

Week One News

Newsletter for the exercise and nutrition health education class

Discussion Topic

We talked about what being healthy means to each of us. Being healthy means eating good foods, feeling happy, strong muscles, having good relationships, sleeping well, walking outside, having a healthy weight, learning how to de-stress, not being sick, and having friends.

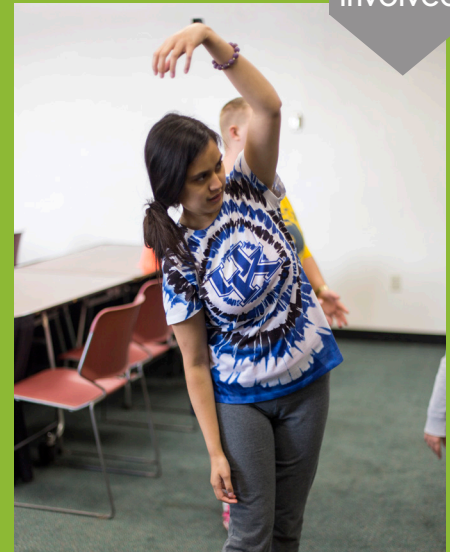


We Talked About the Benefits of Physical Activity and Exercise and How We Can Be More Flexible

We learned the benefits of physical activity and exercise, such as losing or controlling weight, getting more energy to do what we want to do, sleeping better, making our bodies feel better, feeling more confident, liking our bodies better, and decreasing joint pain and stiffness.

We also began learning some stretches and warm-ups that we should always do before we exercise.

Get Involved!



Different Types of Exercises We Can Do

Warm-ups

Helps to “wake up” and “loosen up” our muscles, relieve stiffness, and prevent injuries.

Stretches

Helps to maintain or increase muscle strength.

Aerobic Exercises

Helps to increase the health of our heart and improve our ability to do our usual daily activities.

Cool-down

Helps our body wind down after we exercise to keep us from feeling dizzy.