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Teachers Corner

By Kim Anehall, PE Teacher, Wellness Champion, FUTP 60 Program Adviser

Baby Steps, Fit Boonies!

The first step with exercise often brings about some emotional happening, and it is how we embrace the experience that determines our future success with exercise. Unfortunately, when it comes to exercise many suffers while a few feel a sense of euphoria. Those who experience euphoria often have a better than average fitness level, as the effort of exercise comes easily and fluid. On the other side of the spectrum, the population with a low fitness level, or have had several bad experiences with exercise often finds exercise tormenting, painful, or awkward. Thus, it is difficult restart an exercise habit, if one connects exercise with discomfort. If you want to have future success with exercise you must perform exercises at your fitness level and find a way to enjoy it. Here are a few suggestions how to increase your fitness and how to continue to find pleasure in exercise:

- *You should be able to hold a conversation while moving, but make sure you do not stop to converse. :-)*
- *Smile while performing the exercises.*
- *Work with a group of people that supports you.*
- *Educate yourself about how to exercise safely.*
- *Enjoy what you do.*
- *Never experience pain while exercising.*
- *Recognize your successes.*

PE Corner

By Harry (Wellness Ambassador)

Physical Education Warm Up

Physical education (PE) is not just about exercise it is also about teamwork. Teamwork helps you get along with others and it is also about perseverance. Perseverance is about never giving up. Never give up to do anything; it takes time to get good at something. That is what PE is all about -- never giving up and try harder. So get out and try harder and do not give up and maybe even try something new. PE is also about having fun and keeping your body healthy and strong, to play all the sports you like.



The exercises are: normal warm up and the strong workout. The normal warm up for 4th grade is 20 push-ups and 20 sit ups three times and then stretches such as cross your arm, hug your knee and straddle stretch. The strong workout includes: star jumps, mountain climbers, burpees, and bicycle kicks for 15 seconds, each which is repeated three times. I also discovered that the eighth grade students do star jumps, burpees, push-ups, split squats, squats, turtle-twisters, bicycle kicks and many more exercises. That is the daily routine in PE during for the warm up. What is your PE class warm up like?

Fitness Corner
By Saad (Wellness Ambassador)

Fitness

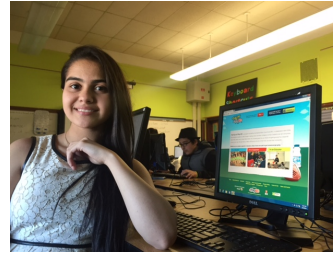


Have you ever thought about what fitness means to you or what fitness is? Everybody can have a different perspective of what fitness is according to his or her body and way of thinking. Fitness is when the quality of being suitable to fulfill a particular role or task,

such as exercising. Some exercises that you can do to keep your body fit are burpees. This is an exercise that makes you do a push-up and jumping up and it is extremely difficult to do. You need stamina to do burpees right. There are a billion exercises to do that can make you stronger. You should not have to go crazy on your exercises, but you should exercise according to your age. Exercising is not the only thing that involves fitness. Eating healthy and right is also involved in fitness. You can use different food groups and should have knowledge of what is healthy. Some healthy options for food that maintains your body are fruits and vegetables. Fitness is an important ritual of life, as we wish to live long and happy lives.

Nutrition Corner
By Nadia (Wellness Ambassador)

Omega-3



Can you define omega-3? What are major benefits of omega-3? Well, omega-3 are fatty acids that come from polyunsaturated fatty acids, which has a double bond at the third carbon atom from the end of the carbon chain. Now, these fatty acids are essential

for the human body development and regeneration. A Harvard professor once stated that omega-3 fatty acids protects the body against heart disease and possibly strokes. New studies are also showing positive improvements against harmful diseases: cancer, inflammatory bowel disease, and other autoimmune diseases such as lupus and rheumatoid arthritis. "Omega-6 fatty acids lower LDL cholesterol (the "bad" cholesterol) and reduce inflammation, and they are protective against heart disease" (Sacks, F. Harvard). In addition to cancer and other diseases, omega-3 can also have a positive impact on people with severe depression. Knowing the reason why omega-3 is quite essential for the body and mind, as the examples of omega-3 suggests. When we hear "omega-3", we might usually think of fish, which is the commonly known to be high in omega-3. However, some people are vegetarians or not a pescetarian, which makes it essential to be aware of other sources of omega-3. Some examples are walnuts, flax seeds, flaxseed oil, canola oil, and soybean oil. Although omega-3 is an essential part of a diet, everything needs to be taken in moderation. SO, go out, and get those omega-3s for a better cardio and brain.

Fuel Up to Play 60 Corner
By Michelle (Wellness Ambassador)

Fuel Up to Play 60 – Great Leadership Opportunity



Fuel Up To Play 60, a program wanting to encourage students to make a difference. To have an impact on the world around them. This great online program is built on people wanting to do better and fortunately our school, Daniel Boone Elementary, is actively involved. I have been introduced to this program a couple years back, however, late 2013 I took a closer look at what Play 60 had to offer. After constantly checking up and analyzing the site, I gained knowledge on how to become a

better leader. Fuel Up To Play 60 went hand and hand with our Wellness Committee and I wanted to step up and be a leader. Personally, believe that a leader is someone who takes control and is determined to complete goals and go beyond. Whatever it is one wants to accomplish, one shall put their mind to it. On October 15, 2014, a couple Boone students and I got the opportunity to attend Leadership Training at Soldier Field. This truly was an amazing experience that taught me ways on how to make a difference. On that day we created goals, mine was to have a Smoothie Challenge to reinforce healthy eating. Within a couple months and hard work, my goal was accomplished and we even raised 200 dollars for our sports programs. Fuel Up To Play 60 genuinely cares about America's future and our next generation. They take it upon themselves to make sure every school around the nation is doing better, whether it be eating right or exercising 60 minutes a day.

