

# ARISE HOMO SAPIENS OPERATOR'S MANUAL: INSTRUCTIONS FOR LIVING A HEALTHY LIFE

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# INTRODUCTION

**Homo Sapiens** (*ho-mo say-pee-unz*): Human beings, people.

This is your homo sapiens owner's manual: your guide to enjoying vibrant good health. It's the instruction book that should have been tied to your big toe when you were born.

When you buy a car, you receive information about how to operate and maintain it in the environment where it will be used. A car owner's manual explains the location and function of each system: brakes, fuel, hydraulics, electrical, transmission, etc. It tells you what to do when warning lights flash and how to avoid expensive repairs with proper maintenance.

This book is just such a manual for your miraculous, multi-purpose, all-terrain homo sapiens vehicle; the amazing piece of equipment that carries you through life.

Many of the old manuals are obsolete because our world has changed dramatically over the past few years. Invisible toxic chemicals pollute the air we breathe, the water we drink, and the food we eat. Life is far more stressful than it was even a generation ago. We are bombarded from all sides by billion-dollar ad campaigns for foods and products that aren't good for us.

Homo sapiens is an extremely hearty make and model but, today, we need to take extraordinary steps to maintain that strength and resiliency. We need a whole new set of guidelines for happy, healthy, wholesome, and harmonious living; a better way of understanding and taking care of ourselves so that we don't just survive, but thrive in this often confusing and sometimes dangerous world.

In our society, we often devote more time and energy to servicing and maintaining our automobiles than we do our bodies. In fact, many people know more about their cars than they do about themselves. The fact is, most of us are woefully undereducated about what we are and how we work.

# INTRODUCTION (cont.)

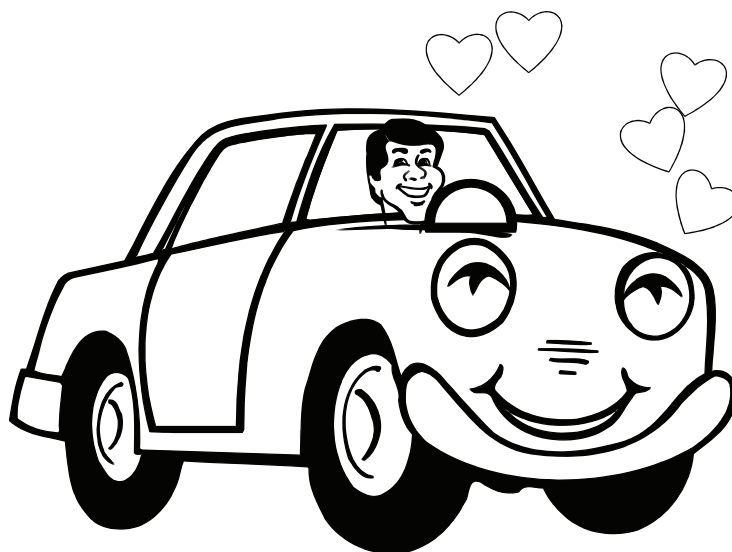
We know very little about our fuel requirements, maintenance programs, and operating instructions. As a result, most of us aren't achieving maximum performance or enjoying the ride as much as we might. We wait until we break down to service our bodies. Then, we show up at the shop or hospital, expecting them to tell us what's wrong and fix it.

It's time to change all that. It's time for us to start learning how to take good care of ourselves. When we take responsibility for our own health, we can actually prevent problems. If our bodies aren't operating efficiently and painlessly, it's hard to participate in life, enjoy peace of mind, or contribute to the planet.

We offer here some basic maintenance techniques to keep your homo sapiens vehicle running smoothly, so that you can venture out into the world and enjoy the ride. It's a guide to turbo-charged living; a way to put more zest into each of your days.

ARISE Foundation

Susan and Edmund Benson, Founders



# LESSON 1:

## PREVENTATIVE MAINTENANCE

### HEALTHY BODIES

**Learner's Workbook:** *None*

1. Make two boxes on the board or where all can see and label one "Car" and the other "Body."
2. Have learners brainstorm things that keep a car running well. Some suggestions include: taking it into the mechanic, using only good gas, not working it too hard. Write all of the suggestions in the "Car" box.
3. Ask learners what things they have to do to keep their body healthy. Give some suggestions. Answers may include: eat nutritious food, avoid drugs and alcohol, don't smoke or eat many high-fat foods. Write their suggestions on the box labeled "Body."
4. Encourage learners to point out similarities in the lists. Discuss with learners that they will be learning how to take care of their health to avoid a break down later on in life.

### RESPECT YOUR EQUIPMENT

**Learner's Workbook:** *Page 1 and 2*

1. Explain to learners that being a responsible homo sapiens owner simply means eating pure, wholesome, fresh, and delicious food and behaving in ways that give us peace of mind and make us feel good about ourselves. Have learners jump read workbook page 1. (Reminder: Jump reading is when one learner begins to read until the end of a sentence or idea. Then, another learner jumps in and reads until the end of another sentence or idea. Continue until all information has been read.)
2. Ask learners to think of some ways that they can do their own preventive maintenance. Have them list these ways on page 2 of the workbook. Select volunteers to share their lists when everyone has finished. Some preventive examples are: Don't start smoking and stop if you have started. Don't eat too many high-fat foods such as chips, ice cream, or candy bars (junk food). Don't drink. Don't be a couch potato.

## SERVICE CHECKLIST

### Learner's Workbook: *Page 3*

1. Inform learners that using the right fuel is the foundation of good maintenance. We service our homo sapiens each time we sit down to fill up, but self-maintenance doesn't stop with eating right. It also includes exercise, rest, stress management, and the development of positive thinking and high self-esteem. These are the minimum service requirements for homo sapiens under average conditions. If we operate under hostile or extreme conditions, such as a polluted environment or high stress, special steps should be taken.
2. Select volunteers to jump read page 3 of the workbook. Ask learners to think of other ways that they can keep their homo sapiens in top form.

## GOOD AND BAD HABITS

### Learner's Workbook: *None*

1. Explain to learners that good maintenance is made up of good habits. Eliminating bad fueling patterns, stress, and other negative patterns may not happen overnight. It can take time and effort to change, but the rewards are worth it.
2. Write the word "Habit" on the board or a large piece of paper where all can see. Under the word to the right draw a happy face; draw a sad face on the left. Have learners suggest good and bad habits and write them in the appropriate column.
3. Randomly assign a bad habit to each learner. Instruct the class to write down on a piece of paper an excuse someone might use to justify that habit (for example, I smoke because it is too hard to quit; I eat fast food because I don't have time to cook healthy food). Have learners switch papers with their neighbor and then write another perspective for dealing with the situation. (Try the nicotine patch to help you quit smoking; Cook all the food you'll need for the week on Sunday so that you only have to defrost it or warm it up on a weeknight). Review answers aloud when everyone has finished.

## PREVENTIVE MAINTENANCE (POSTER)

### Learner's Workbook: *Page 4*

1. If time permits, have learners make a poster on workbook page 5 using some of the ideas found on the service checklist on workbook page 4.

# ARISE HOMO SAPIENS OPERATOR'S MANUAL: INSTRUCTIONS FOR LIVING A HEALTHY LIFE

## LEARNER'S WORKBOOK



Name: \_\_\_\_\_

# INTRODUCTION: RESPECT YOUR EQUIPMENT

Taking responsibility for your own health and well-being doesn't mean that you can't ever see a doctor. It just means that you give up the passive role of spectator and participate in maintaining your physical health.

You don't wait around helplessly to see what illness or condition strikes you next and then rely completely on medical science to pull you through. Instead, you learn what foods and behaviors contribute to health and make the necessary changes. You see your partnership with your "guest mechanic" as a joint effort because you are both interested in the same result: your good health.

When you understand that you're the one responsible for maintaining your homo sapiens, you own it in a way you never could before. When you start giving it the quality preventive maintenance it deserves, you not only increase its efficiency, you feel better. Your engine is running as smoothly as it was designed to run.

Taking good care of your homo sapiens is a way to jump-start your self-esteem and give yourself mental, as well as physical, well-being.



# PREVENTATIVE MAINTENANCE

List the things you can do as preventive maintenance on your homo sapiens. The first one is done. For these purposes, don't worry about spelling and grammar. Just do the best you can.



1. I can make sure that I brush my teeth at least twice a day.

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

# SERVICE CHECKLIST

The following is your basic service checklist. It is a short course in preventive maintenance. Try to think of another three things that you could do to keep yourself in top shape and list them at the bottom of this worksheet.

- Give your system energy with wholesome, unadulterated, natural foods, including whole grains, nuts and fresh vegetables, fruits, beans, soups, and sea vegetables.
- Stop smoking.
- Eliminate alcohol from your diet.
- Restrict the amount of the following foods: sugar, white flour, meat, and high-fat dairy products (such as ice cream).
- Reduce the amount of junk food. Research shows that using this type of fuel causes homo sapiens to operate poorly.
- Eat a low-fat, low-salt, high-fiber diet.
- Exercise regularly, within safe limits.
- Eliminate one source of stress from your life each day.
- Be a weight-watcher. Set limits and maintain your ideal weight.
- Examine your body for changing skin moles.
- Check your hearing every five years.
- Go to the doctor at least once a year for a checkup.

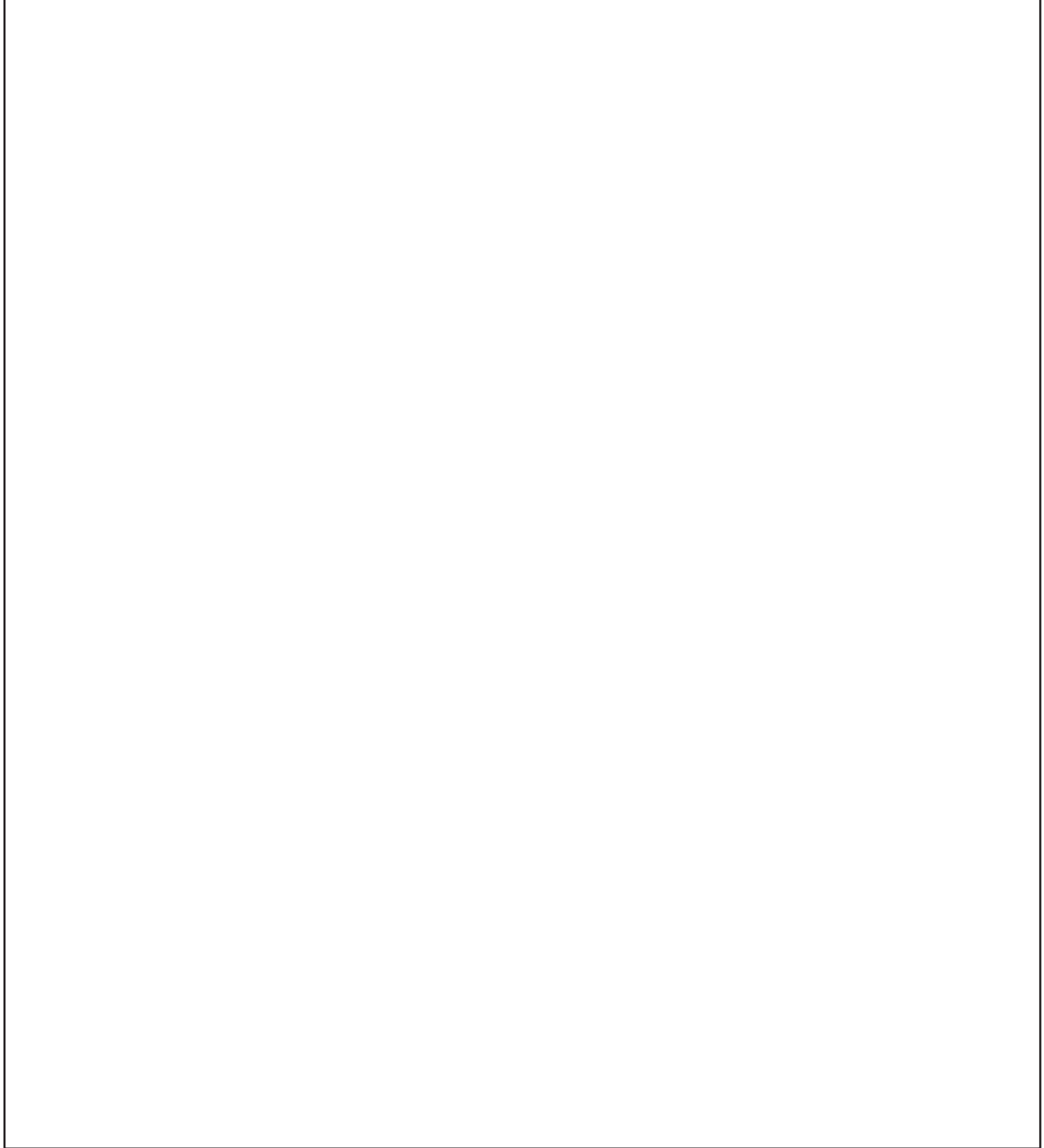
1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# PREVENTIVE MAINTENANCE POSTER

Create a poster using the information on the list from the previous activity.

A large, empty rectangular box with a black border, intended for students to create a poster based on the instructions above.