

# Week Seven News

Newsletter for the exercise and nutrition health education class

Healthy Choices

## Exercise and Nutrition Plans



It is hard to believe we are over halfway through the program! We have learned about healthy choices and what each of us prefers for our health, so this week we developed exercise and nutrition plans to keep us motivated and accountable towards the goals we have been making for exercising more and making healthy food choices. We also identified people who can help us meet our goals.

## Discussion Topic: Proper Breathing Techniques

Proper breathing is important for living. Breathing gets rid of waste and toxins from the body, gives a quick and easy stress reliever, maintains the strength and health of our lungs, heart, and brain, all while improving food digestion. When exercising it is important to remember to breathe and not hold your breath. Proper exercise technique is to breathe IN when your muscles are getting ready and then breathe OUT while your muscles are working the hardest.



This week we did several breathing techniques to learn how to focus and control our breath. We did meditation and relaxation with breathing.

