

**Positive Things Related to Exercise**

- More energy for family and friends
- Relieve tension
- Feel more confident
- Sleep better
- Feel good about myself
- Like my body better
- Would be easier to do usual activities (improve my endurance)
- Feel less stressed
- More comfortable with my body
- More positive outlook on life
- Look better
- Feel happier
- Lose or control my weight
- Be in a better mood
- Make my body feel better (lower blood pressure)
- Decrease joint pain and stiffness
- Meet new people

## Negative Things Related to Exercise

- Too tired to do my usual work or activities
- Difficult to find exercises that are not affected by bad weather
- Heart would beat too fast
- Would get out of breath
- Takes too much time
- Less time to spend with family or friends
- Would be too tired at the end of the day
- Costs too much money
- Don't have a way of getting to an exercise program
- Don't like to exercise
- Exercise is boring
- Exercising is too hard
- Exercise will not make me healthier
- Don't know where to exercise
- Exercising is too painful
- Don't have anyone to exercise with me
- Don't know how to exercise

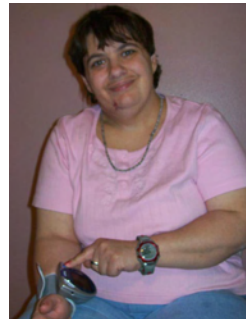
# Week 4 News

NEWSLETTER FOR THE EXERCISE AND NUTRITION HEALTH EDUCATION CLASS

## Heart Rate and Blood Pressure

We talked about things that affect our heart rate and blood pressure.

- Physical activity
- Exercise
- Medications
- Caffeine and cigarettes
- Stress
- Different illnesses and health conditions
- Dehydration can increase heart rate
- Diet can have a positive or negative effect on blood pressure (BP)
- Sleep can affect BP



## How to Prevent High Blood Pressure

Maintain healthy weight

Don't smoke

Do regular exercise

Eat less salt and eat as many fruits and vegetables as you can

Avoid drinking too much alcohol

Relax

## We Discussed Exercises We Like To Do in Our Community

This week, we also talked about exercises that we like to do. We visited a park in our community and talked about different types of activities that we could do in our local park.

## Influences on My Exercise and Nutrition Plan

*Directions:* Use this handout to write down all of the people, events, or things that influenced your exercise and nutrition plan.

Internal influences	External influences
<i>Example:</i> My thoughts about how I look and act, my feelings, my values, my skills, and my self-image	<i>Example:</i> My friend(s), mom, dad, or another support person

Exercise and nutrition goal(s): \_\_\_\_\_  
 \_\_\_\_\_

Is this goal a priority?                      YES                      NO

Resources needed                                      Who is responsible?  
 \_\_\_\_\_  
 \_\_\_\_\_

Barriers	Ways around barriers	Who is responsible
1.		
2.		
3.		

I plan to accomplish this goal by: \_\_\_\_\_  
 \_\_\_\_\_