

# Week Eleven News

Newsletter for the exercise and nutrition health education class

## Rules to Stay on Track

Healthy  
Choices

1. **1-Minute-Rule:** if you don't feel like exercising, try for at least one minute and hopefully you'll end up going the full 30!
2. **Stop Rule:** 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. **Talk Test:** If you can talk while you exercise then you are probably working at the right level.
5. **2 Hour Pain Rule:** 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.