

Week 2 News

NEWSLETTER FOR THE EXERCISE AND NUTRITION HEALTH EDUCATION CLASS

Good Things About Exercise

This week we talked about good things related to exercise.

- Weight control
- Improved posture
- Strong bones
- Strong muscles
- Heart works better
- More energy
- Fun
- Meet new people
- Sleep better
- Less pain in my body
- Feel better



This week we learned that we can do different types of aerobic exercises such as dancing, walking, swimming, and Tae Bo. We did aerobic dancing to a video. In these pictures, we are warming up and stretching before we do aerobic exercise.



Foods We Like to Eat and Foods that We Want to Try to Eat More of Every Day

People also said they liked to eat good foods, including bananas, peaches, apples, and apricots.

As for changes, we talked about eating better foods; for example, eating foods like salads, vegetables, and fruits. We also talked about having portions of fruits and vegetables. In addition, we talked about taking a walk with family and friends after eating a "heavy" meal.

What Activity Needs the Most Energy?

Which of the following activities need a lot of energy?



Reading



Watching television



Jogging



Eating



Playing ball



Sleeping



Washing the car



Relaxing



Walking