



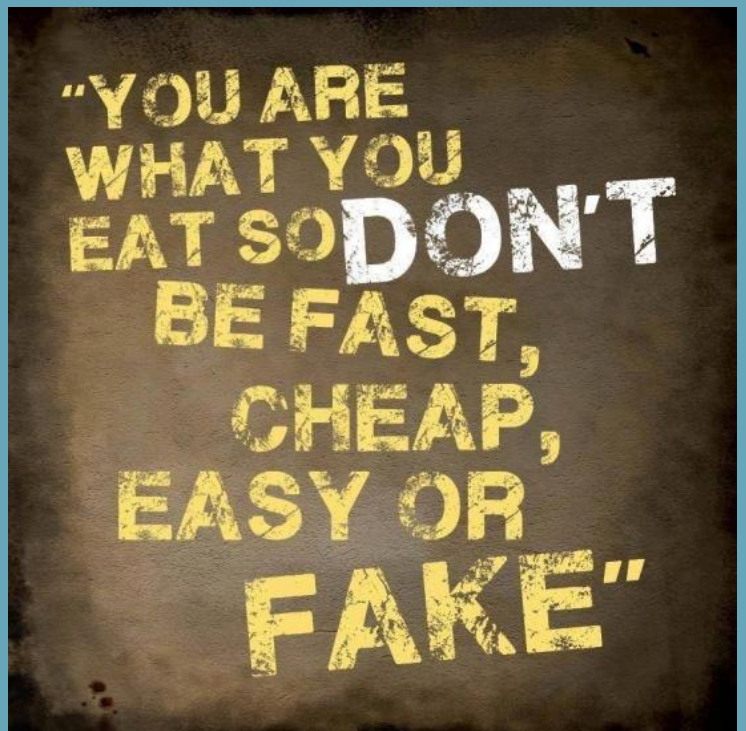
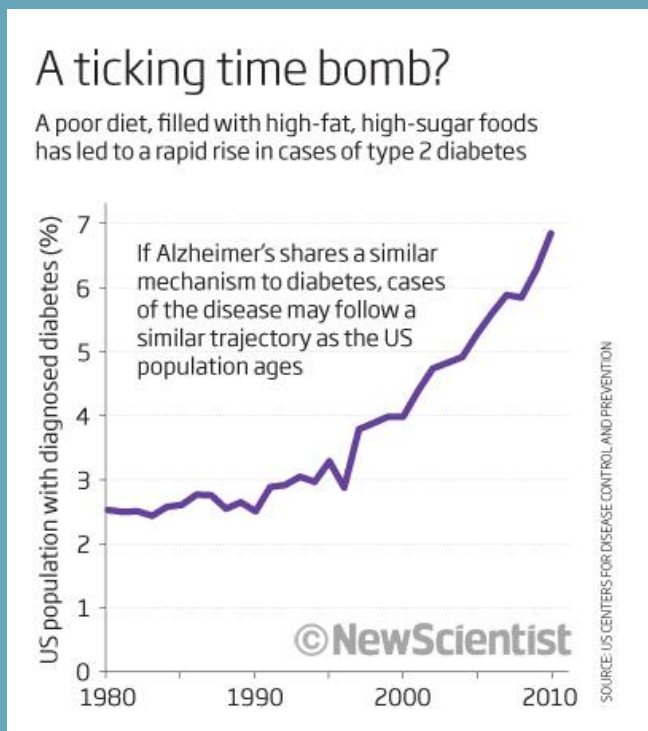
PE Scholars Monthly Newsletter #6, 3/14/2014

Teachers Corner

By Kim Anehall

Food

Food is essential for rebuilding, fueling, and maintain functioning of our bodies, which is why we need to be mindful of the affects that nourishment has our lives. The link between food and weight is always the first thing that comes to mind, but it is far from the only consequence food has on our existence. Another portion of our body that is severely affected by our eating habits is the development and maintenance of the brain (i.e., social-behavioral development, learning, problem solving, and memory) from conception to death. The brain is also extremely sensitive to chemicals (food additives) and malnutrition, which have been linked to many different disorders and injuries such as ADHD, learning disabilities, and Alzheimer's. These injuries and disorders will gravely affect the ability to function on a daily and long-term basis on an academic, professional, and social level. Thus, it is essential for us all to be aware of the importance of eating a healthy diet and to take the time to pursue healthy eating habits for both young and old so we all can tap into to the fullest potential of our existence.



Fitness Corner
By Melanie Lampa

Scissor Legs

Looking for an exercise to work out your core? Well, doing this simple exercise will do the trick! All you need to do is lay on the floor, have your legs shoulder width apart, your feet 6-inches above the floor, and slowly raise your legs over your hips and back down without having your feet touch the ground. Doing this exercise will help improve your core muscles and having a strong core is essential for any sport. When doing this exercise, remember to keep your legs straight and your hands under your gluteus.



PE Corner
By Jiovanny Atempa

Why We Have PE!

So how was the volleyball test last month? Were you in a "ready position" and prepared for the test? Or did you feel like you needed more than a week to comprehend the sport as a whole? Coach A. always says that if we got more than just a week of gym class, we should have study the concept of volleyball in depth. I can't blame him, if we had gym every week we should understood game of volleyball as much as the 7th and 8th grade girls volleyball team. They won a trophy for Pete's sake, and we're here studying notes and rushing to get all of this information in. There are some programs here at Boone that helps you get a better grasp of a sport such as Mr. Soto's volleyball practices. It is once a week, but if someone is trying to get better once a week is not going to have a real impact. If we had gym every day, it could help more kids reach higher.

You see, PE isn't just there to teach you different sports and all that good stuff. It's here to prepare you for life. If you really pays attention to Coach A, you should know that his class isn't about to pushing yourself towards the smiley face or you're sliding towards the grave. Now don't take this the wrong way, what it really means is that you'll get stronger and have a better chance of living a healthy life. Success comes with it's own sacrifices like those pike crunches you're complaining about that might save your life or even help you get into the NBA. Now PE will save your life, like I said before it prepares you for the future and your future might be stuck under a fallen tree, not having the strength to at least lift it a few inches to get out or being able to stay disease free. There are many scenarios where even the simplest of exercises' might save your life. That is why we need PE and why we need gym class every day.

Nutrition Corner

By Godwill Oke

The Apple



As one of the most cultivated and consumed fruits in the world, apples are usually called "a miracle food". In fact, apples were ranked first in Medical News Today's featured article "What Are The Top 10 Healthy Foods?" Apples are extremely rich in important antioxidants, flavanoids, and dietary fiber. The phytonutrients and antioxidants in apples may help reduce the risk of developing cancer, hypertension, diabetes, and heart disease.

Nutritional information on Apples

Vitamin C - a powerful natural antioxidant capable of blocking some of the damage caused by free radicals (An atom or group of atoms that has at least one unpaired electron and is therefore unstable and highly reactive. In animal tissues, free radicals can damage cells and are believed to accelerate the progression of cancer, cardiovascular disease, and age-related diseases, as well as boosting the body's resistance against infectious agents.

B-complex vitamins (riboflavin, thiamin, and vitamin B-6) - these vitamins are key in maintaining red blood cells and the nervous system in good health.

Dietary fiber - the British National Health Service says that a diet high in fiber can help prevent the development of certain diseases and may help prevent the amount of bad cholesterol in your blood from rising.

Phytonutrients - apples are rich in polyphenolic compounds. These phytonutrients help protect the body from the detrimental effects of free radicals.

Minerals such as calcium, potassium, and phosphorus are also present in the apple.

Health benefits of Apples

- improves neurological health
- prevents dementia
- reduces risk of stroke
- lowers levels of bad cholesterol
- reduces risk of diabetes
- wards off breast cancer