

Week Ten News

Newsletter for the exercise and nutrition health education class

Discussion Topic

This week we talked about rewarding ourselves with things like shopping, dark chocolate, going out with friends or family, and congratulating ourselves. We took a walk outside as a treat for doing such a great job with staying focused on making healthy choices.

Interval Training

We learned that interval training is the best way to burn calories and lose weight even after we are done exercising. We timed ourselves for 1 minute of exercise followed by 30 seconds of rest before we started again for another whole minute of exercise and completed this for 12 exercises total. This really got our heart and muscles working hard!



Healthy Choices



We have been ramping up our exercise intensity and working hard to achieve our exercise and nutrition goals outside of class.

Here are some of the key points for being active at home:

- *Warm-ups are a must*
- *Always start slow*
- *Do a variety of activities*
- *Drink water before, during, and after activity*
- *Set a schedule to help keep you on track*