

Week Six News

Newsletter for the exercise and nutrition health education class

Discussion Topic

Things to Remember When We Exercise

It is important to make sure that we feel okay to exercise.

We should make sure that we have eaten (something healthy) and have taken our medications if we are supposed to take medications.

We should also make sure that we wear loose fitting and comfortable clothes.



This week we did a Zumba aerobic video and worked strength with a resistance band video.

Nutrients We Need to Exercise



Carbohydrates

Major source of energy for our bodies

Simple vs Complex

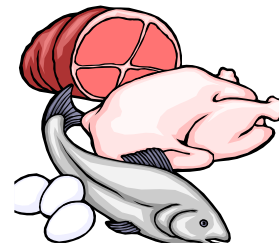
We dissolved a cracker in our mouths until it turned sweet to learn how our bodies turn carbs into sugars.

Proteins

Help us build and maintain healthy tissues like muscles

It is important to eat protein after exercising.

Try and focus on lean proteins like fish, nuts, chicken breasts and egg whites verses red meat and cheese.



Fat

Important for storage of energy and insulating our bodies from the cold

Not all fat is created equal, some are good and some are bad

Bad Fats= trans fats, hydrogenated, saturated fats that increase cholesterol are often found in processed, fried, and junk foods.

Good Fats= Unsaturated fats that may help lower blood cholesterol and can be found in fish, nuts, avocados and olive oil.

