

# Lesson 17 — The Vitality Climb

Health basics · teens–adult, families welcome · 30 minutes · one screen, the free game, this page

## At a Glance

- Game: The Vitality Climb (free, no login, plays in the browser) — read.globalsovereignuniversity.org/vitality-climb.html. Also on the Homeschool hub: globalsovereignuniversity.org/homeschool.
- Ages & time: Health basics · teens–adult, families welcome · 30 minutes · one screen, the free game, this page
- Prep (2 min): read the Teaching Creed once, open the game, keep this page beside you. That's the whole setup.

## Why this lesson

Maintain before breaking — the Steward's rule, applied to the steward. This lesson brings the trades logic home to the one machine every learner actually owns: sleep, food, movement, and water, scored silently so awareness never becomes confession. The game supplies the health literacy; you protect the privacy, because chest-level fingers tell each learner the truth without telling the room. This is education, not medical advice — say so plainly when the lesson asks you to.

## What the learner will be able to do

- Self-score sleep, food, movement privately and honestly.
- Argue for one keystone habit — the one that drags the others along.
- Distinguish health information from health marketing.
- Move their chosen keystone habit 1% this week and report honestly.

## The 30-Minute Climb

*How to read this: the gold box in each step is your lesson, word for word — run it exactly. The notes beneath are optional support. "The room/the group" = your family; "host" = you.*

### 1 · The Hook (3 min)

**“You own exactly one body and it came without a manual. What's one thing you wish it HAD come with instructions for?”**

*Say it like this: the no-manual line earns a laugh and then a real answer — take three 'wish it had instructions for' responses; they preview exactly where this room's curiosity lives.*

*Watch for / if it stalls: if answers get medically specific or worried, gently park them: 'that one's for a doctor — today is the owner's manual basics.' The boundary protects everyone.*

### 2 · Play Together (12 min)

**Climb ten questions; when sleep, water, movement, or food questions land, the room self-scores silently (1-5 fingers held to the chest) — awareness without confession. Play together: the group votes before anyone clicks, and every explanation is read aloud — the explanation is the lesson.**

*Two rituals make it work:* (1) everyone votes before anyone clicks, so no one just follows the screen; (2) the explanation is read aloud — the reason, not the right answer, is where the learning is.

*Watch for / if it stalls:* the silent self-score is sacred — fingers at the CHEST, not in the air. The moment scoring becomes visible it becomes performance, and performance kills honesty.

### 3 • The Talk (8 min)

**1. Why do we maintain our cars better than our bodies — same logic as the trades climb, what changed? 2. Which is the keystone habit — sleep, food, or movement — the one that drags the others along? 3. What's the difference between health information and health marketing?**

*You're not fishing for a right answer — you're listening for depth:*

- Q1 — we maintain cars because neglect has a price tag and a dashboard light; bodies invoice later and dimmer. Same logic as the Trades Climb — say the rhyme out loud.
- Q2 — sleep usually wins the keystone argument (it drags food choices and energy with it), but the defending matters more than the verdict. Make each learner commit to ONE.
- Q3 — information survives the question 'who profits if I believe this?' Marketing doesn't. Hand the room that one test and the lesson outlives the session.

### 4 • Solo Climb (5 min)

**Five questions.**

*Why solo:* five solo questions because every body in the room is a private property — the owner reads the manual alone.

### 5 • The Takeaway (2 min)

**“Maintain before breaking — the Steward's rule, applied to the steward.” • Homework: Pick the keystone habit you defended in question 2; move it 1% this week (15 minutes earlier to bed counts); report honestly.**

*The badge moment:* finishing all five steps earns the Bronze ring of this lesson's badge, The Caretaker. Mark it on the Passport now; the homework is how Silver and Gold are earned during the week.

*A note for parents:* this is education, not medical advice — health decisions belong with the learner and their doctor.

## The Teaching Creed

*You are not the expert; the game is. Your job is to vote last, read aloud well, and ask "why?" one more time than feels natural. Celebrate wrong answers loudly — in here, wrong is where the lesson lives.*

GENO — the GSU tutor you can actually TALK to, free, 24/7, understands 70+ languages (32 fully optimized) — can explain any answer a second way.

## Adapt It & Measure It

### Differentiation

- Younger / preteen: their version is the three basics as a checklist they keep for the FAMILY — water glasses, bedtime, outside time — junior quartermaster.

- One child: parent and child pick keystone habits TOGETHER and check in as equals all week — mutual accountability beats supervision.
- Large co-op: keep all scoring silent, full stop — group health talk slides into comparison fast, and comparison is the failure mode.
- Reluctant teen: frame it as performance tuning — sleep as the legal performance enhancer every athlete and gamer underuses. True, and it lands.

## Evidence of learning (no exam)

Look for three things — Tried (moved the keystone habit 1% and reported honestly, success or not), Noticed (can state the who-profits test for health claims), Changed (kept the self-score private and honest all session). Those three words are the whole rubric, and they map onto the badge tiers below.

## Gamify It — The Campus Climb

Every GSU lesson is one badge on a 17-badge Climber's Passport, each earned at four depths — the GSU standard Bronze → Silver → Gold → Platinum. All 17 completes the campus.

**LESSON 17 BADGE — The Caretaker · Bronze — The Climb: finished the 30-minute lesson, all five steps. · Silver — The Try: moved the chosen keystone habit 1% for one week (15 minutes earlier to bed counts) and reported honestly. · Gold — The Proof: held the 1% for two-plus weeks OR brought one health-marketing claim and dismantled it with the who-profits test. · Platinum — The Teacher: ran this lesson as host for someone else. The harvest of a teacher is teachers.**

*"Every person on Earth is born with an American spirit: an untamed yearning for a better tomorrow." — Dr. Gene A. Constant*

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