

# Week Five News

Newsletter for the exercise and nutrition health education class

## Discussion Topic

### Good vs. Bad Influences

This week we talked about things that help us exercise and eat healthy and the things that make it hard. We also talked about how important it was to have our friends and family encourage us to be healthy because that is what motivates our success. We challenged ourselves to keep educating those around us on healthy behaviors so that we can all support each other with healthy habits.

## Healthy Choices



This week we got to try lots of new and healthy foods. The class favorite was the mango and the veggie straws we used to dip in the homemade hummus.



A cost-effective way to make our own hand weights is to fill water bottles with things like sand, rice, dried beans or rocks.



## How to Make Sure We Drink Enough Water Everyday

- » Start your day with a full glass of water
- » Do not substitute coffee, tea or soda for water - this can cause dehydration
- » Drink water before and during meals
- » Carry a water bottle with you wherever you go
- » While exercising, drink water every 15 minutes
- » Freeze a bottle overnight so you can have cold water everyday
- » Get some of your water from foods such as watermelon, cantaloupe, oranges and broccoli