

# Model for Healthy Living

## Spin the Wheel Game

The Church Health Center Model for Healthy Living Game is a great way to enhance communication about all of the wellness components. It can be used at health fairs or as a fun way to present the Model for Healthy Living to adults, children and teens.

The wheel can be built using thin plywood or coroplast and hung on a wall. Another option is to build the game using heavier wood with a secure stand to safely set on tabletops.

Once the game is set up securely, start spinning. A list of questions for each wellness component is included. Feel free to add new ones to the list. Use these questions to quiz the participants about each topic. This is a great way to have fun while engaging individuals or groups in conversation about wellness.

If you choose, you can give participants free promotional materials (t-shirts, pens, magnets) if they answer the question correctly.

There are also actions items you may add to the wheel. If the gauge lands on an action item, ask the participant to perform that action and discuss how the action is tied to a component of wellness. For example; take a deep breath, stretch your arms, identify your greatest strength or ask that person what they are they are thankful for.

You may fill in the additional spaces with questions about your congregation, organization or community. The ideas are virtually unlimited!



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## Spin the Wheel Game

### Faith

1. Research has shown that there is a positive relationship with improved health and a person's faith. I F
2. Involvement in faith based activities has been shown to reduce stress hormones. I F
3. If you go to church and pray regularly, you do not have to see a doctor. **T** E
4. Can you identify three positive health benefits associated with your faith?
  - Reduced stress
  - Reduced depression
  - Less cardiovascular disease
  - Fewer metabolic problems
  - Lower blood pressure
5. Do you participate in regular faith exercises and what benefit do you receive? (church, prayer, community/social services)
6. Prayer is ineffective unless you are at church. T E

### Movement

1. What is the most important aspect when exercising?
  - Working as hard as you can
  - Running as long as you can
  - Great flexibility
  - Exercising consistently
2. Which is the BEST exercise for you?
  - Walking
  - Swimming
  - Aerobics
  - The one that you like to do
3. Do you enjoy exercising? Do you ever exercise with your friends or family?
4. Weight loss should ALWAYS be the goal when exercising. T E
5. The minimum number of workouts you should perform each week for desirable results is- 1 2 3 4 5 6
6. Can you describe progression in exercising? (*gradually adding duration, intensity, frequency, distance*)
7. The older you are, the less physical activity you need. T E
8. The more you weigh, the more calories you will burn while exercising. I F
9. Exercise will prevent you from getting a good night's sleep. T E
10. What is the key to successful weight loss?
  - Skipping meals
  - Giving up sugary drinks
  - Exercising every day
  - Burning more calories than you take in

# Medical

1. If you go to church and pray regularly, you do not have to see a doctor. T E
2. Can you name 2 recommended preventive screenings?
  - Mammogram
  - Blood Pressure
  - Fasting Glucose
  - Prostate Exam
  - Glaucoma
  - Hearing
  - Depression/HIV
  - Skin Cancer
  - Dental
3. Do you have a Primary Care Provider you see regularly? Do you communicate effectively with your PCP?
4. Do you feel that you have an important role in your health care?
5. Do you know why you were prescribed the medication you are on?
6. Which organ is closely associated with Diabetes?
  - Pancreas
  - Liver
  - Stomach
  - Kidneys
7. Name two symptoms of a heart attack.
  - Chest pain
  - Shortness of breath
  - Faster heartbeat
  - Nausea
  - Dizziness
  - Sweating
  - Rapid/irregular heartbeat
  - Discomfort in back, arms, jaw
  - Weakness
8. High cholesterol is not hereditary. T E

# Work

1. You are what you do for work. T E  
*It is only a part of you*
2. What is the most important factor in determining your value at work/volunteer?
  - Boss
  - Customers
  - Money
  - Mental Attitude
3. Do you know how your work contributes to the community? Identify one positive way it does.
4. Do you have a 5 year career plan?
5. If you could volunteer to do anything you wanted, what would it be?
6. What is the best way to handle problems in the workplace?
  - Ignore them
  - Talk to your supervisor/manager
  - React with anger
  - Quit your job

7. Do you consider your job stressful? Y N
8. Do issues at work interfere with your life outside of work? Y N

## Emotional

1. Can you identify 2 ways to productively deal with stress?

- Exercise
- Meditation
- Deep Breathing
- Talking with Friends

2. Stress is always negative. T F

*It can be a motivator as well.*

3. Can you identify when you are feeling distressed?

- Irritable
- Unable to sleep
- Binge Eating
- Difficulty managing temper
- Restless
- Avoiding people
- Overly Tired
- Compulsive behavior
- Memory problems

4. What you eat can affect your emotions. T F

5. Your emotions can affect what you eat. T F

6. Can you describe a recent "stressful situation" that you handled well? What was the key?

7. A rise in blood pressure is an automatic response of the body to stress. T F

8. Some stress allows the nervous system to function efficiently. T F

9. Name two physical symptoms that could result from stress.

- Headaches
- Fatigue
- Hair loss
- Rapid heartbeat
- Increased blood pressure
- Loss of appetite
- Frequent colds/illness
- Acne
- Weight gain/loss
- Stomach upset

## Nutrition

1. Which of the following nutrient is needed to build and maintain the structural components of the body?

- Carbohydrates
- Protein
- Fat
- Fiber

2. Which of the following nutrients do we get from sunlight?

- Vitamin K
- Vitamin D
- Vitamin C
- Fiber

3. Which nutrient is needed for making hormones, healthier skin and to make cell membranes?

- Fat
- Carbohydrate
- Fiber
- Vitamin B12

4. From which foods do we get carbohydrates?

- Milk products
- Whole grains and cereals
- Table sugar, starchy vegetables, legumes
- All of the above

5. Would you consider your favorite food more healthy or less healthy?

6. Which of these is required on a food label?

- Total Carbohydrate
- Sugar
- Iron
- All of the above

7. Citrus fruits are a good source of \_\_\_\_\_.

- Calcium
- Vitamin C
- Vitamin B
- Iron

8. Which is the best meal to skip?

- Breakfast
- Lunch
- Dinner
- None of the above

9. Snacking always contributes to weight gain. T F

10. This mineral is essential for healthy red blood cells and preventing anemia.

- Magnesium
- Iron
- Chromium
- Iodine

## Family and Friends

1. Your family and friends can have a large impact on your health? T F

How?

2. Do you discuss your health behaviors with your friends and family? Y N

3. Do you think your family and friends would understand a change in your behavior to improve your health (not going out to dinner as often)?

4. Do your friends' and family's health behaviors effect your health behaviors?

5. Do you affect your family and friends health behaviors?

6. How frequently to you engage in social activities?

7. Name a benefit of frequent social interaction.

- Stress relief
- Lower risk of depression
- Living longer
- Feeling connected