

Week Two News

Newsletter for the exercise and nutrition health education class

Discussion Topic

This week we learned that we can do different types of exercises like walking or riding a bike and how things like vacuuming and cleaning count as physical activity. We learned about FABS and focused on aerobics, balance, and strength. In this picture we are dancing to an aerobics video and working on our heart health!



Good things about exercise:

- » Weight Control
- » Improved heart health
- » Strong bones and muscles
- » More energy
- » Feel better
- » Meet new people
- » Sleep better
- » Less body pains
- » It's fun!

F . A . B . S

Flexibility stretches our muscles

Aerobics works our heart muscle

Balance keeps us from falling

Strength builds strong muscles



Get Involved!



Nutrition

We talked about the food groups and examples of healthy foods for each like carrots, apples, brown rice, low-fat milk or yogurt, and lean proteins like chicken breast or nuts. As for trying to eat better foods, we learned to make half our plate veggies, make half our grains whole grain, and to avoid foods that are fried or high in sugar and salt. We challenged ourselves to think about what we eat.