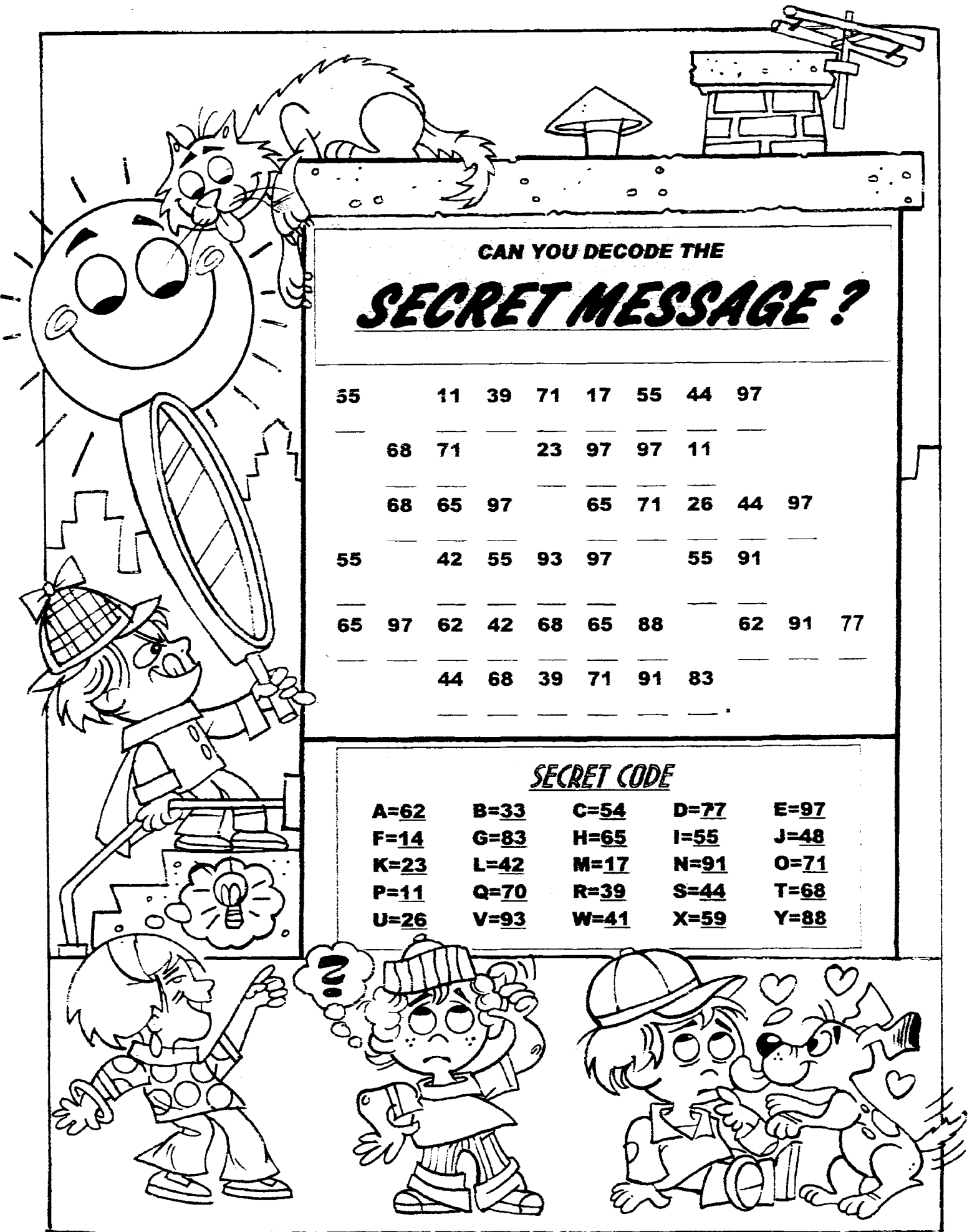
**Eli F. Brown, M.D. - 1887**

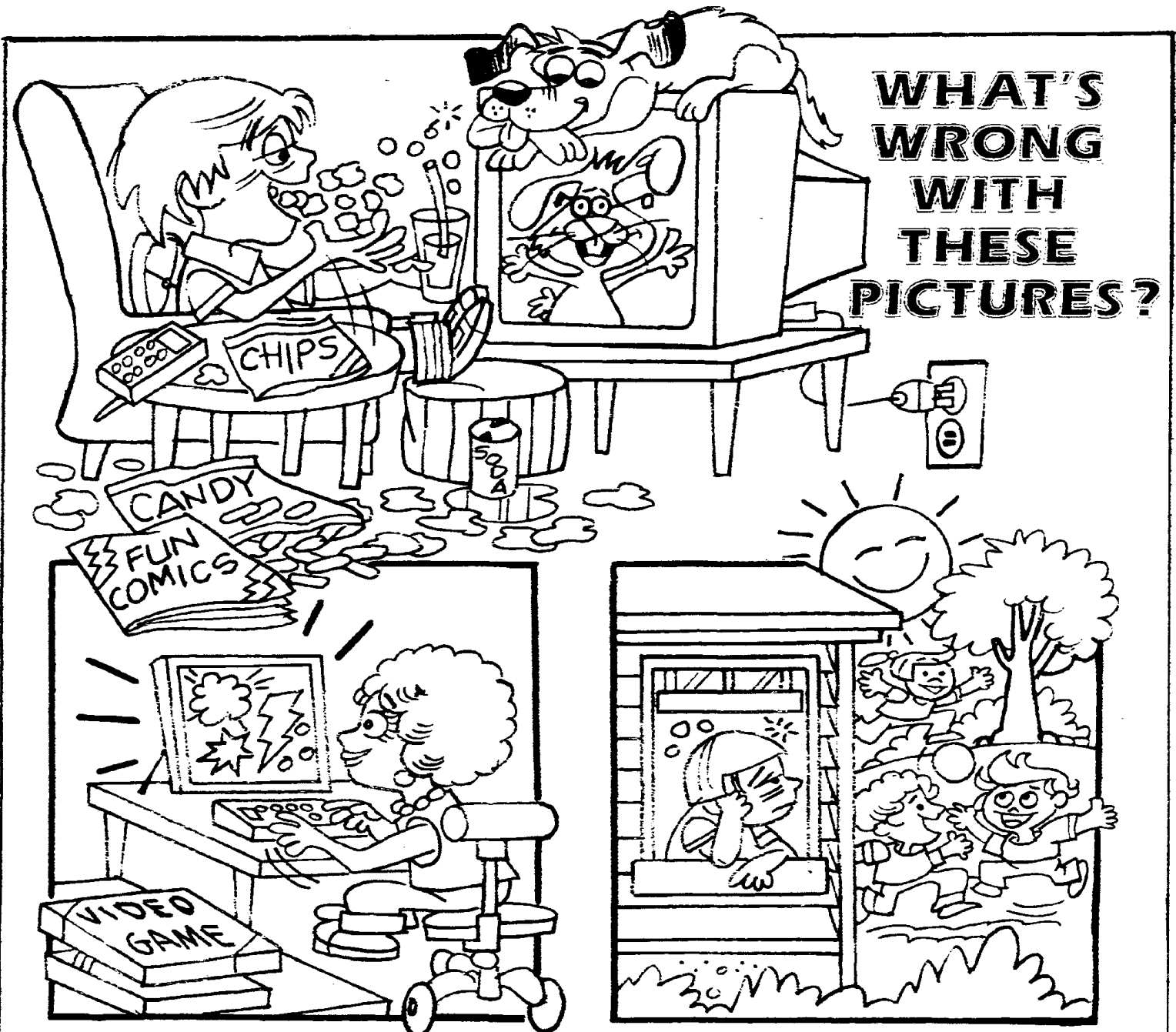
CAN YOU DECODE THE  
***SECRET MESSAGE?***

|    |    |    |    |    |    |    |    |    |       |
|----|----|----|----|----|----|----|----|----|-------|
| 55 | 11 | 39 | 71 | 17 | 55 | 44 | 97 |    |       |
| 68 | 71 |    | 23 | 97 | 97 | 11 |    |    |       |
| 68 | 65 | 97 |    | 65 | 71 | 26 | 44 | 97 |       |
| 55 | 42 | 55 | 93 | 97 |    | 55 | 91 |    |       |
| 65 | 97 | 62 | 42 | 68 | 65 | 88 |    | 62 | 91 77 |
|    | 44 | 68 | 39 | 71 | 91 | 83 |    |    |       |

***SECRET CODE***

|             |             |             |             |             |
|-------------|-------------|-------------|-------------|-------------|
| <b>A=62</b> | <b>B=33</b> | <b>C=54</b> | <b>D=77</b> | <b>E=97</b> |
| <b>F=14</b> | <b>G=83</b> | <b>H=65</b> | <b>I=55</b> | <b>J=48</b> |
| <b>K=23</b> | <b>L=42</b> | <b>M=17</b> | <b>N=91</b> | <b>O=71</b> |
| <b>P=11</b> | <b>Q=70</b> | <b>R=39</b> | <b>S=44</b> | <b>T=68</b> |
| <b>U=26</b> | <b>V=93</b> | <b>W=41</b> | <b>X=59</b> | <b>Y=88</b> |





**WHAT'S  
WRONG  
WITH  
THESE  
PICTURES?**

**I promise to ~  
Exercise Everyday.**

**Exercise is not only fun ... it's good for my body (*The House I Live In*). Exercise gives me energy to play with my friends and keeps my heart, lungs, muscles and bones strong.**

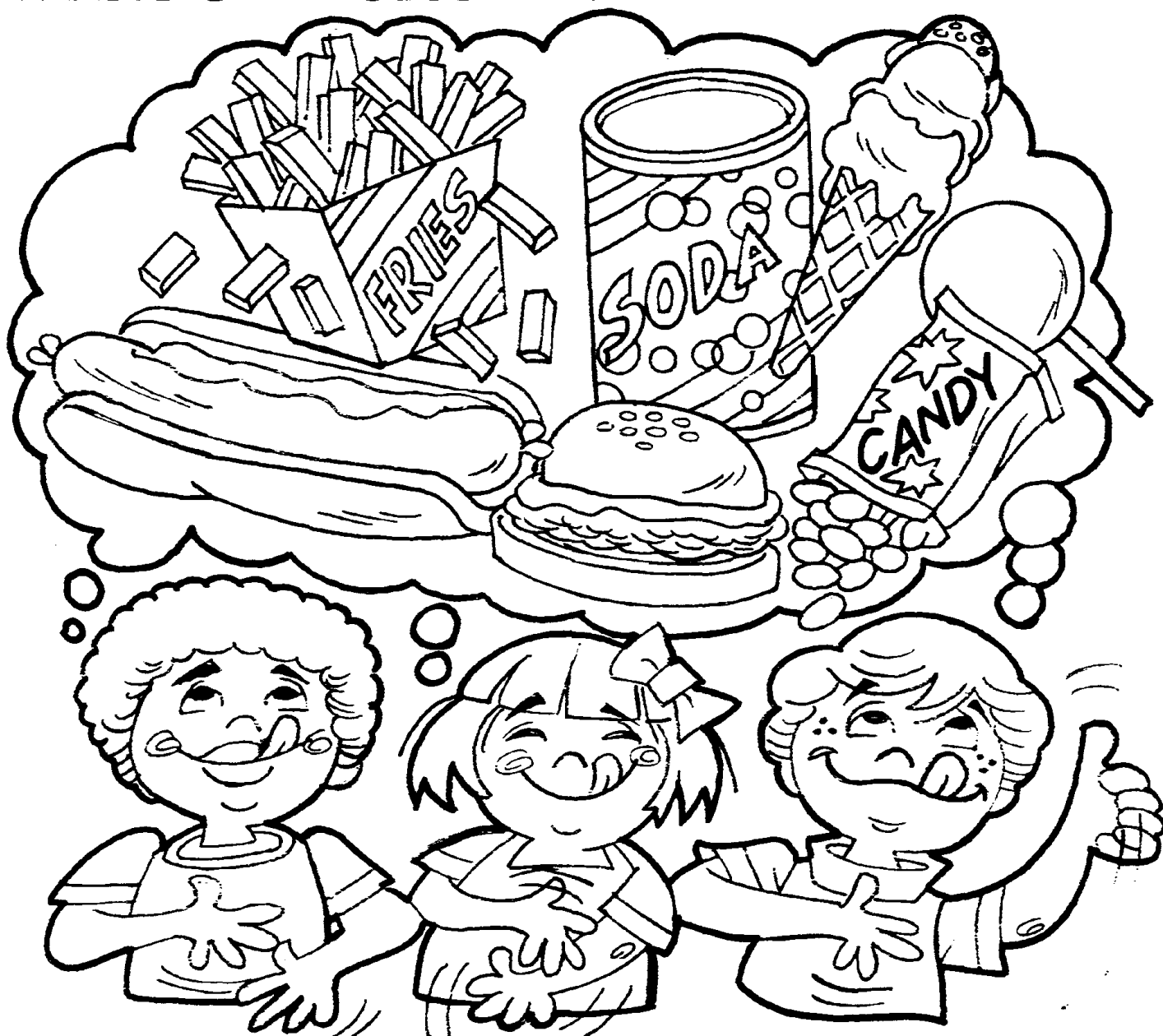
**Print Your Name: \_\_\_\_\_**

EXERCISE...

...EVERYDAY...

... TO  
STAY  
HEALTHY!

# WHAT'S WRONG WITH THIS PICTURE ?



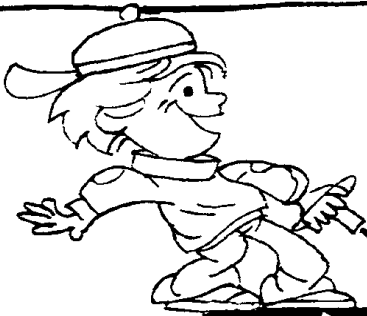
**I promise to ~  
EAT HEALTHY FOODS AND SNACKS.**

**Eating healthy foods and snacks are important for my body (The House I Live In). I will try to eat five servings of fresh fruits and vegetables every day and make water my favorite drink.**

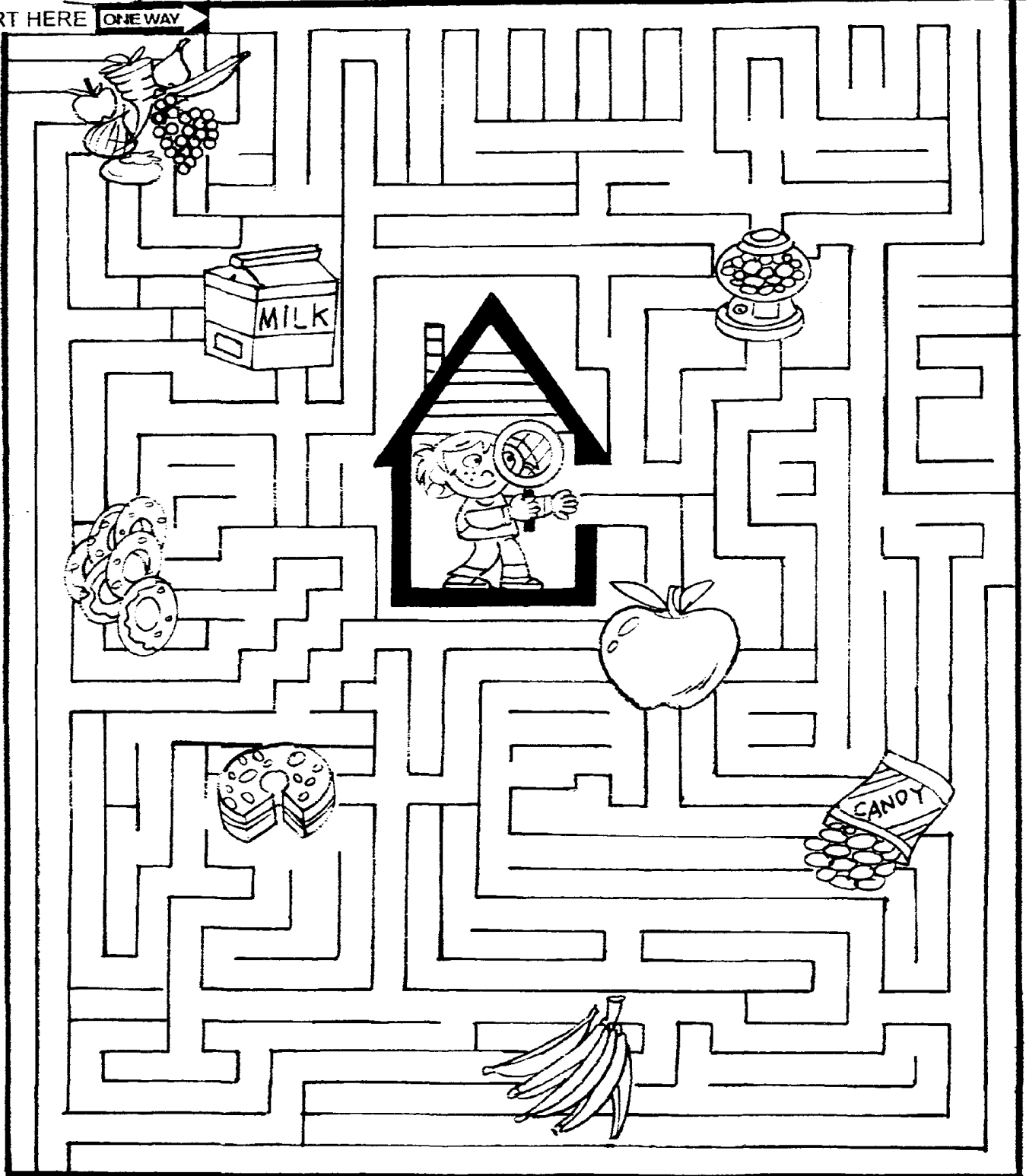
**Print Your Name:** \_\_\_\_\_

# FIND THE CORRECT PATH TO "THE HOUSE I LIVE IN"

While traveling down the path you may only pass through a picture of a healthy food.



START HERE **ONEWAY**



# WHAT'S WRONG WITH THIS PICTURE ?

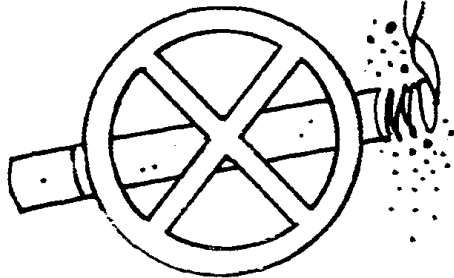
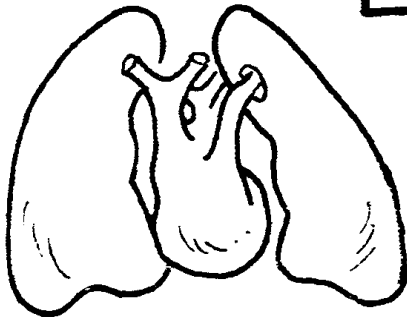


**I promise to ~  
NEVER SMOKE.**

**Smoking is a bad habit that will hurt my body (*The House I Live In*).  
Smoking will hurt my lungs, heart and other parts of my body. I will  
not smoke even if my friends are smoking because I know that  
smoking is not good for me.**

**Print Your Name:** \_\_\_\_\_

# Healthy Choices Crossword Puzzle

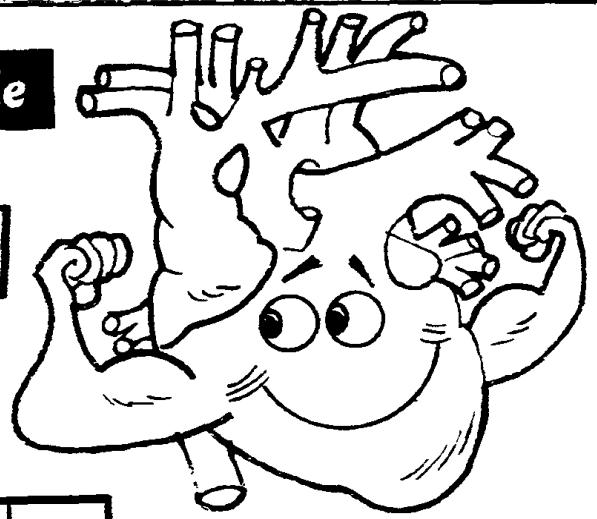
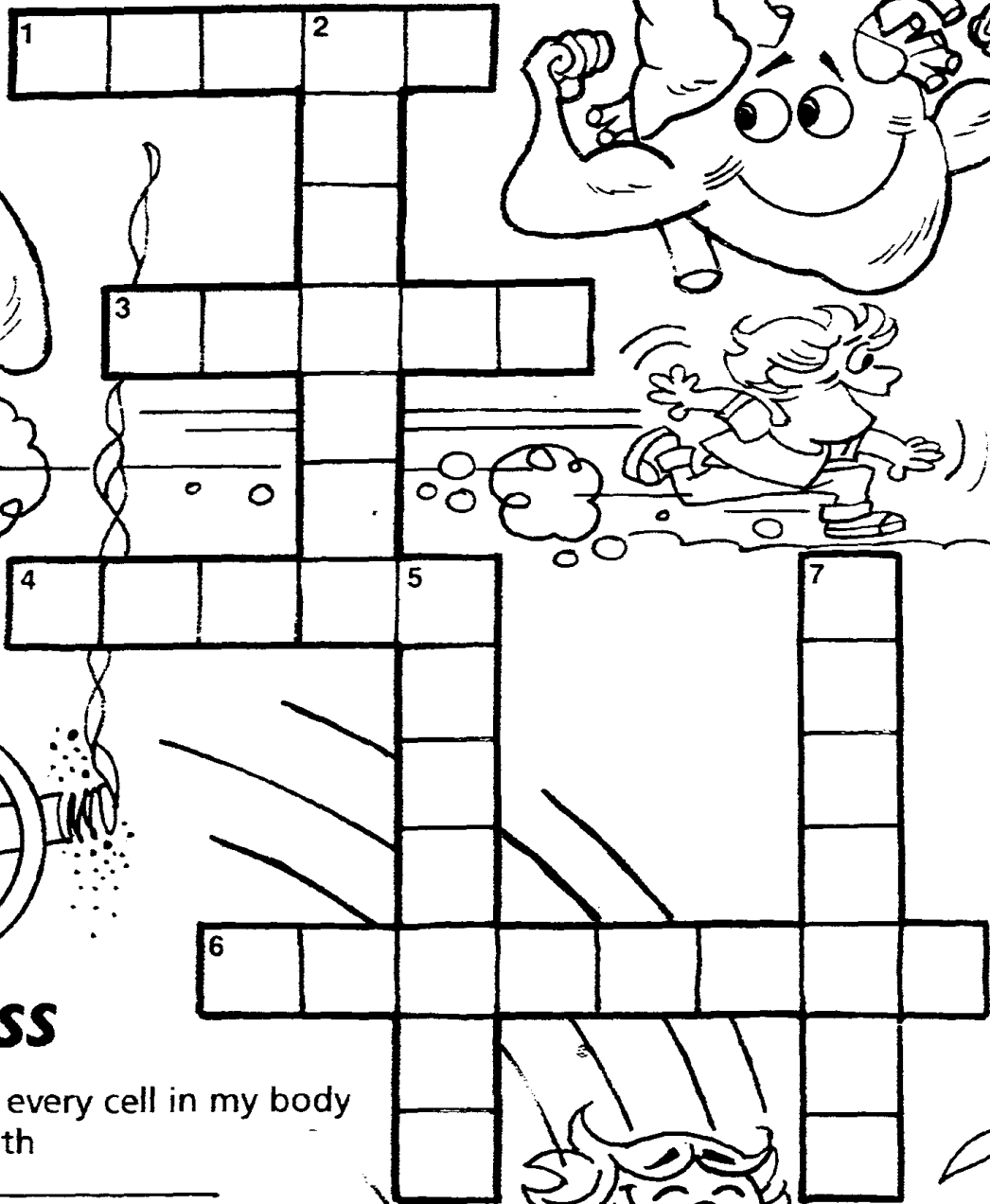


## ACROSS

1. It pumps blood to every cell in my body
3. They help me breath
4. Just say "NO" to \_\_\_\_\_
6. A fun activity you do in a pool

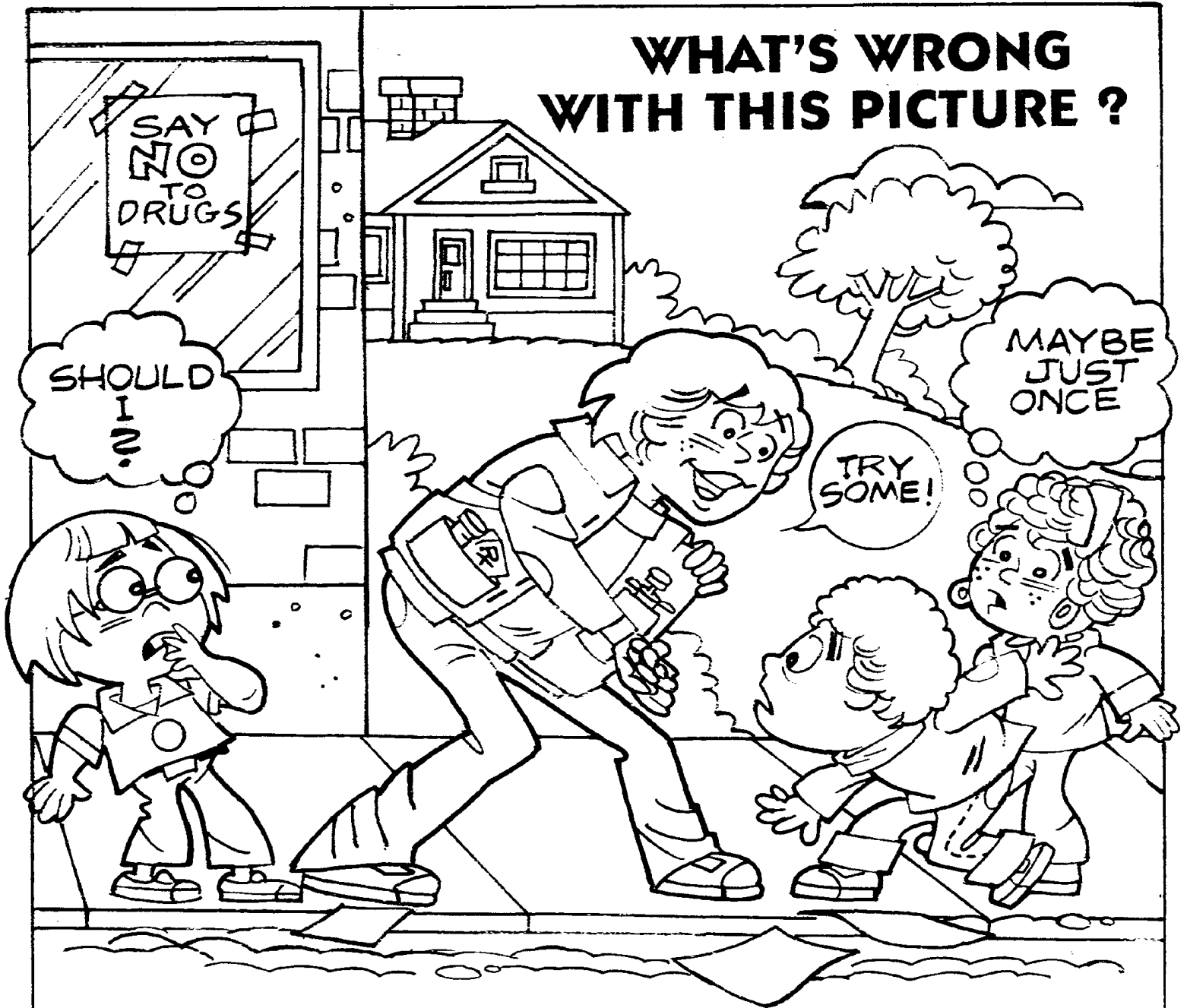
## DOWN

2. A fun activity you do at field day  
When you do it you go very fast.
5. This unhealthy habit will hurt your lungs.
7. Always choose good \_\_\_\_\_ to play with.



**DRUGS LUNGS FRIENDS SWIMMING RUNNING SMOKING HEART**

# WHAT'S WRONG WITH THIS PICTURE ?



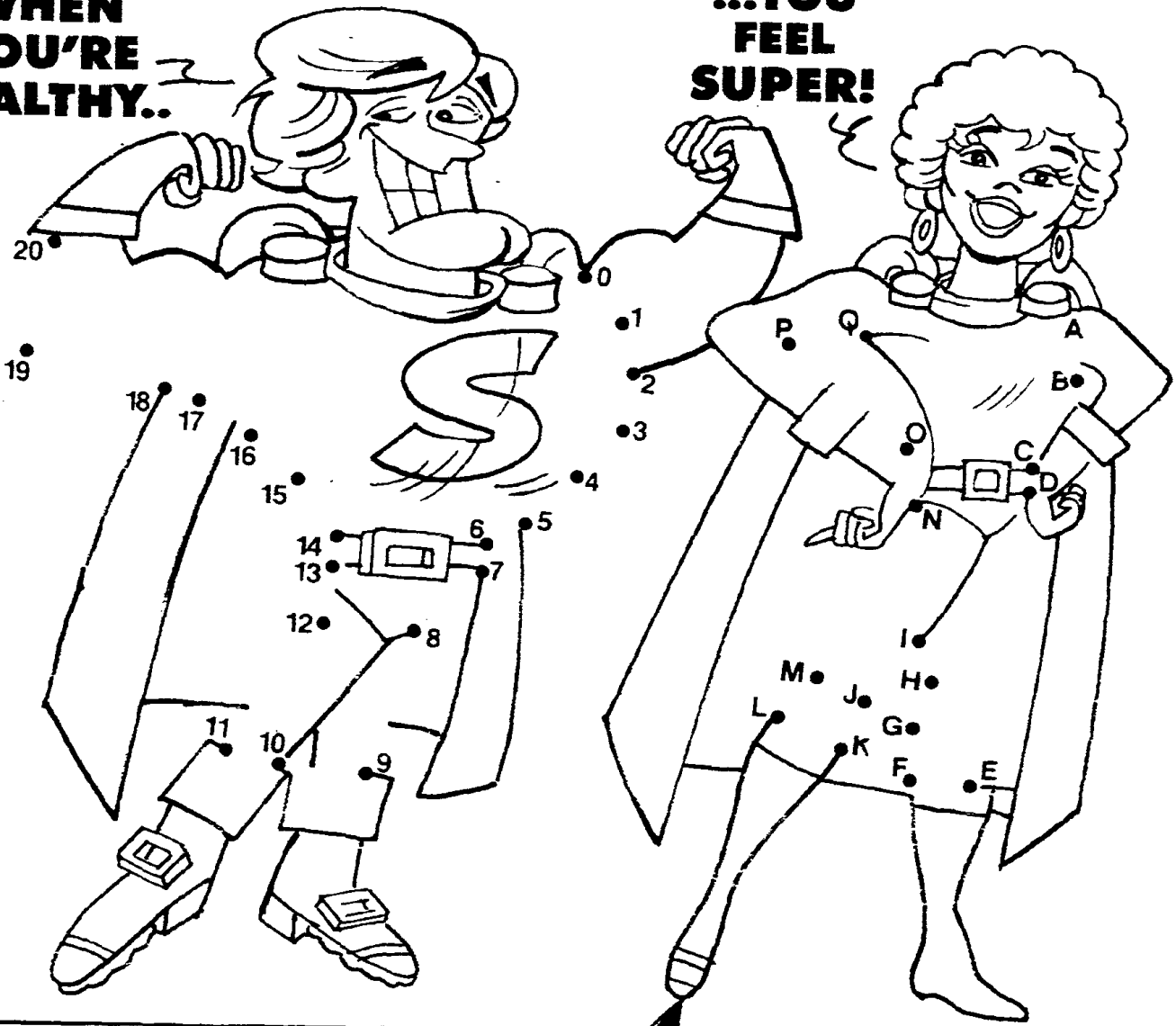
**I promise to ~  
Say "NO" to DRUGS.**

**Someday ... someone may ask me to try drugs. If that happens, I will just say "NO" and immediately tell my parents, teacher or a policeman. I know that taking drugs will hurt my body (*The House I Live In*).**

**Print Your Name:** \_\_\_\_\_

**WHEN  
YOU'RE  
HEALTHY..**

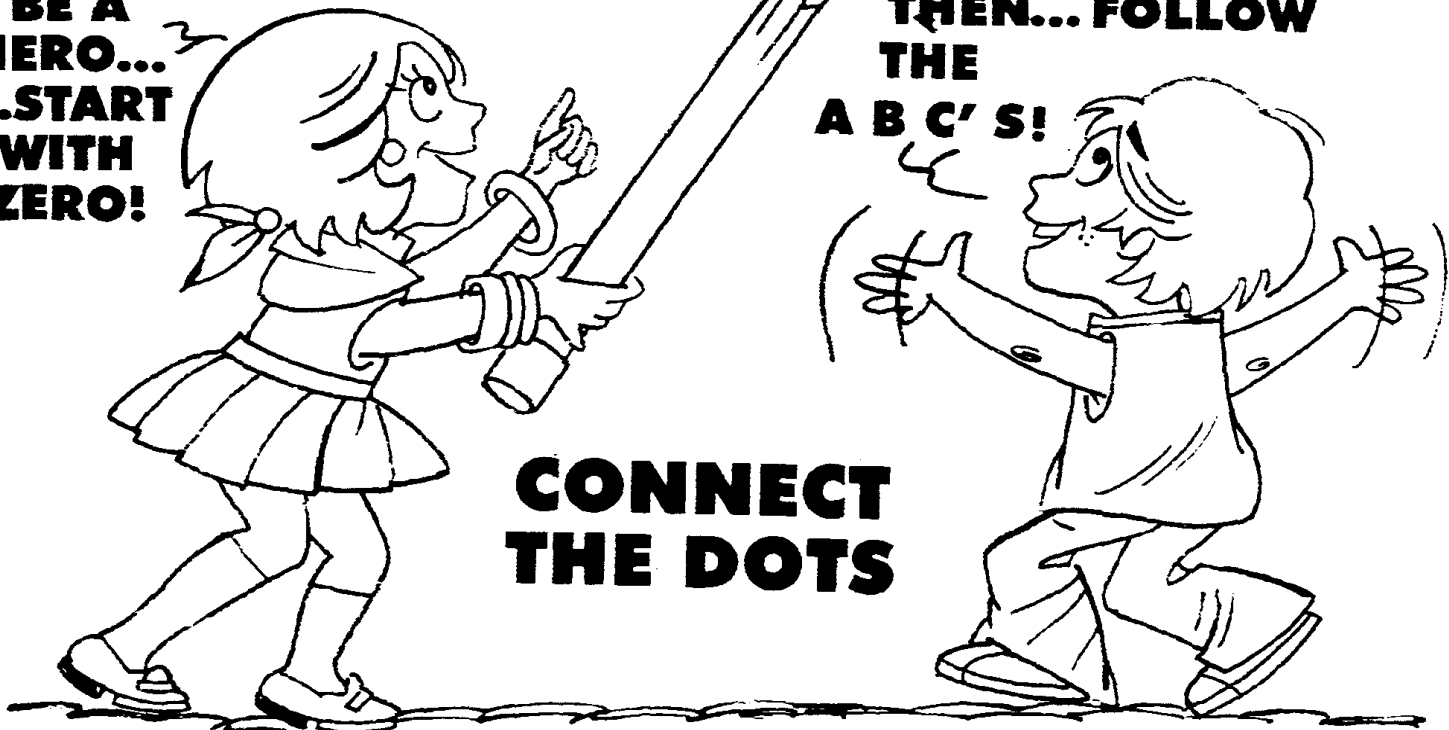
**...YOU  
FEEL  
SUPER!**



**BE A  
HERO...  
...START  
WITH  
ZERO!**

**THEN... FOLLOW  
THE  
A B C' S!**

**CONNECT  
THE DOTS**



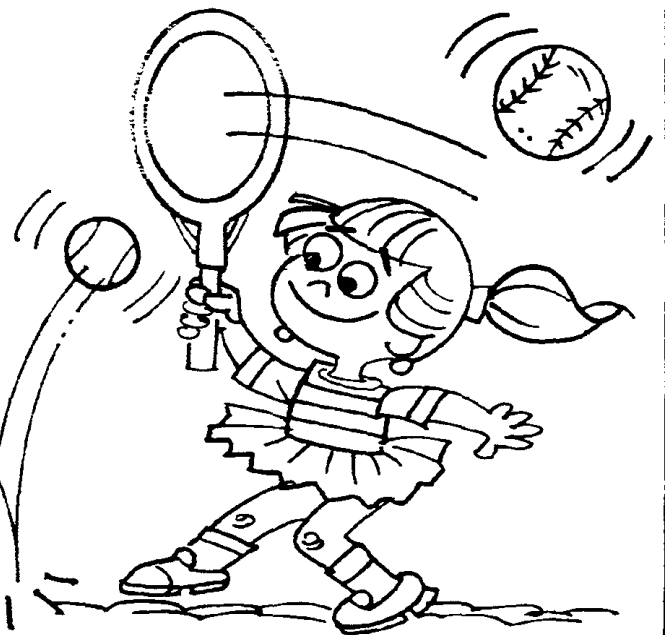
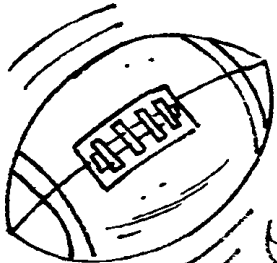
JOGGING  
IS FUN!

# EXERCISE WORD SEARCH

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | R | O | L | L | E | R | B | L | A | D | E | C |
| O | B | W | A | L | K | J | A | T | S | Y | C | L |
| C | E | X | E | R | C | I | S | E | H | F | G | I |
| C | P | S | K | I | P | W | E | L | C | R | O | M |
| E | V | O | L | L | E | Y | B | A | L | L | O | B |
| R | I | C | L | E | F | C | A | T | C | H | X | W |
| S | L | I | D | E | D | K | L | E | P | M | R | T |
| F | O | O | T | B | A | L | L | N | S | L | W | P |
| S | Q | N | R | I | T | X | K | N | M | T | A | C |
| J | U | M | P | K | C | U | S | I | T | Y | B | Y |
| R | J | O | G | E | Q | B | F | S | K | A | T | E |

SO IS  
WALKING!

JOG WALK PLAY BIKE SOCCER SLIDE SLED FOOTBALL  
SKATE CLIMB TENNIS CATCH JUMP VOLLEYBALL  
ROLLERBLADE THROW SKIP EXERCISE RUN BASEBALL





# FRUITS AND VEGETABLES WORD SCRAMBLE

1. B T E S W R Y A R R

2. E T R I C N N E A

3. P L A E P



4. E R S C E H R I

5. I W I K



6. Q A S S U H

7. R O S M S U H O M

8. A P A U A R S G S

9. A I H R S D



10. T S O E T A M O



## FRUITS & VEGETABLES WORD BOX

- TOMATOES
- PEACH
- APPLE
- CHERRIES
- CANTALOUPE
- STRAWBERRY
- NECTARINE
- KIWI
- SQUASH
- ASPARAGUS
- GRAPEFRUIT
- BANANA
- MUSHROOMS
- ORANGE
- RADISH



THEY'RE DELICIOUS AND NUTRITIOUS!

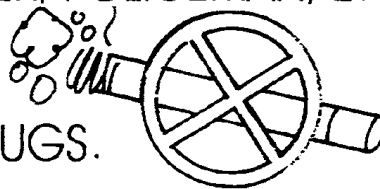
**SECRET MESSAGE:** USE THE FIRST LETTER OF EACH WORD TO FIND THE SECRET MESSAGE

1      2      3      4      5      6      7      8      9      10

# TO KEEP THE HOUSE I LIVE IN HEALTHY AND STRONG

## I PROMISE TO:

- BRUSH MY TEETH.
- COMB MY HAIR.
- WASH MY HANDS AND FACE AND BATHE DAILY.
- KEEP ACTIVE BY EXERCISING EACH DAY.
- LIMIT TELEVISION WATCHING AND COMPUTER GAMES.
- GET PLENTY OF REST (SLEEP).
- CHOOSE HEALTHY SNACKS.
- EAT FRUITS AND VEGETABLES EVERY DAY.
- MAKE WATER MY "#1" DRINK.
- TALK TO A TRUSTED ADULT ABOUT ANY PROBLEM I HAVE.  
( PARENT, TEACHER, POLICEMAN, ETC. )
- NEVER SMOKE.
- NEVER TAKE DRUGS.
- SPEND TIME WITH FAMILY AND FRIENDS.
- STAY HAPPY AND LAUGH A LOT.



**PRINT YOUR NAME:** \_\_\_\_\_