

Week Eight News

Newsletter for the exercise and nutrition health education class

Healthy Choices

Discussion Topic

This week we enjoyed taking a tour of the Alumni Gym on campus and learning about the option of exercising at a fitness facility.



Registered dietician, Rachel taught us about making smoothies. We also talked about what we NEED versus what we WANT and how we have the power to make the healthy choice about what we want.



Ribbon dancing makes for a great aerobic and strength workout!

