

Week Nine News

Newsletter for the exercise and nutrition health education class

Steps for Solving Problems

Often the best resolution is negotiation to reach a compromise where each person feels good about the outcome.

First, it is helpful to talk about the problem and then think of what you want to change. What will you settle for if you cannot have your first wish? And what are you willing to give up?

Decide what you are not willing to change.

Find out what the other person wants most or will settle for in the situation, then reach an agreement with the other person that makes you both feel okay.

Discussion Topic

We talked about the importance of good sleep.

- Keeps you in good health
- Can prevent injury
- We need 7-9 hours of sleep at night to help us think clearly
- We may need more sleep if we are sick or stressed

Exercise can help us sleep better at night!

Healthy Choices



We are still working hard on our physical activity and the challenge to make those healthy choices!