

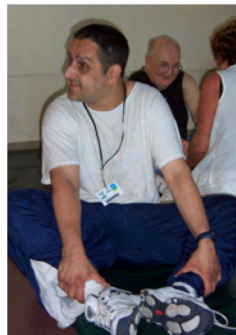
Week 1 News

NEWSLETTER FOR THE EXERCISE AND NUTRITION HEALTH EDUCATION CLASS

Different Types of Exercises We Can Do

We have been learning about the benefits of different types of exercises.

- **Warm-ups** help to “wake up” and “loosen up” our muscles, relieve stiffness, and prevent injuries.
- **Stretches** help to maintain or increase muscle strength.
- **Aerobic** exercises help increase the health of our heart and improve our ability to do our usual daily activities.
- **Cool-down** exercises are done after we exercise to keep us from feeling dizzy.



We talked about what *being healthy* means to each of us. Being healthy means eating good foods, feeling happy, having good relationships, sleeping well, working, going to dances, keeping your room clean, keeping your body clean, not being sick, and having friends.



We Talked About the Benefits of Physical Activity and Exercise and How We Can Be More Flexible

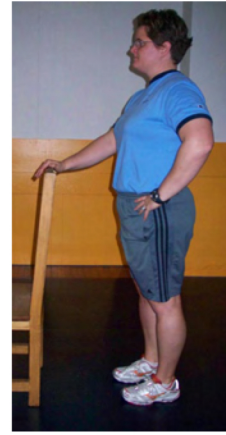
We learned the benefits of physical activity and exercise, such as losing or controlling weight, getting more energy to do what we want to do, sleeping better, making our bodies feel better, feeling more confident, liking our bodies better, and decreasing joint pain and stiffness.

We also began learning some stretches and warm-ups that we should always do before we exercise.

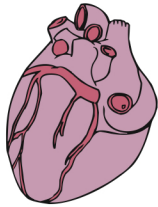
Good Things About Exercise



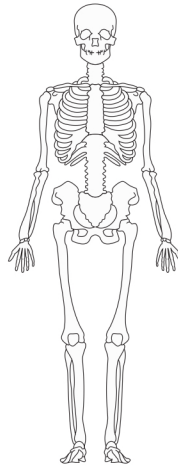
Weight control



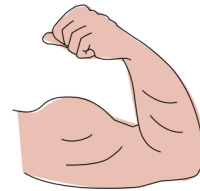
Good posture



Heart works better



Healthy bones



Healthy muscles



More energy



Fun