



California Cadet Corps Curriculum on Health



A Well Cadet



A Well Cadet Agenda

- A1. Dimensions of Cadet Wellness
- A2. Cadet Physical Wellness
- A3. Cadet Emotional Wellness
- A4. Cadet Relational Wellness
- A5. Cadet Spiritual Wellness
- A6 Cadet Practical Wellness
- A7. Cadet Intellectual Wellness
- A8. Cadet Environmental Wellness
- A9. Reasonable Balance -Putting it all Together



A1. DIMENSIONS OF CADET WELLNESS

Cadets know the “PERSPIRE” acronym and can briefly discuss what each dimension of wellness means.



Dimensions of Cadet Wellness

7 Dimensions

Physical

Emotional

Relational

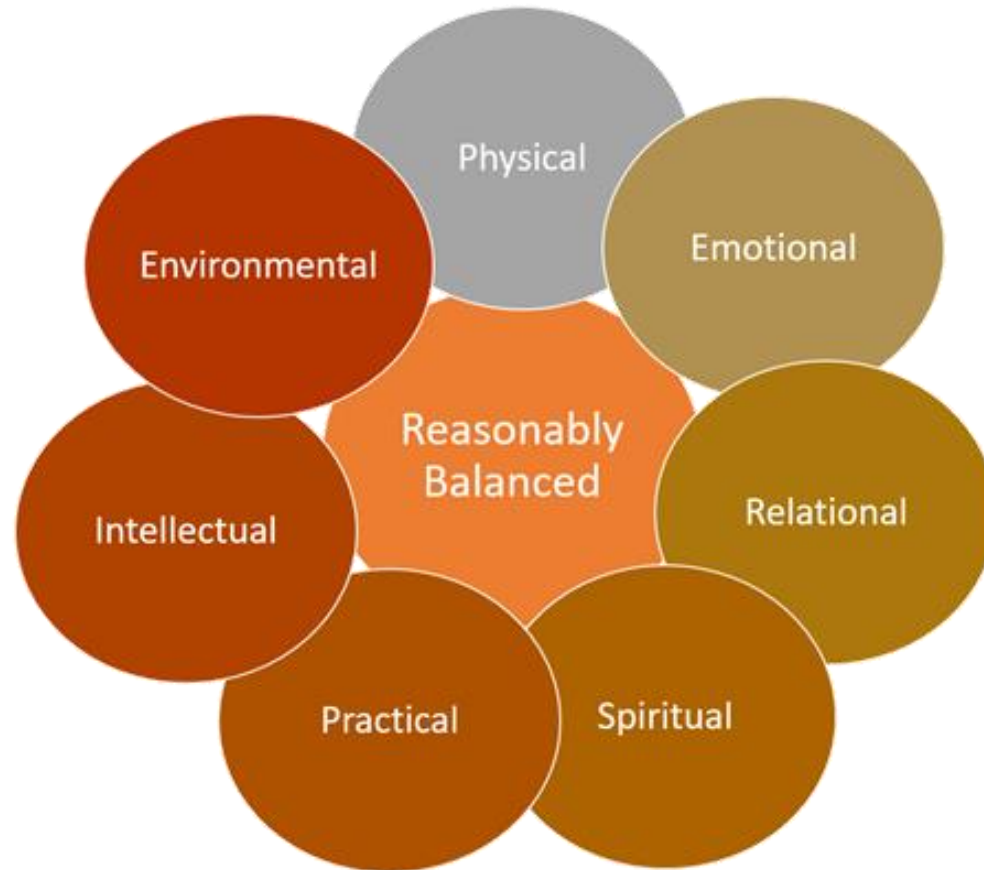
Spiritual

Practical

Intellectual

Reasonably Balanced

Environmental



“PERSPIRE” for Wellness



Check on Learning

- What is the acronym for the 7 dimensions of wellness?
- Is 'perspire' a noun, adjective, or verb, and why is this important?
- What dimension is your strongest right now?



A2. CADET PHYSICAL WELLNESS

2. Each cadet will have individually assessed their Physical Wellness using a journal, family history assessment, and self-assessment, and identified opportunities to improve.



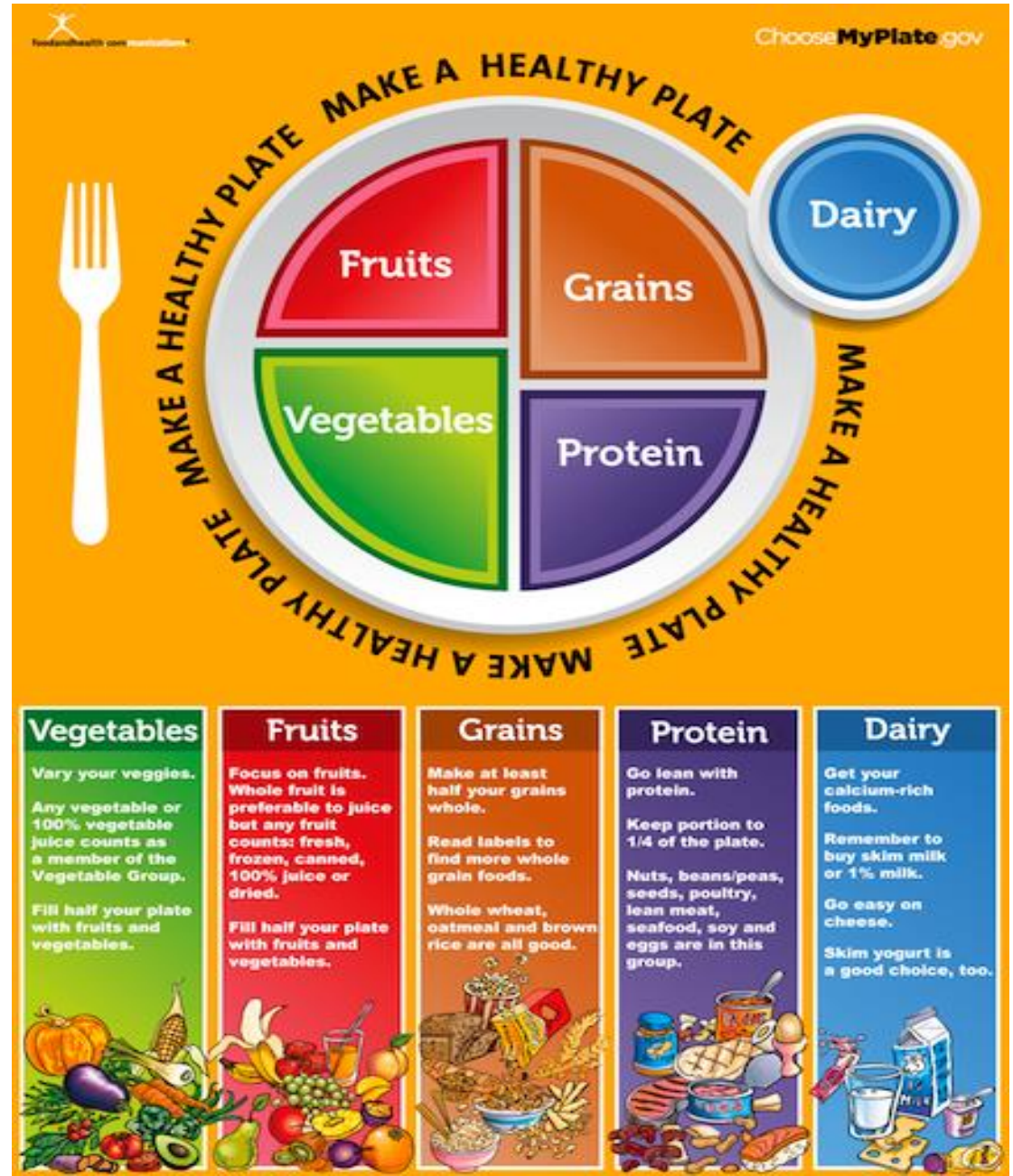
Nutrition

The USDA food plate is a guideline for healthy eating and an overview video can be found at <https://youtu.be/J1hmmy1OB4>

(3m 02secs, ACI Specialty Benefits)

Good nutrition improves:

- energy
- mental acuity
- life expectancy
- grades
- athletic performance
- medical conditions

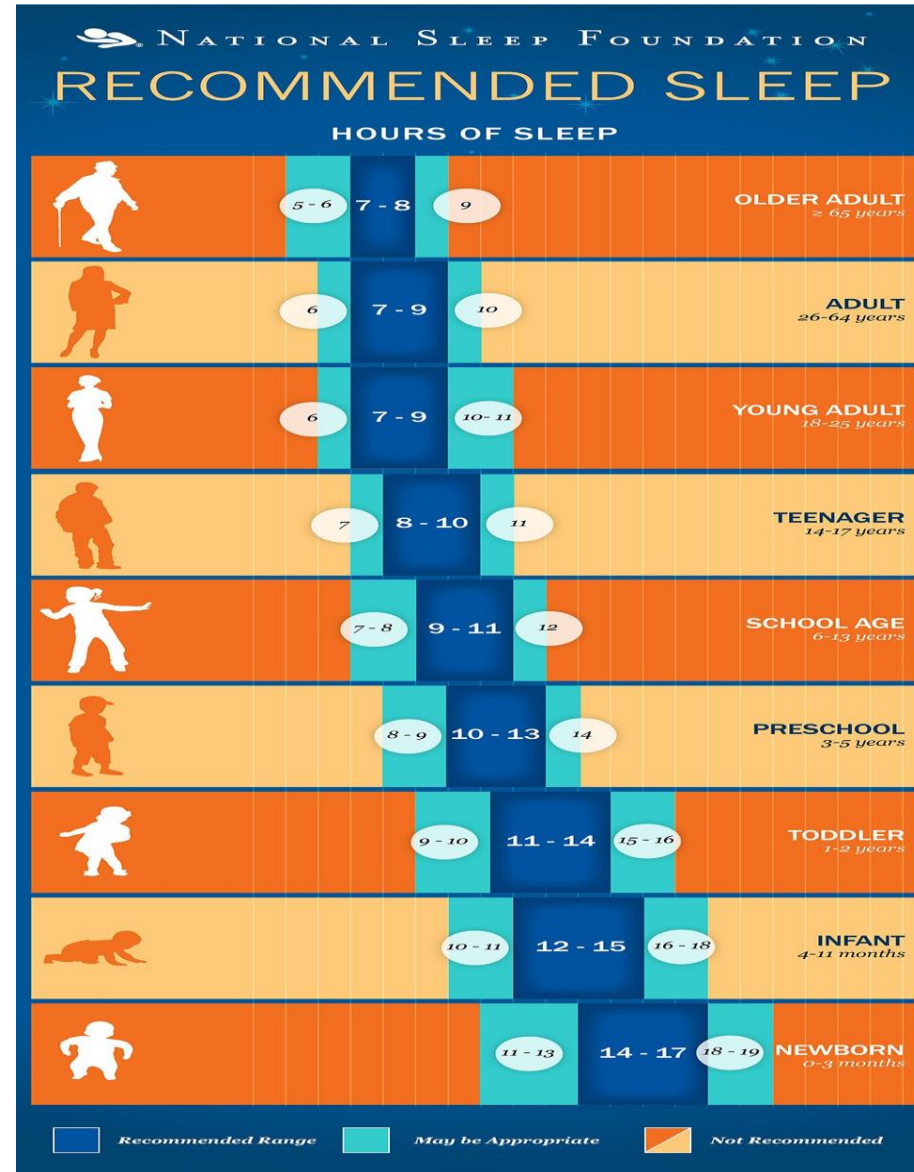




Sleep and Rest

- Sleep Recommendations:
 - High School Cadets: 8-10 hrs
 - Younger Cadets: 9-11 hrs
- Teens:
 - Stay up late
 - Have irregular patterns (weekday vs weekend)
 - 85% don't get minimums above

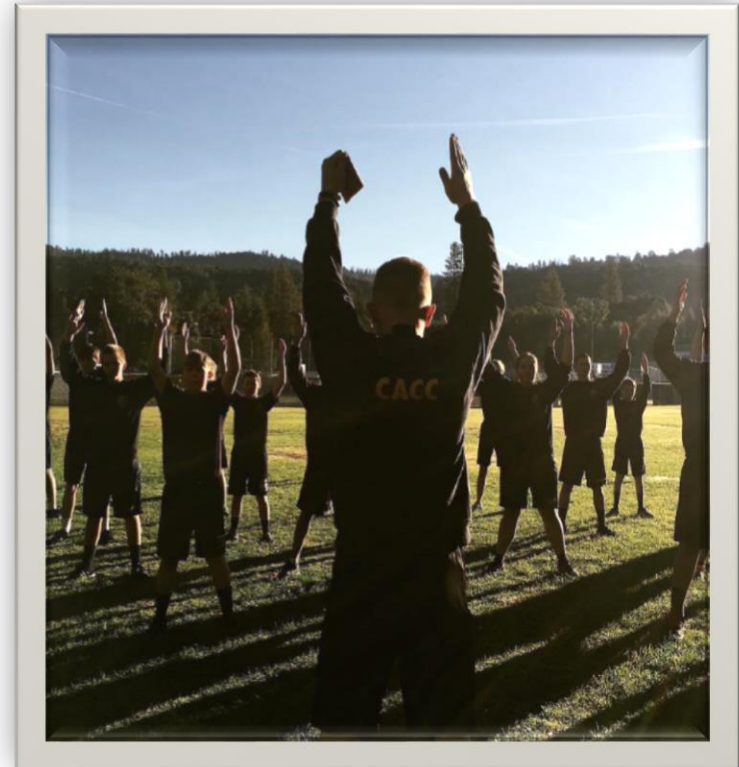
Results: Bio-clock confusion, narcolepsy, insomnia, stress, moodiness, unfocused, academic and athletic performance suffers





Fitness

- Physical Activity Guidelines
 - 60 minutes of moderate-vigorous aerobic physical activity 6 days per week
 - 3 times per week of muscle strengthening activity
 - “Bone strengthening” activities (high impact)





Medical

- Get an annual medical examination
- Stay current on vaccinations against major diseases
- Make an appointment to see a doctor as soon as possible if you are experiencing anything out of the ordinary, such as recurring pain, lumps, bruising that won't go away, or anything else that causes you medical concern
- Seek a professional if you experience depression, confused thinking, or destructive emotions, thoughts and behaviors



Tips for Improving Physical Wellness

- ✓ Exercise 6 days per week gradually increasing to 60 minutes
- ✓ Get consistent and adequate sleep
- ✓ Use seat belts and helmets, and encourage others to do so
- ✓ Learn to recognize early signs of illness
- ✓ Practice abstinence or safe sex
- ✓ Eat breakfast – it's the most important meal of the day
- ✓ Eat 5-7 servings of vegetables per day
- ✓ Control your meal portions
- ✓ Use sugar, salt, and unhealthy fats in limited amounts
- ✓ Drink at least eight 8-oz. glasses of water and non-sugary drinks per day
- ✓ Don't lose sleep during the week just to binge sleep in on Saturday and Sunday morning.
- ✓ Don't smoke, chew, vape, or do any drugs



Physical Wellness Assessment 1

Cadet Wellness Journal

- 1 Week Journal
- Write down
 - Everything you eat
 - Exercise type & duration
 - # of hours you slept
- At the end of the week review your journal and write in improvement opportunities
- Save your results for the overall assessment



California Cadet Corps Personal Wellness Journal

1

INSTRUCTIONS:

For each day of one week, write down in your journal: 1) everything you eat; 2) the type of physical exercise in which you participated and the amount of time spent doing so; and 3) the number of hours you slept.

2

Write down the meal, snacks, and physical exercise information as soon as you can, but no later than the end of each day. The **Hours of Sleep** column should be completed each morning.

3

At the end of the week, review your journal, and write in the **Specific Area(s) Where I Need Improvement** section the areas where you feel you need improvement for a healthier lifestyle.

WEEK OF 04/02 TO 04/08

Day of the Week	Breakfast	Lunch	Dinner	Snacks	Physical Exercise and # of minutes	Hours of Sleep
Sunday	Fruit Loops Banana 8 oz milk 1 slice of toast	Turkey sandwich with lettuce, tomato, and mayo 12 oz water	Chicken breast Mixed veggies Baked potato 8 oz fruit punch	Granola bar Orange Monster drink	Rest day	7
Monday	Sweet roll Apple 8 oz milk	Cheese Sandwich Fruit cup 12 oz soda	12 oz steak Corn Rice 12 oz water	Candy bar 16 oz diet soda	Walked to school (15) Cadet mile run (20) Walked home (15)	8
Tuesday	2 slices of toast with jelly 8 oz orange juice	Cheese and crackers Apple 12 oz soda	Mixed green salad Lasagna Garlic bread 16 oz diet soda	French fries Grapes Monster drink	Walked to school (15) Walked home (15) Basketball (60)	7

4

Specific Area(s) Where I Need Improvement: Breakfast choices need to be healthier (less sugar, more protein); need to drink more water and less soda and fewer Monster drinks; choose healthier snacks. Get more sleep.

California Cadet Corps
Personal Wellness Journal

WEEK OF TO

Day of the Week	Breakfast	Lunch	Dinner	Snacks	Physical Exercise and Hobbies	Hours of Sleep
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

Specific Area(s) Where I Need Improvement:



Physical Wellness Assessment 2

Family Health History

- The Surgeon General has created a tool called “My Family Health Portrait” which can be downloaded for free and installed on your computer. Check it out at <https://familyhistory.hhs.gov/>.



Physical Wellness Assessment 3

Self Assessment

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

- _____ 1. I exercise aerobically (vigorous, continuous) for 60 minutes six times per week.
- _____ 2. Half of my diet comes from fruit and vegetables
- _____ 3. I avoid tobacco products.
- _____ 4. I always wear a seat belt while riding in/driving a car and a helmet when riding a bike, skating, or boarding.
- _____ 5. I deliberately minimize my intake of cholesterol, dietary fats, and oils.
- _____ 6. I drink at least eight 8-oz. glasses of water and non-sugary drinks each day.
- _____ 7. I get an adequate amount of sleep. (8-10 hours daily H.S., 9-11 hours daily M.S.)
- _____ 8. I eat low-fat, calcium-rich foods like milk, yogurt, broccoli, and spinach.
- _____ 9. I maintain a regular schedule of immunizations, physicals, dental checkups and self-exams.
- _____ 10. I maintain a reasonable weight, avoiding extremes of overweight and underweight.
- _____ Total for Physical Wellness Dimension

- Score: 15 to 20 Points – Excellent strength in this dimension.
- Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?
- Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Keep your score to add in to the other 6 Dimensions



A3. CADET EMOTIONAL WELLNESS

3. Each cadet will have individually assessed their Emotional Wellness using a self-assessment and identified opportunities to improve.



Understanding Emotional Wellness

- Being happy (indicators)
 - Strong relationships
 - Live with gratitude
 - Well balanced
- Being positive / optimistic
 - Healthy but also good for leadership
- Being confident
 - Take risk + Accomplishment + Positive attitude + Overcoming setbacks = Confidence builder
- Being resilient
 - Get back up after failure or setbacks

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence”

Helen Keller



Tips to Improve Emotional Wellness

- ✓ Practice optimism.
- ✓ Spend time with friends and family discussing important personal concerns and being supportive of each other.
- ✓ Participate in self-esteem workshops or support groups.
- ✓ Read a self-help book that is of interest to you.
- ✓ Learn time management skills and other stress management techniques.
- ✓ Attend a wellness forum.
- ✓ Smile at least 20 times each day





Emotional Wellness Assessment

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

- _____ 1. I am able to develop and maintain close relationships.
- _____ 2. I accept the responsibility for my actions.
- _____ 3. I see challenges and change as opportunities for growth.
- _____ 4. I feel I have considerable control over my life.
- _____ 5. I am able to laugh at life and myself.
- _____ 6. I feel good about myself.
- _____ 7. I am able to appropriately cope with stress and tension and make time for leisure pursuits.
- _____ 8. I am able to recognize my personal shortcomings and learn from my mistakes.
- _____ 9. I am able to recognize and express my feelings.
- _____ 10. I enjoy life.
- _____ Total for Emotional Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Keep your score to add in to the other 6 Dimensions



A4. CADET RELATIONAL WELLNESS

4. Each cadet will have individually assessed their Relational Wellness using a self-assessment and identified opportunities to improve.



Understanding Relational Wellness

- Relational wellness is recognizing your need for and having positive interactions and enjoying being with others.
- It's being comfortable and at ease during school and spare times.
- It's also about communicating your feelings and needs to other people.
- To accomplish this, you need to develop and build close friendships, practice empathy and effective listening, care about people, and allow others to care for you.



Tips to Improve Relational Wellness

- ✓ Practice maintaining friendships: Watch [Guide to Maintaining Friendships](#) (5m 5s YouTube Video, Wellcast)
- ✓ Practice face-to-face communication, not just social media or texting
- ✓ Plan time to be with family and friends
- ✓ Join a club or organization that interests you





Relational Wellness Assessment

Almost always = 2 points Sometimes/occasionally = 1 point Very seldom = 0 points

- _____ 1. I contribute time and/or money to social and community projects.
- _____ 2. I am committed to a lifetime of volunteerism.
- _____ 3. I exhibit fairness and justice in dealing with people.
- _____ 4. I have a network of close friends and/or family.
- _____ 5. I am interested in others, including those from different backgrounds than my own.
- _____ 6. I am able to balance my own needs with the needs of others.
- _____ 7. I am able to communicate with and get along with a wide variety of people.
- _____ 8. I obey the laws and rules of our society.
- _____ 9. I am a compassionate person and try to help others when I can.
- _____ 10. I support and help with family, neighborhood, and work social gatherings.
- _____ Total for Social Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Keep your score to add in to the other 6 Dimensions



A5. CADET SPIRITUAL WELLNESS

5. Each cadet will have individually assessed their Spiritual Wellness using a self-assessment and identified opportunities to improve.



Understanding Spiritual Wellness

- Searching for purpose and meaning in life
- Expanded perspective on life
 - It's better to search for meaning than be closed to it
 - It's better to be tolerant of others than intolerant
 - It's best to live in harmony with our own beliefs rather than live a lie
- Live in concert with values and belief systems that have supported humans for millennia
- Many forms including religion, prayer, meditation, mindfulness, centeredness, etc



Tips to Improve Spiritual Wellness

- Search for answers and deeper meaning
- Be quiet
- Be receptive to grief, pain, and death
- Be and do (action words)
- Be aware of the choices you make
- Practice acceptance
- Practice detachment
- Be playful
- Breathe



Spiritual Wellness Assessment

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

- _____ 1. I feel comfortable and at ease with my spiritual life.
- _____ 2. There is a direct relationship between my personal values and daily actions.
- _____ 3. When I get depressed or frustrated, my spiritual beliefs and values give me direction.
- _____ 4. Prayer, meditation, and/or quiet personal reflection is/are important in my life.
- _____ 5. Life is meaningful for me, and I feel a purpose in life.
- _____ 6. I am able to speak comfortably about my personal values and beliefs.
- _____ 7. I am consistently striving to grow spiritually and I see it as a lifelong process.
- _____ 8. I am tolerant of and try to learn about others' beliefs and values.
- _____ 9. I have a strong sense of life optimism and use my thoughts and attitudes in life-affirming ways.
- _____ 10. I appreciate the natural forces that exist in the universe.
- _____ Total for Spiritual Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Keep your score to add in to the other 6 Dimensions



A6. CADET PRACTICAL WELLNESS

6. Each cadet will have individually assessed their Practical Wellness using a self-assessment and identified opportunities to improve.



Understanding Practical Wellness

- Understand what it takes to get by in the world
- A good quality education
- Having a rewarding career
- Being in control of you finances
 - Living within your means & avoiding debt
 - Saving for rainy days
 - Being a smart consumer
 - Investing for your future



Tips to Improve Practical Wellness

- ✓ Do your best in school
- ✓ Educate yourself on careers that would be a good fit for you
- ✓ Stay out of debt
- ✓ Save for your future
- ✓ Live within your means
- ✓ Become financially literate
- ✓ Talk about finances with those you love
- ✓ Be financially prepared for emergencies



Practical Wellness Assessment

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom / never = 0 points

1. I (or my family) do not have a credit card debt? _____
2. Have you worked for money in the last year? _____
3. Do you know how much is in your bank account? _____ (0 if you don't have an account)
4. Do you save at least 10% of everything you make? _____
5. Do you talk about finances with your family, teachers, or other mentors? _____
6. Do you look forward to going to school? _____
7. School is preparing you well for the career field you're considering? _____
8. The career field you're considering is consistent with your values and beliefs? _____
9. The career field you're considering provides a good balance of work time / leisure time? _____
10. The career field you're considering makes a difference in the world? _____

Total Score: _____

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or

0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Keep your score to add in to the other 6 Dimensions



A7. CADET INTELLECTUAL WELLNESS

7. Each cadet will have individually assessed their Intellectual Wellness using a self-assessment and identified opportunities to improve.



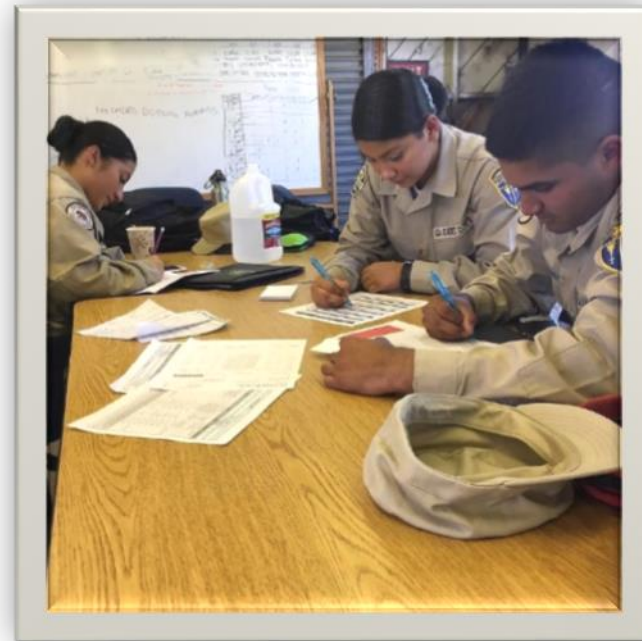
Understanding Intellectual Wellness

What it is:

- Lifelong Learning
- Exploring
- Problem solving
- Creativity
- Expanding your perspective

What it is not:

- Getting your PHD
- Being “an intellectual”
- Going to school





Tips to Increase your Intellectual Wellness

- ✓ Have a hobby (or two)
- ✓ Exercise daily *Exercise and the Brain* (4m 37s) <https://youtu.be/mJW7dYXPZ2o>
- ✓ Learn a foreign language
- ✓ Read books for fun
- ✓ Subscribe to an interesting journal, newsletter, or magazine
- ✓ Learn to appreciate art
- ✓ Expand your music repertoire
- ✓ Play an instrument or take up singing
- ✓ Play challenging games like crossword puzzles, sudoku, chess, etc.
- ✓ Seek out intellectually stimulating friends and mentors
- ✓ Debate an issue with a friend, but take the opposite viewpoint
- ✓ Limit or eliminate video games
- ✓ Limit or eliminate television



Intellectual Wellness Assessment

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

- _____ 1. I am interested in learning new things.
- _____ 2. I try to keep abreast of current affairs – locally, nationally, and internationally.
- _____ 3. I enjoy attending lectures, plays, musical performances, museums, galleries, and/or libraries.
- _____ 4. I carefully select movies and television programs.
- _____ 5. I enjoy creative and stimulating mental activities/games.
- _____ 6. I am happy with the amount and variety that I read.
- _____ 7. I make an effort to improve my verbal and written skills.
- _____ 8. A continuing education program is/will be important to me in my career.
- _____ 9. I am able to analyze, synthesize, and see more than one side of an issue.
- _____ 10. I enjoy engaging in intellectual discussions.
- _____ Total for Intellectual Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.

Keep your score to add in to the other 6 Dimensions



A8. CADET ENVIRONMENTAL WELLNESS

8. Each cadet will have individually assessed their Environmental Wellness using a self-assessment and identified opportunities to improve.



Understanding Environmental Wellness

- Your environment is who/what you surround yourself with
- Your environment impacts mental health
- Develop variety and diversity in your environment
- Develop positive and healthy environments





Tips to Improve Environmental Wellness

- ✓ Limit playing video games, watching TV, or doing social media if other areas (studies, relationships, sleep, exercise, and outside time) are suffering
- ✓ Surround yourself with positive people
- ✓ Participate in an outdoor activity (sports, hiking, bicycling, etc.)
- ✓ If your home/family environment is stressful, find a positive outlet such as doing homework at a library
- ✓ Don't use earbuds or listen to loud or new music when studying
- ✓ Study in good lighting, temperature, and humidity
- ✓ Physically remove phones, games, or iPads to prevent getting distracted when you need to study
- ✓ Surround yourself with positive, healthy friends
- ✓ Clean and organize your spaces
- ✓ Get your daily dose of Vitamin D (sunshine)



Environmental Wellness Assessment

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

- _____ 1. I go outside almost every day.
- _____ 2. I have a designated study area, and use this location most of the time
- _____ 3. I keep my backpack / locker / study area clean, neat and organized
- _____ 4. None of my friends would pressure me into doing something unhealthy
- _____ 5. I watch TV less than 2-hours per night on average
- _____ 6. I play video games less than 2-hours per night on average
- _____ 7. My study area is well lit, quiet, and free from distractions (phones, tv, etc)
- _____ 8. My grades are as good as my parents and I want them to be
- _____ 9. I explore the physical world around me
- _____ 10. I take care of my belongings
- _____ Total for Environmental Wellness Dimension

Score: 15 to 20 Points – Excellent strength in this dimension.

Score: 9 to 14 Points – There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 to 8 Points – This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness

Keep your score to add in to the other 6 Dimensions



A9. REASONABLE BALANCE- PUTTING IT ALL TOGETHER

9. Each cadet will have recorded all 7 of their scores into one place to assess their level of Reasonable Balance. Cadets will also note opportunities to improve.

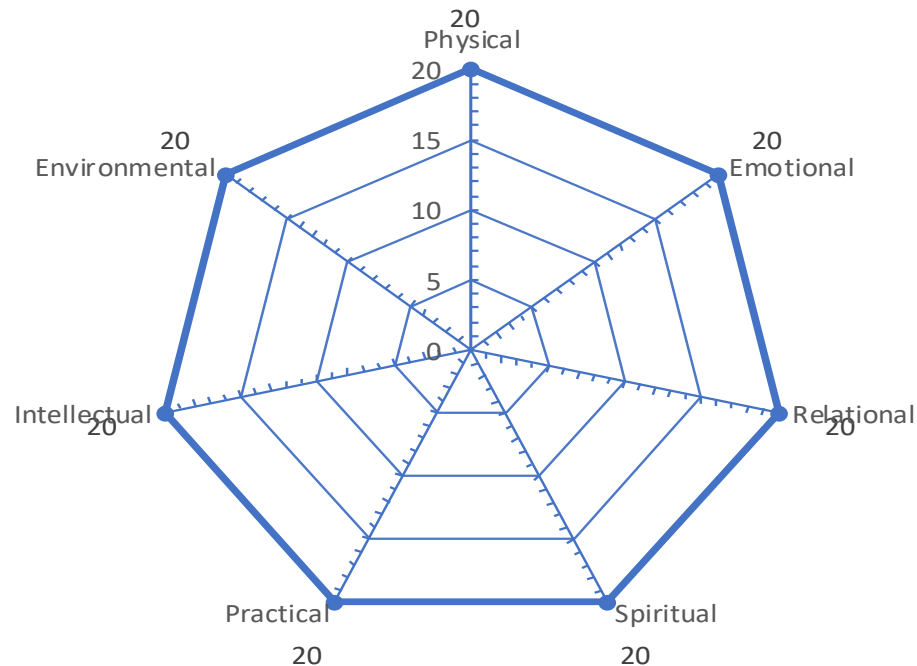


Overall Assessment

Don't shy away from truth

Directions: Write the individual points you earned for each section in the Score field. Note strengths / improvements for each section. And finally, color in the pie chart below up to the score you received for that section.

<u>Dimension</u>	<u>Max</u>	<u>Score</u>	<u>Strengths</u>	<u>Improvements</u>
Physical	20			
Emotional	20			
Relational	20			
Spiritual	20			
Practical	20			
Intellectual	20			
Environmental	20			





Check on Learning

- Do you have any wellness dimensions that need some work? (Flat tire?)
- Were there any surprises?
- In what areas are you doing well?
- What do you want to do with this?



Conclusion

- Now it's time to do something about your observations.
 - Celebrate and appreciate your strengths.
 - Start improving your weaknesses.
 - Set some goals for yourself and stick to them.
- Live Well to Lead Well
 - Set the example for your Cadets (Section B)
 - Help your struggling Cadets (Section B)



A Well Cadet

