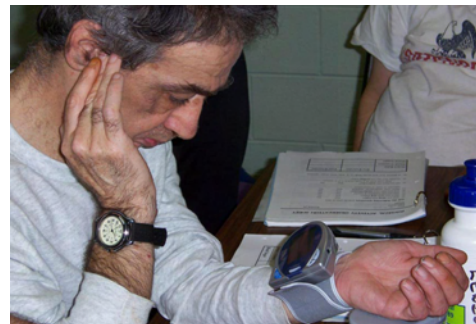


Week 12 News

NEWSLETTER FOR THE EXERCISE AND NUTRITION HEALTH EDUCATION CLASS

Congratulations on your accomplishments!



Keep up the good work!

Program Summary

We have talked about the following topics in our health education classes:

- Breathing correctly while exercising
- Exercising in our target heart rate zone using heart rate monitors
- Drinking plenty of water every day
- Following safety rules when exercising
- Knowing the difference between good and bad pain
- Identifying things that influence our food choices

We have also learned the following:

- The importance of carbohydrates (energy), protein (muscle building), and fat (energy storage)
- How medications make us feel

As a part of our exercise program, we have focused on four different areas:

WARMING UP (FLEXIBILITY)

To get ready to exercise, we have been doing stretches.

HEALTHY HEART (AEROBIC ENDURANCE)

To keep our heart healthy and strong, we have been doing such aerobic exercises as walking on the treadmill and doing exercise videos.

STRONG MUSCLES AND BONES (STRENGTH)

To keep our muscles and bones strong, we have been lifting weights.

BALANCE

To keep us from falling, we have been doing balance exercises.

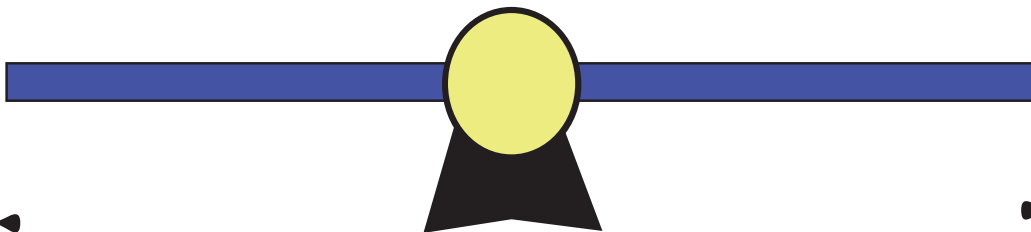


CERTIFICATE

of Achievement

Presented to

*In recognition of completion of
the Exercise and Nutrition
Health Education Curriculum.*



Individual Progress Report

Your _____ improved, and
your _____ improved!

BEFORE

AFTER

Cholesterol

Weight

UPPER BODY

Bench Press

LOWER BODY

Sit to Stand



CONGRATULATIONS!