

Civic Minds

Date: Friday, June 26, 2017

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Article Title: Liz Davis walked off 200 lbs., healed her spirit — and inspired a movement

Section: MAIN, A1

****Please review the article prior to starting the lesson in your classroom, to determine whether the content is appropriate for your students and grade level.***

Learning Objectives

- ✓ Students will examine how they can stay resilient and positive during challenging times
- ✓ Students will discuss what motivates them
- ✓ Students will debate whether they want a healthy body
- ✓ Students will think about who makes up their support system and who holds them accountable for their successes and helps them through failures

CCSS Standards

Social Studies EALR 1: Civics

The student understands and applies knowledge of government, law, politics, and the nation's fundamental documents to make decisions about local, national, and international issues and to demonstrate thoughtful, participatory citizenship.

Social Studies EALR 3: Geography

Understands the cultural universals of place, time, family life, economics, communication, arts, recreation, food, clothing, shelter, transportation, government, and education.

Social Studies EALR 4: History

- Analyzes the motives and interests behind an interpretation of a recent event.

Social Studies EALR 5: Social Studies

- Analyzes consequences of positions on an issue or event.
- Analyzes the short-term and long-term implications of decisions affecting the global community.

Vocabulary

Look up the definition for ***motivational***. Please write the definition and create a new sentence, using your own words.

One of the changes Liz Davis made was drinking lots and lots of water — flavored, because she can't stand plain water, with ***motivational*** messages written on Mason jars.

Motivational definition:

New Sentence:

Pre-Reading Questions:



- What do you see in these pictures?
- What emotions can you see on her face?
- What do you think this article will be about?
- What things help to heal your spirit or calm you when you're stressed about something?
- What helps you keep going when something/someone in your life tries to bring you down? How do you stay resilient? Focused? Mentally strong?
- Do you think your body and mind are in balance? Why or why not?
- What motivates you? Who motivates you?
- What's your favorite motivational message or quote?

Comprehension Questions:

1. Her desire to help others was nourished by what two people?
2. She runs several websites and Facebook pages — Walkable CD, DeFlora Walks — has created a get-started workshop that was funded by a small city grant and printed pamphlets of tips and tools. What did she establish?

3. The walks, typically held during the more temperate months, usually start at a local park where old and new participants gather around Davis, who usually carries what?
4. Depending on the interests and abilities of the people who show up, Davis might lead them on a few laps around the park's track or set off on an hour-long hike that starts with a neighborhood hill. What else might she teach them along the way?
5. She could have gotten bummed out and given up, she said, had she not redirected her thinking with the help of what?
6. At 400 pounds and not yet 30 years old, she had a litany of health problems. What did her doctor tell her?
7. But she didn't heed the warnings until she saw what?
8. With that, she found the courage to begin doing the things she knew she was supposed to do, including making an appointment to see a therapist for some of the deep issues she knew held her captive. Why was that a pivotal moment for Davis?
9. How did she begin walking? What was her strategy?
10. What were two of her steepest battles in this process? What did she do about it?
11. How long did it take Davis to lose 200 pounds?
12. Why is she so successful at motivating people?
13. Davis, community outreach coordinator for the R.O.A.R. Farm Stand, says the payoff for her comes when she does what?

LIZ DAVIS' HEALTHY TIPS

1. Realize you are not going on a diet; you are changing your lifestyle one step at a time from the inside out.
2. Understand that 80 percent of every pound of fat is lost through food, so you've got to make your food work for you.
3. Eat high amounts of protein every day.
4. Eat leafy green vegetables every day.
5. Drink half your weight in ounces of water each day.
6. Go to your doctor and do what he or she tells you to do.
7. Have people in your life who encourage you in the changes you need to go through, even if it is just one support person.
8. Get 15 to 20 minutes of aerobic exercise every other day.
9. Get enough sleep.

Class Discussion Questions or Journal/Essay Prompts:

- Why do you want to be healthy and have a strong body?
- How many things are you doing now, off of Davis' healthy tips?
- What are you doing well? What areas could you improve on?
- Who is your support group? Who encourages you to succeed and holds you accountable for the decisions you make?
- Why do you think Davis poured her life into helping others become healthier and ultimately, happier?

Her friend, Jo-Nathan Thomas, a social-service specialist who had just lost 60 pounds himself when he and Davis met at the University of Washington, said, "She is doing incredible work in the community.

"She's helping bring affordable health awareness and exercise to the masses. Once she found the courage to act, she saw that she began to overcome her struggles, inside and out. At the same time, she became aware of the epidemic of health issues in the black and brown communities, and she developed a passion for educating and encouraging people," Thomas said.

- What are some of the health epidemics facing the black and brown communities?
- Is it difficult to sometimes find the courage to act and do something you want to do? Why or why not?
- How do you overcome your struggles?
- What is your passion?
- Do you enjoy helping others?

"Once I stopped feeling sorry for myself and started realizing that this is a new chapter and a new challenge that I get the privilege of working through, things began to get easier," she said. "Now I want people to see that I struggle, slip and fall, but I get up, work through the challenges and keep going."

- How do you keep going when you're struggling?

Regardless of what she tried to tell herself, her unhappiness, insecurities and fear exploded, and she began to use food for comfort, for distraction, for an endorphin high.

"Food was really the only thing I had control over in my life," she said, "though I did not realize that until later."

- Have you (or a family member) ever used food to calm you when you're stressed or angry? Why or why not?

“This isn’t about vanity or someone else’s idea of beauty,” she said. “At the very core of it, the way we take care of ourselves impacts how well we can take care of others. I want to use my life and my success to show people that they, too, can grab some courage and change their lives.”

- How well are you taking care of yourself and your body?
- Do you agree with Davis’ quote? “The way we take care of ourselves impacts how well we can take care of others.” Why or why not?
- How do you want to use your life? What successes do you want to have? What do you want to share with others?

Civic Minds Activity:

Take a moment to review today’s print replica of The Seattle Times. Can you find a story that stands out to you regarding a global issue or someone that was inspired to help others?

Civic Minds in The Seattle Times is posted to the Web on Friday. Please share the NIE program with other teachers. To sign-up for the print replica version of the newspaper please call 206/652-6290 or toll-free at 1-888/775-2655.

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