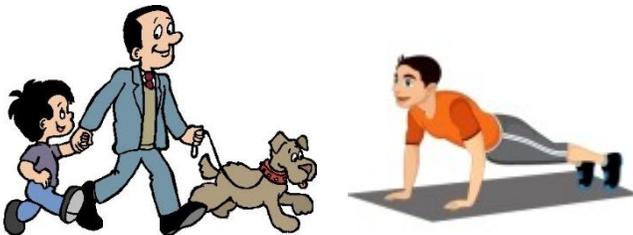




Topic of the Month – Exercise

Staying Active

Eating healthy and exercising may seem like a tough thing to do. In the United States today, there's a lot of emphasis on going to the gym and lifting weights, or going outside and training for a marathon. These are, of course, very effective ways to get in shape and stay healthy, but it doesn't always have to be that extreme. Going on an easy jog and then coming home to do some push-ups and jumping jacks is a great way to not get too out of shape. And, for kids, the best way to stay active is to grab a group of friends and go outside and play! It doesn't always have to be about hitting the gym or going for a run; running around playing tag or kickball is just as effective when trying to stay active and healthy. It's a good idea to remember that being active doesn't always have to be boring and painful, because that will make it much easier to stay active and healthy.



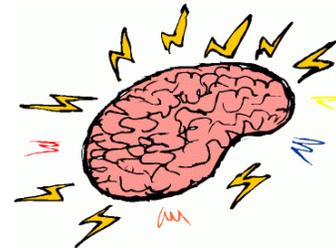
Sit Time

More recently, studies have found that people who spend more time each day watching television, sitting, or riding in cars have a greater chance of dying early than people who are more active. Researchers speculate that sitting for many hours may change people's metabolism in ways that promote obesity, heart disease, diabetes, and other chronic conditions. It is also possible that sitting is a marker for a broader sedentary lifestyle. Furthermore, staying active does not mitigate the harmful effects of sit time. As you plan your daily activity routine, remember that cutting down on "sit time" may be just as important as increasing "fit time."

<http://www.hsph.harvard.edu/nutritionsource/staying-active/>

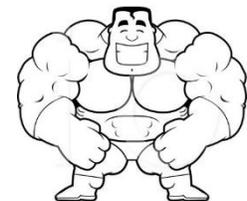
Exercise helps your brain

Most people associate exercise with people trying to get fit or in shape. Recently though scientists have discovered that exercise can help a person's brain as well. Scientists have honed in on a special molecule called irisin that is produced in the brain when a person exercises. What makes this molecule special is that it activates genes that are involved in learning and memory. This was tested on two sets of mice one that had a high level of irisin and one group that had a low level in their bodies. The mice that had the higher level of irisin performed much better than the other group of mice, in certain tasks that required brain functions. Also people who take anti-depressants now may have a motive to exercise as well, because scientists believe that exercise may be responsible for neuron growth and strengthening neurons. This means that exercise like anti-depressants may elevate and create a positive mood within a person. So exercise can possibly do what people pay hundreds for with medication for free.



Healthy Lifestyle

Exercise is an important part of a healthy lifestyle. It can help people feel better about themselves (which decreases the chance of being depressed) and have stronger muscles. People who exercise also have a lowered risk of heart disease, type 2 diabetes, high blood pressure, high blood cholesterol, and stroke. Staying active helps people sleep better, which is also important for mental health. Exercise improves heart health because it makes the heart pump blood and keeps the heart in good condition. People should stay active so that they can maintain a healthy body and reduce their risk of diseases.



“Food” Goal this Month

When it comes to priming your muscles for a workout, carbs are your best friend. They provide glucose, the fuel your muscles run on. Slowly-digested, complex carbs from whole grains deliver a sustained blood sugar release that energizes you throughout your workout. And oatmeal is a winning choice.

Health Quiz of the Month

Matching

- | | |
|--|----------------|
| 1 Stretching exercises help you build this | a. Muscles |
| 2 After you have completed your work out, you should do this | b. Flexibility |
| 3 You need to build these to have physical strength | c. Stress |
| 4 Exercise helps you feel less of this | d. Cool Down |

1-b; 2-d; 3-a; 4-c

“Move” of the Month

Interval Training

6 Rounds -- 20 seconds low intensity: 20 seconds high intensity -- 30 Minutes Total

Low – Jog; High -- Mountain Climbers
 Low – Jog; High -- In and Out Jump Squats
 Low – Jog; High -- Jumping Jacks
 Low – Jog; High -- High Reach Jump Squats
 Low – Jog; High -- Skater Lunges
 Low – Jog; High -- Body Drops

Rest 1 minute between rounds

http://www.huffingtonpost.com/angeles-burke/hiit-workouts_b_4017493.html

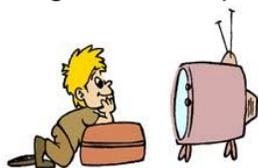
Upcoming April 2014

Next newsletter will focus on
Science behind “Nutty” Diet

Fun Facts

Screen Time

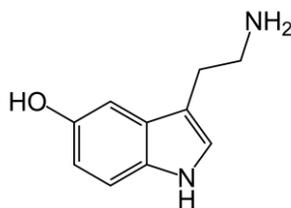
Children now spend more than seven and a half hours a day in front of a screen (e.g., TV, videogames, computer).



<http://www.fitness.gov/resource-center/facts-and-statistics/>

Brain

Exercise increases serotonin levels in the brain, which can help you think more clearly.



http://www.texasheart.org/ProjectHeart/Kids/Learn/Fun_Facts_Exercise.cfm

WHO WILL BE FIT IN 50 YEARS?



Mindless Eating <http://foodpsychology.cornell.edu/>