



Summertime/Safety Time

Summertime and the Livin' is Easy



Coach Michael of the First Tee of Cleveland is outdoors and thinking that **summertime** at Washington Park. Whether we are at the golf course, home, school, camp, at the grocery, or the beach, we should take every measure to ensure the **PHYSICAL health and well-being** of ourselves, family, friends and others.



With the advent of summer, Coach Michael says that now might be a good time to remind ourselves that **The Nine Healthy Habits** of the First Tee of Cleveland are **PHYSICAL: (1) Energy; (2) Play; (3) Safety; EMOTIONAL: (4) Vision; (5) Mind; (6) Family; SOCIAL: (7) Friends; (8) School; (9) Community**. How might we help insure that we and our friends and family have a safe summer?

PHYSICAL

Energy: It is important to understand and make healthy choices about when to eat, how much to eat, and the types of food and drinks to provide the body with the most useful energy.

Play: A variety of energizing play can help the body stay strong, lean and fit, and be fun in the process. Sleep and other forms of “re-charging” allow one to engage in play on a daily basis.

Safety: Physical safety includes playing in a safe environment and by the rules, protecting the body with proper equipment, warm-up and cool-down and wearing sun protection.

Michael R Lisman is a Licensed Social Worker (LSW) and retired community development bank executive – father of 3 and grandfather of 5. As an personal finance educator, he has been teaching financial empowerment workshops to individuals and families since the 1980s .

ACTIVITY

*How many ways might we help insure the **PHYSICAL** health and well-being of our ourselves, friends, Family and others this summer?*

	Actions/ things that we can do to insure the <i>PHYSICAL HEALTH AND WELL BEING</i> of ourselves friends, family or others	Who/How will this most likely affect Ourselves Friends, Family or Others
Energy, Play Safety		
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9 Healthy Habits of The First Tee Of Cleveland

PHYSICAL:

Energy
Play
Safety

EMOTIONAL:

Vision
Mind
Family

SOCIAL:

Friends
School
Community

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