

Week Four News

Newsletter for the exercise and nutrition health education class



Discussion Topic

This week we focused on having a Healthy heart.
Key points we highlighted are
Maintaining a healthy weight,
Not smoking,
Exercising regularly,
Managing stress, and
Avoiding salt and sugar while
focusing on fruits and vegetables.



Heart Rate & Blood Pressure

We talked about things that affect our heart rate and blood pressure.

- » Physical Activity
- » Exercise
- » Medications
- » Caffeine
- » Stress
- » Sleep
- » Illness & Health Conditions
- » Dehydration
- » Diet can have a positive or negative effect



Healthy Choices



Out in the Community

We went to Good Foods Co-op to learn about healthy choices at the grocery store. We learned to read nutrition labels and look at serving sizes. We saw the unbelievable amount of sugar in things like Jello, Sunny D, and a can of soda. We also talked about how to overcome excuses people often use to avoid being healthy. Each of us even led the rest of the group in some of our favorite moves!