

BODY WISDOM & STRONG LIVING

FREE INTERNATIONAL SAMPLE

A 30-Week Health & Life Skills Curriculum for Growing Boys • Ages 11-14

PLEROMA LEGACY GROUP
FATHER OF LIGHTS WISDOM
A DIVISION OF PLEROMA LEGACY GROUP

BODY WISDOM & STRONG LIVING

30-WEEK HEALTH & LIFE SKILLS CURRICULUM
FOR GROWING BOYS
AGES 11-14

HEALTHY MINDS
STRONG BODIES
GOOD CHOICES
REAL SKILLS
BRIGHTER TOMORROWS

DISCIPLINE
TODAY
FREEDOM
TOMORROW

By Batyah Ha Melek

REAL BOYS
REAL SKILLS
BRIGHTER
FUTURES

EXERCISE

NUTRITION

BRAIN HEALTH

SLEEP

SAFETY

RELATIONSHIPS

NATURAL LIVING

STRONG CHARACTER
KIND HEARTS
BOLD PURPOSE

FATHER OF LIGHTS WISDOM
A DIVISION OF PLEROMA LEGACY GROUP

fatheroflightswisdom.com

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WHAT THE FULL PROGRAMME INCLUDES

Body systems • nutrition • cooking • attention • screens • sleep • recovery • strength • posture • puberty • hygiene • first aid • vaping/alcohol choices • boundaries • a final Strong Living Plan

Inside the Premium Bundle: illustrated 30-week curriculum, student workbook, parent guide, exercise-card library, recipe cards and meal planner, trackers, international emergency information, references and certificate.

SAMPLE LESSON — WEEK 12

How do I build a nourishing meal?

Learning goals

- Build a simple meal from protein, vegetables or another fibre food, a suitable fat and an optional whole-food carbohydrate.
- Plan one dinner from foods your family actually eats.
- Write a shopping list and clean-up plan.

Practical challenge

Choose one dinner. Write the ingredients, approximate cost, cooking steps, safety checks and clean-up jobs.

Strong Living safety

Use adult supervision with knives, heat and raw meat until you are skilled and confident.

SAMPLE RECIPE CARD



Eat Well
Think Clear
Be Strong

Good Food
Strong Boys
Brighter
Tomorrows

HIGH
PROTEIN

SUPPORTS
FOCUS

LOW CARB

GLUTEN FREE



10 MINS
PREP + COOK



1 SERVE
(EASILY DOUBLED)



~40g
PROTEIN



NUTRIENT DENSE
VITAMINS & MINERALS



INGREDIENTS

- 1 steak (grass-fed if possible) (150–200g)
- 2–3 eggs
- 1 tsp butter or tallow
- Handful of spinach or greens
- ½ avocado (optional)
- Salt & pepper to taste
- Optional: garlic, herbs (rosemary, thyme), chilli flakes



Use real, whole foods.
Your body will thank you!



METHOD

- Heat a pan over medium–high heat. Add butter or tallow.
- Season the steak with salt, pepper and optional herbs.
- Cook the steak to your liking (2–4 minutes per side for medium). Rest for a few minutes.
- In the same pan, fry the eggs until cooked to your liking.
- Add spinach to the pan and lightly wilt (1–2 minutes).
- Serve with avocado, season to taste, and enjoy!

Simple
Real Food
Real Strength



TIP: Use Himalayan or Celtic salt for extra minerals. Add garlic or herbs for flavour and additional health benefits. For extra healthy fats, add avocado, olive oil or a side of fermented vegetables.



BUILDS MUSCLE
High-quality protein
supports growth and repair.



SUPPORTS BRAIN HEALTH
Eggs provide choline
for focus and memory.



**KEEPS YOU FULLER
FOR LONGER**
Healthy fats stabilize
energy and mood.



PACKED WITH NUTRIENTS
Spinach and avocado
provide vitamins, minerals
and antioxidants.



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REAL SKILLS | REAL KNOWLEDGE | REAL LIFE
A PLEROMA LEGACY GROUP BRAND

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SAMPLE STUDENT ACTIVITY — LABEL DETECTIVE

Choose two packaged foods. Compare serving size, ingredients, protein, fibre, sugars where shown, and the marketing claim on the front.

Food	Serving size	What the label says	What the front claims
A			
B			

Truth Check: marketing language is not the same thing as evidence.

INTERNATIONAL EMERGENCY PRACTICE

Know the emergency number where you live:

New Zealand	111
Australia	000
United Kingdom	999 or 112
United States	911

Practice saying your name, exact location, what happened and who is hurt. Never make a fake emergency call.

SAMPLE MOVEMENT CARD

BODY WISDOM & STRONG LIVING

3

LUNGES

Build balance and leg strength

- 1 Step forward with one leg.
- 2 Lower your back knee towards the floor.
- 3 Keep your chest up.
- 4 Push back to the start.

3 SETS

10 REPS

EACH LEG

EQUIPMENT: None



**KEEP YOUR KNEE BEHIND
YOUR TOES.**

The full bundle includes bodyweight and dumbbell exercise cards with clear form cues and age-appropriate safety reminders.

FULL INTERNATIONAL PREMIUM BUNDLE

COMING SOON

Launch price: NZ\$39.95

Regular price: NZ\$49.95

Created in New Zealand • Designed for families worldwide

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