

Overview:

Healthy Lifestyle App

Why use this App?

This App is packed with challenges about the importance of having a healthy lifestyle. This might be by being careful about what you eat, by improving your fitness levels, by ensuring you maintain good hygiene practices or by finding out how to keep spiritually fit.

How do I use it?

The App is split into five programmes. Each one should take four to six hours.

The programmes:

Live the Life	(Healthy lifestyle)
Body Beautiful	(Keeping fit)
Junk Food Ban	(Healthy eating)
Water, water everywhere	(Drinking habits)
Sex in the City	(Safe sex)

Each programme presents you with a challenge. Here are the five challenges from the Healthy Lifestyle app:

Your Challenge:	Live The Life: (Healthy lifestyle) Consider what is needed to live a healthy lifestyle. Choose a specific focus group and find a way of promoting healthy living to this group.
Your Challenge:	Body Beautiful: (Keeping fit) Challenge yourself to get fit both physically and spiritually. Select a sport/leisure activity that interests you and engage with it on a regular basis.
Your Challenge:	Junk Food Ban: (Healthy eating) Explore what constitutes a healthy diet and engage in an activity which helps you to share that information with others.
Your Challenge:	Water, Water Everywhere: (Drinking habits) Water is essential to life. Your challenge is to consider the positive and negative experiences that can come from the use of water (which is after all present in every drink) and help others to understand this.
Your Challenge:	Sex In The City: (Safe sex) Your challenge is to explore how it is possible, in what some call 'a permissive society,' to maintain a healthy respect for your body and for those you care about.

Healthy Lifestyle App:
Your challenge:

Live the Life: (Healthy lifestyle)

Consider what is needed to live a healthy lifestyle. Choose a specific focus group and find a way of promoting healthy living to this group.

Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like.

You could:

- Create a booklet or series of posters for young people highlighting the various aspects of healthy living.
- Plan a series of practical activities, relating to the theme of healthy living, and deliver/teach them to a group of younger members.
- Produce a script or video presentation entitled Healthy Living and present it to your chosen focus group.
- Research local provision and produce and present a PowerPoint presentation to inform a senior citizen group of the services available to help them maintain a healthy lifestyle.

Set the scene:

Think/talk through what the challenge is about. These questions might help you:

- What do you already know about the subject and what else do you need to find out?
- Where might you find out more information?
- What useful skills/contacts do you/other members of your group possess to help with this challenge?
- What difficulties do you think you might face?

Design:

Study some of the information you have gathered and consider how you will complete the challenge.

Who? Do you need anyone to help/train/supervise/advise you?

What? What special equipment/space/advice do you need to complete the challenge?

How much? What costs might be involved and how will this funding be found?

When? Are there any dates or time lines you must set in order to ensure you meet your deadlines?

Respond: Make it happen! Put your plan into action and complete the challenge.

Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- Read Acts Ch.2:42-47 and identify the things that the early church did in order to grow.
- Make a comparison between physical needs and spiritual needs.
- Choose one aid to spiritual fitness (e.g. regular Bible reading, regular prayer, meeting with other Christians, listening to worship music and church attendance) and record your involvement over a period
- Interview a young Christian and find out how he/she meets his/her spiritual needs.

Evaluate:

Think through how successful you have been with this challenge. Consider:

- What do you think you have learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- How has this challenge given you a Christian perspective on issues which you face in everyday life?

Health Lifestyle App:

Your challenge:

Body Beautiful: (Keeping fit)

Challenge yourself to get fit both physically and spiritually. Select a sport/leisure activity that interests you and engage with it on a regular basis.

Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like.

You could:

- Use/create a DVD or similar interactive package which engages you in a programme of personal fitness/exercise regime/fitness class.
- Organise and participate in a series of taster evenings where you engage in a different physical activity each week.
- Follow a Duke of Edinburgh Award's physical recreation programme.
- Join a local sports club/after school club which involves you in regular participation of a sport.
- Take responsibility for/lead a series of games or dance sessions with other members of your group.
- Prepare a demonstration of dance/cheerleading/gymnastics to present at a celebration/open evening.

Set the scene:

Think/talk through what the challenge is about. These questions might help you:

- What do you already know about the subject and what else do you need to find out?
- Where might you find out more information?
- What useful skills/contacts do you/members of your group possess to help with this challenge?
- What difficulties do you think you might face?

Design:

Study some of the information you have gathered and consider how you will complete the challenge.

Who? Do you need anyone to help/train/supervise/advise you?

What? What special equipment/space/advice do you need to complete the challenge?

How much? What costs might be involved and how will this funding be found?

When? Are there any dates or time lines you must set in order to ensure you meet your deadlines?

Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- Read Hebrews Ch.12:1-3.
- Make a comparison between a physical race and the race of life.
- Consider and discuss together what might slow down a runner in a race and then explore those things which may pull us down in our lives.
- Find a way of presenting these verses visually so that others can understand them.

Respond: Make it happen! Put your plan into action and complete the challenge

Evaluate:

Think through how successful you have been with this challenge. Consider:

- What do you think you have learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- How has this challenge given you a Christian perspective on issues that you face in everyday life?

**Healthy Lifestyle App:
Your Challenge:**

Junk Food Ban: (Healthy eating)

Explore what constitutes a healthy diet and engage in an activity which helps you to share that information with others.

Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like. You could:

- Prepare, plan and cook for a dinner party with a healthy balanced meal. Find a way to inform your guests about the need for healthy eating.
- Create a questionnaire and research the eating habits of a selected group (e.g. your family, your peer group, a group of parents or church members). Using the information gained, produce a leaflet to give to all those who participated in your research - highlighting the need for healthy eating.
- Identify the range of junk food outlets in your area, research the effect of their products and produce a publicity flyer that publicises these facts and/or highlights healthy eating alternatives.
- Try out a series of healthy eating meals and produce a recipe book, or information sheets with photographs and recipes. Distribute the recipes locally to encourage others to eat healthily.

Set the scene:

Think/talk through what the challenge is about. These questions might help you:

- What do you already know about the subject and what else do you need to find out?
- Where might you find out more information?
- What useful skills/contacts do you/other members of your group possess to help with this challenge?
- What difficulties do you think you might face?

Design:

Study some of the information you have gathered and consider how you will complete the challenge.

Who? Do you need anyone to help/train/supervise/advise you?

What? What special equipment/space/advice do you need to complete the challenge?

How much? What costs might be involved and how will this funding be found?

When? Are there any dates or time scales you must set in order to ensure you meet your deadlines?

Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- Brainstorm the range of Biblical narratives which include the sharing of a meal.
- Study John Ch.6:5-13 - the story of feeding the 5,000. Discuss what it teaches us about Jesus, about ourselves, about others and about sharing.
- Find a way of presenting this story to others e.g. through presenting a drama, by writing a children's song that tells the story or through interactive story-telling with a group of children.

Respond: Make it happen! Put your plan into action and complete the challenge

Evaluate:

Think through how successful you have been with this challenge. Consider:

- What do you think you have learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- How has this challenge given you a Christian perspective on issues that you face in everyday life?

Healthy Lifestyle App:

Your challenge:

Water, water everywhere: (Drinking habits)

Water is essential to life. Your challenge is to consider the positive and negative experiences that can come from the use of water (which is after all present in every drink) and help others to understand this.

Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like.

You could:

- Keep a water diary for a period of one week. Identify the positive impact that water has on our lifestyle and raise money to enable a third world community to access clean water.
- Organise a non-alcoholic cocktail party and provide your guests with an information leaflet highlighting the dangers of the excess of alcohol.
- Scan the local/national newspapers, as well as stories on the internet, to identify examples of the adverse effects of the excess drinking of alcohol e.g. binge drinking. Try to analyse some of the reasons why some people engage in such excess. Write an article for your school magazine or a letter to the local press/your MP raising the profile of the issue and making positive suggestions about alternative lifestyles.
- Statistics show that we waste water every day. Explore some of the easy ways in which we can save water and find a way of sharing this information with others.

Set the scene:

Think/talk through what the challenge is about. These questions might help you:

- What do you already know about the subject and what else do you need to find out?
- Where might you find out more information?
- What useful skills/contacts do you/other members of your group possess to help with this challenge?
- What difficulties do you think you might face?

Design:

Study some of the information you have gathered and consider how you will complete the challenge.

Who? Do you need anyone to help/train/supervise/advise you?

What? What special equipment/space/advice do you need to complete the challenge?

How much? What costs might be involved and how will this funding be found?

When? Are there any dates or time lines you must set in order to ensure you meet your deadlines?

Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- Share together the passage in John Ch.4:4-19 where Jesus talks about the living water.
- Discuss together what Jesus meant when He said 'I am the living water'.
- How can we drink the living water of which Jesus spoke?
- Create a banner, poster, mural or hymn illustrating the theme of living water.

Respond: Make it happen! Put your plan into action and complete the challenge.

Evaluate:

Think through how successful you have been with this challenge. Consider:

- What do you think you have learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- How has this challenge given you a Christian perspective on issues that you face in everyday life?

Healthy Lifestyle App:
Your challenge:

Sex in the City: (Safe sex)

Your challenge is to explore how it is possible, in what some call a 'permissive society', to maintain a healthy respect for your body and for those you care about.

Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like.

You could:

- Invite some health professionals (e.g. school nurse, health visitor, social worker or probation officer) to deliver a series of talks/discussions about issues relating to sex and relationships.
- Explore the words found in the marriage service and, by visiting and talking with a number of married couples, unpack the attitudes and values that they reflect and the challenges that they bring to life together. Consider your personal response to what you have learnt.
- Research the statistics that are available relating to levels of teenage pregnancy/one parent families in this country and reflect on the implications for such groups. Visit/meet/support/raise funds for an organisation that supports those in one of these categories.

Set the scene:

Think/talk through what the challenge is about. These questions might help you:

- What do you already know about the activity and what else do you need to find out?
- Where might you find out more information?
- What useful skills/contacts do you/other members of your group possess to help with this challenge?
- What difficulties do you think you might face?

Design:

Study some of the information you have gathered and consider how you will complete the challenge.

Who? Do you need anyone to help/train/supervise/advise you?

What? What special equipment/space/advice do you need to complete the challenge?

How much? What costs might be involved and how will this funding be found?

When? Are there any dates or time lines you must set in order to ensure you meet your deadlines?

Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- Read Genesis Ch.2:24 and discuss what the Bible says about sex.
- Read what Paul says about marriage in 1 Corinthians Ch.7:1-5 and what Peter says in 1 Peter Ch.3:7.
- Read John Ch.3:16 and John Ch.15:13 and see what the Bible says about true love.
- Talk with a young married couple about their views and beliefs regarding sex, love and marriage.
- If you were to be officiating at a wedding service what 'words of wisdom' would you give to the bride and groom?

Respond: Make it happen! Put your plan into action and complete the challenge.

Evaluate:

Think through how successful you have been with this challenge. Consider:

- What do you think you have learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- How has this challenge given you a Christian perspective on issues that you face in everyday life?

Healthy Lifestyle App

Your chosen challenge:

Ideas:

Outline your idea:

Set the scene:

Jot down your initial thoughts/questions:

Design:

Consider who will be involved, when it will happen, what you will need and how much it will cost etc.

Who?

What?

How much?

When?

Investigate the Christian perspective:

Outline how you will find out what the Bible/other Christians say about this topic.

Will you have a specified time every week or one whole evening focused on this aspect of your challenge?

Will it be led by visitors/your leader/your chaplain/members of your group?

Respond

Now use the challenge plan on the next page to help you to make it happen!

Work out what will happen each week.

Identify who you will need to help you/who is inviting them/who is leading/who will be involved in each activity etc.

Ensure you will have the resources you will need.

Record the time you are involved each week to keep track of your progress.

Evaluate

Think through how successful you have been by considering the evaluation questions.

Record your story in my *i - chievement* journal

**Healthy Lifestyle App -
Challenge plan**

Date	Activity What will you do this week?	Who Who will support you to facilitate this session?	What What equipment is needed?
Week/step 1 Date: Time:			
Week/Step 2 Date: Time:			
Week/step 3 Date: Time:			
Week/step 4 Date: Time:			
Week/step 5 Date: Time:			
Week/step 6 Date: Time:			
Week/step 7 Date: Time:			
Week/step 8 Date: Time:			
Week/step 9 Date: Time:			
Week/step 10 Date: Time:			

Copy for additional weeks as required.