

Do You Keep Your Health on Track?

“The body . . . is like a horse which carries the personality and spirit, and as such should be well cared for so it can do its work!” —Bahá’í Writings

When you see a horseback rider galloping through a meadow, it may look easy. But did you know riding uses nearly *all* the muscles in your body? Having a strong torso and lower body helps you stay on the horse, steer it, and show it you’re confident and stable.

Like riding a horse, staying healthy takes balance and attention. Playing sports and doing other physical activities can be fun ways to boost energy and handle stress. And just

as a rider communicates with a horse, we need to “listen” to our bodies. If you get tired, sore, or too hot, your body could be telling you to rest or drink water. If you feel awesome, you may be ready to leap over the next hurdle and reach for new goals.

When your body feels good, your spirit often soars. With healthy choices, you can harness your dreams for an amazing ride!

Do you make healthy choices? Circle your answers, then add up your points.

Try this quiz online! Scan code to go to **Brilliant Star’s** website.



1. I’m physically active for at least an hour each day.
Often = 3 • Sometimes = 2 • Rarely = 1
2. I wear sunscreen when I’m out in the sun and reapply it every two hours.
Often = 3 • Sometimes = 2 • Rarely = 1

3. I eat healthy meals that include fresh fruit and veggies.
Often = 3 • Sometimes = 2 • Rarely = 1
4. I pray, meditate, and relax daily to care for my mind, spirit, and body.
Often = 3 • Sometimes = 2 • Rarely = 1
5. I express myself through creative hobbies like cooking, art, or music.
Often = 3 • Sometimes = 2 • Rarely = 1
6. I wash my hands with soap and water and scrub for at least 20 seconds.
Often = 3 • Sometimes = 2 • Rarely = 1
7. I spend some time each day in the fresh air, enjoying nature.
Often = 3 • Sometimes = 2 • Rarely = 1
8. I limit my time with phones and other screens, especially near bedtime.
Often = 3 • Sometimes = 2 • Rarely = 1
9. I remember to brush my teeth every morning and night.
Often = 3 • Sometimes = 2 • Rarely = 1

10. I get enough sleep and wake up feeling rested.
Often = 3 • Sometimes = 2 • Rarely = 1
11. I build healthy relationships with family and friends, which helps my body, mind, and spirit.
Often = 3 • Sometimes = 2 • Rarely = 1
12. I drink plenty of water throughout the day.
Often = 3 • Sometimes = 2 • Rarely = 1



My Score

36-28 POINTS You’re galloping to great habits! Keep caring for your body, mind, and spirit.

27-20 POINTS You’re trotting along nicely! Choose an item from the quiz to maintain a strong pace.

19-12 POINTS You’re learning how to lead your horse! Try some tips from the quiz to help you stride forward.