



The First Tee Nine Healthy Habits were created through a collaboration among The First Tee, ANNIKA Foundation, and Florida Hospital for Children to promote healthy, active lifestyles for young people. The health habits are a list of nine health and wellness topics presented as a part of The First Tee National School Program and Life Skills Experience, formatted for easy understanding and learning by elementary-age students and chapter participants.

- **The First Tee mission:** To impact the lives of young people by providing educational programs that build character, instill life-enhancing values and *promote healthy choices* through the game of golf.
- **ANNIKA Foundation** is dedicated to teaching children the importance of living a healthy, active lifestyle through fitness and nutrition, and offers aspiring junior golfers opportunities to pursue their dreams.
- **Florida Hospital for Children** has committed its entire organization to children. Expert international pediatric doctors/pediatric nutritionists/child physiologists/exercise physiologists make up the team of specialists dedicated to helping children grow strong and live long.

The First Tee Nine Healthy Habits represent a comprehensive approach to youth wellness and are organized under three categories of physical, emotional and social health. Participants who progress within The First Tee Life Skills Experience will learn age and developmentally appropriate health and wellness behaviors at each level of the curriculum.

### Wellness Activities within The First Tee Life Skills Experience

At the various levels of the Life Skills Experience curriculum there are health and wellness activities.

- PLAYer level participants are asked to demonstrate good judgment as it relates to healthy behaviors by choosing to properly prepare their bodies through exercise, nutrition, and hydration.
- Par level participants are asked to set their Personal Par for wellness and physical activity.
- Birdie level participants are asked to use STAR (Stop, Think, Anticipate, and Respond) for wellness and physical activity.
- Eagle level participants learn “Stay Well for Life” through specific life skills techniques which are delivered to address a Healthy Body, Mind, and Heart. Some of the lesson titles include: Building Physical Wellness; Choosing a Healthy Lifestyle; Eat Right, Drink Right; and Personal Wellness Goal Ladder.

### Physical Activity within the Game of Golf

The game of golf is a lifelong physical activity where players walk on average 5 to 6 miles per round. For a 150 pound person that carries their clubs, this equates to 350 calories burned per hour, with the average round consisting of 4 hours equates to 1,400 calories burned during the course of a round of golf. Practicing by hitting balls on the practice tee equates to 190 calories per hour for the same size person.

## The First Tee Nine Healthy Habits™ Summary Statements

### 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.

### Vision

In order to make the most of one’s unique gifts—talents, characteristics and abilities—an individual needs to learn from the past, value the present, create their **vision** and future to ultimately “leave a footprint.”

### Mind

The **mind** is a powerful tool for health. One’s mind influences his/her emotions and behaviors and can be utilized for self-improvement, building confidence and maintaining perspective.

### Family

When **family** members participate in activities together – share meals, communicate and establish roles and responsibilities – they are more likely to be successful in achieving their health-related goals.

### Friends

Maintaining healthy relationships includes surrounding one’s self with **friends** and supportive people, while effectively handling challenging situations, including bullying and navigating the digital age with social media.

### School

Success in **school** - learning, building relationships and contributing to the school environment - leads to success in other areas of life.

### Community

Like the health of one’s body, it is important to also explore the health of one’s **community** and discover how one can give back and care for its environment and safety.

