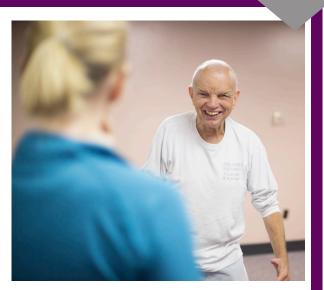


Newsletter for the exercise and nutrition health education class

## Rules to Stay on Track

Healthy Choices

- 1. <u>1-Minute-Rule:</u> if you don't feel like exercising, try for at least one minute and hopefully you'll end up going the full 30!
- 2. <u>Stop Rule:</u> Stop exercising if you have chest tightness, severe shortness of breath, feel dizzy or sick to your stomach.
- 3. Wrench Rule: If you have muscle pain or cramping during exercise, stop and take deep breaths while gently massaging the muscle and continue exercising with slower movements.
- **4.** <u>Talk Test:</u> If you can talk while you exercise then you are probably working at the right level.
- 5. <u>2 Hour Pain Rule:</u> If your exercise causes pain that lasts longer than 2 hours afterwards, do less repetitions and be less forceful.



## Getting Past Barriers

This week, we talked about ways to get past barriers so that we can keep going strong with our healthy choices and exercises

- Keep exercising fun!
- Set reachable goals
- Keep a schedule or log
- · Exercise with a friend
- · Use the 1-Minute-Rule
- Remember that YOU CAN DO IT!



We started working on our exercise video. At the end of program we will have a video of ourselves teaching healthy nutrition and doing FABS exercises so that we can do them at home.