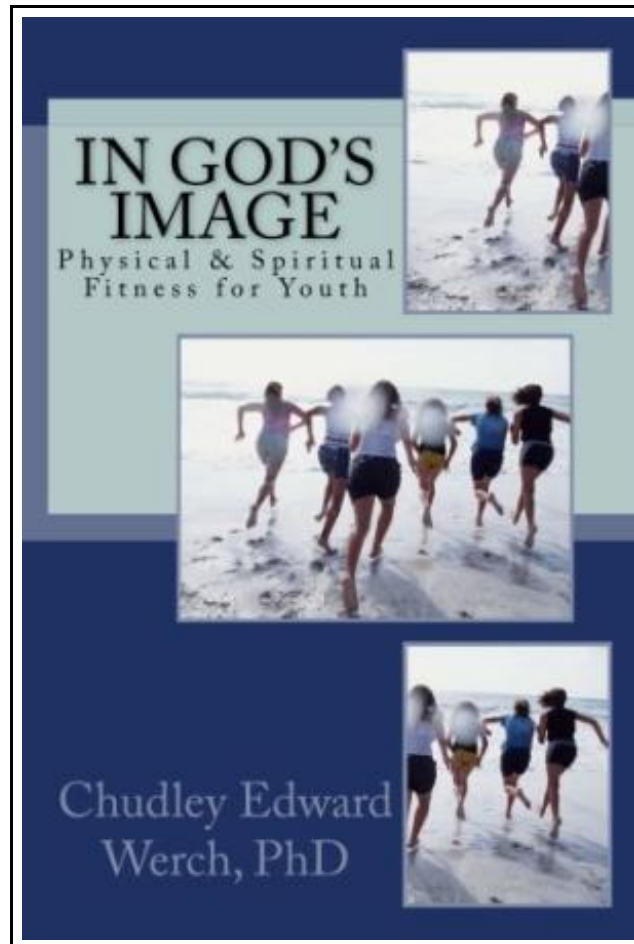


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(Jace Gusikowski IV)

IN GOD S IMAGE: PHYSICAL SPIRITUAL FITNESS FOR YOUTH (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In God s Image provides an easy to use program for youth to create physical and spiritually fit and substance-abuse free lifestyles. Based on a proven model which targets naturally motivating positive images of youth, In God s Image enhances positive self-identity and goal setting skills resulting in positive development of young people. Each session of In God s Image is written to integrate the promotion of spiritual health with physical and mental health enhancement. This book contains easy to follow step-by-step directions, along with three lessons that include: -Brief self-administered youth fitness behavior screens; -Feedback and positive image messages; -Accompanying illustrations; and -Goal plans for motivating multiple behavior change. Each of the lessons are designed to prevent alcohol, tobacco, marijuana and other drug use, and increase: 1) Physical Fitness, 2) Nutritional Fitness, and 3) Spiritual Fitness. The first lesson addresses physical fitness. This session is designed to increase moderate and vigorous intensity aerobic physical activity, and muscle strengthening exercise. The second lesson addresses nutritional fitness. This session is designed to increase consumption of fruits and vegetables, whole grain carbohydrates, and low fat dairy and protein foods, along with using calorie control strategies and eating regular healthy breakfasts. The last lesson addresses spiritual fitness. This session is designed to increase spiritual and mental health promoting behaviors, including taking time to pray, study scripture or meditate, practicing key virtues like showing gratitude for what you ve received from God and others, attending religious services, and reaching out to help others in need. In addition, each lesson targets the critical necessity to avoid harmful risk behaviors, particularly alcohol, tobacco, marijuana and other drug use, which can interfere with achieving goals for a...



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