

# Week Three News

Newsletter for the exercise and nutrition health education class

## How to Stay Healthy

- » Good Nutrition
- » Exercise Everyday
- » Sleep 6-8 Hours
- » Prevent Sickness
- » Take Care of Your Body
- » Safety
- » Get Along With Others
- » Take Responsibility for Own Health
- » Smile!

Healthy Choices



## Know Healthy

We learned things we liked about ourselves and choices we would like to make to be more responsible for our health by exercising and eating good foods. We identified foods that we like to eat but are not nutritious like cheezits, chips and dip, sugary soft drinks, and desserts. We discussed how we should only eat small amounts of those things and focus instead on what we know is healthy.

## Discussion Topic

This week we continued to do our warm-ups and stretching before being active. In this picture Monica is listening her own heart beat. We felt our heart rate change based on the activity we did. It was fun to work our heart muscles with aerobic activity!

