

Week 7 News

NEWSLETTER FOR THE EXERCISE AND NUTRITION HEALTH EDUCATION CLASS

Nutrients We Need to Exercise

This week, we talked about nutrients we need for exercising.

- Carbohydrates are a major source of energy for our bodies.
- Proteins help build up, keep up, and replace tissues like muscle.
- Fat is important for storage of energy and insulating our bodies from the cold.



This week, we did aerobic exercises to a video tape. We also went to a restaurant and talked about different types of nutrients in our foods.



We Learned About Proper Breathing Techniques

Proper breathing is important for living. Breathing gets rid of waste products and toxins from the body, gives a quick and easy stress reliever, maintains the strength and health of the lungs, reduces the workload for the heart, increases food digestion, and improves the health of the brain, spinal cord, and nerves.

Exercise Plan

I have decided that I will spend _____ minutes per day exercising.

I would like to do exercises on the following days: (circle days)

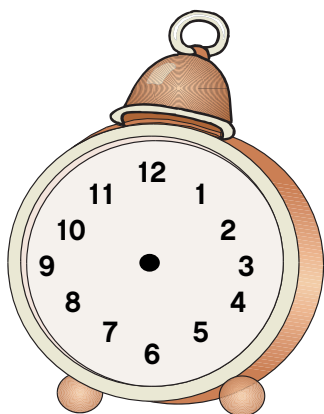
Monday **Tuesday** **Wednesday** **Thursday**
Friday **Saturday** **Sunday**

The exercise(s) I would like to do (or try) are:

_____ Exercises like we have been doing in the gym (lifting weights, biking, using rowing machines)

_____ Exercises like we have been doing in class (yoga, Tae Bo, aerobics, dancing)

_____ Other: _____



I want to do my exercises in the:
(use the clock to draw in the hands for the time)

- _____ Morning
- _____ Afternoon
- _____ Evening

I want to do my exercises at:

_____ Home

_____ Work

_____ Other: _____
