



## PE Scholars Monthly Newsletter #5, 2/14/2014

### Teachers Corner

By Kim Anehall

#### HAPPY VALENTINE'S DAY!

Valentine's Day connects with several unhealthy traditions, which many of us have adopted in order to share our affection with those we love. Yet, we need to remember that wellness education affect all aspects of our school via our decision making. Collectively, we need to adhere to Boone's Wellness Policy and try to be strong role models for our students in order to teach them how to make healthy choices that combat childhood obesity and enhances academic achievement. Every step counts! Furthermore, Boone students are not allowed share any food due to allergies or parental desire to limit intake of junk food. In addition, Valentine's Day is not one of those special days that we can have special food treats at the school. However, you can always ask your teacher or coach Anehall about what we can share or offer at Boone during Valentine's Day instead of food. One suggestion is to donate equipment for outdoor and indoor recess.

*Happy  
Valentines Day*

### Fitness Corner

By Melanie Lampa

#### Calf Raises

If you are looking for an exercise that will help improve your vertical jump, stability and even posture, calf raises are what you are looking for. Sitting down for excessive amounts of time can cause your calves to tighten and cramp up. To prevent this, do this low-intensity exercise at least once a day! You can do this either on a step or on a leveled surface. If you choose to do your calf raises on a step, have one foot half way on the edge of the step and the other in a slight curve not touching the step. Make sure you're not locking your knees, have the knee of the leg on the step be over your heel. Now, begin to lower yourself on the step while keeping the other foot idle. Use your calf to bring you up and down. Do the same for the other foot and you're good! If you choose to do calf raises on the floor, simply have your feet about a foot apart and go up like you're on your tippy toes and down without having your heel touch the floor. You should feel the burn in your calves the next morning and if you do these long enough, your calves will be toned and built.



## PE Corner

By Jiovanny Atempa

### Fitness

What is fitness? Fitness is the condition of being physically fit and healthy. The main reason why a person wants to be healthy, is to feel good about themselves. To achieve this you have to have a daily exercise program that works for you that follows the FITT principle and FuelUpToPlay60 rule. The FITT principle consists of; frequency, intensity, type, and time, while the FuelUpToPlay60 rule is to exercise for 60 minutes each day. When both are used on a daily basis you're getting closer to achieving your goal.

Do you want to know what is good about gym class? The paragraph above was a portion of what Coach A. taught us this year when we studied fitness. In his class we learn how to stay healthy and practice the workouts that will help us live happier lives later on. If we don't learn it now, it will be harder for us to stay healthy later on. Some of us can relate because we've seen our parents, close relatives, and even friends struggle with obesity, diabetes, heart failures, etc. They didn't have the luxury of knowing that lack of exercise and unhealthy habits may eventually kill you. This society is filled with a lot of obesity and affects of obesity. Coach A. teaches us why we should have healthy diets so that we can avoid heart failure later on. This is why we really need to open our eyes and take gym seriously. Coach A. doesn't teach fitness and makes us exercise just for a pay check he does it because he cares about where we are going to end up in 10 years from now. So do all the teachers, that's why we need to put the effort into our learning. We're learning how to be happy later on and how to live longer, that's why gym is much more than just a lesson, it's a life saver.



## Nutrition Corner

By Michelle Audisho

### FIBER



Fiber is a major element in your nutrition, but numerous people have little knowledge about this element. Fiber is actually a part in plants that our bodies do not break down. It is found in fruits, vegetables and whole grains. This element is very important in your nutrition, but many are missing it. An average American consumes 10-15 grams of fiber, when really your body needs at least 20-35 grams a day. Fiber also known as roughage comes with multiple benefits. That includes lower your rise of colon cancer, heart disease, etc. There are two types of fiber, soluble and insoluble, and they each benefit different aspects of your body. Take the time today to do some further research on fiber to make your life a little healthier.