



Cardiac Cub

The Pulse of SWHS Health & Fitness Department



HAPPY HOLIDAYS FROM THE SWHS GYM

The winter months provide some with an excellent opportunity to sit on the couch, and pack the pounds on. If you don't have a gym membership, or lead an active lifestyle, chances are you're susceptible to winter weight gain. This is usually in direct correlation to a lack of exercise. Some studies have found an average weight gain of 7 to 12 pounds.

The good news is, you don't need a gym membership, or warm weather to stay in shape. There are exercises you can do right in the comfort of your own home, with or without fancy equipment or machines. Your son or daughter should be able to give you some good ideas.

Workout at home. Start a home workout regimen consisting of exercises like squats, push-ups, crunches, and lunges. Do 5 sets of 10 repetitions. You can add additional exercises, reps or sets, as your exercise tolerance increases.

Exercise DVD's like Billy Blank's Tae Bo series can help give your body a total workout. The Tae Bo workout combines strength training, cardio, and kickboxing. The best thing about exercise DVD's is that you can workout around your own schedule.

BONUS POINTS FOR YOUR H&F STUDENT: We would like to have our students maintain the fitness level they have been working to attain while they take the 2-week vacation from school; we don't want to experience deconditioning over break. So, have your student go for a jog or walk (2 miles or 30 minutes) with you; go skiing, snowboarding, or snowshoeing with you; or if they do physical labor that involves lifting, shoveling, or moving items for you we will count it. The only condition is they must be with you or be doing work for you to receive credit. **Print this out, sign it and have them return it to me the first week we return to school. If you email me a picture from your outing, there will be additional bonus available. HAVE FUN BEING ACTIVE WITH YOUR SON OR DAUGHTER. HAPPY HOLIDAYS!!!**

Students of the Month - October/November/December

Austin Skaarup and Meagan Shuler (Intro to Fitness), Emily Cann (Competitive Sports), Luis Hernandez (Strength Training) Cheyenne Best (Bodyworks) Sarah Barnts (Racquet Sports) and Madeline Anderson (Health) **October Department Winner: Cheyenne Best**

Tyler Percy and Cassidy Mast (Intro to Fitness), Tim Ochletree (Competitive Sports), Ethan Fischer (Strength Training) Samantha Palmer (Bodyworks) Kaylee Lamphiear (Racquet Sports) and Angela Torset (Health)

November Department Winner: Tim Ochletree

Clayton Johnson and Megan Harris (Intro to Fitness), Jacob Eastman (Competitive Sports), Steven Schuyler (Strength Training) Sunny Garza (Bodyworks) Melissa Higdon (Racquet Sports) and Jeff Chamberlin (Health)

December Department Winner: Steven Schuyler

Sedro-Woolley
High School

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Quotes of the Month:

"A lack of exercise robs the body of an essential ingredient - Karen Sessions

"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it." - Plato

Did you Know?

Fun Fitness Facts:

1. An average person uses the bathroom 6 times per day.
2. The average person falls asleep in 7 minutes
3. We shed 40 pounds of skin in a lifetime.
4. People with more education tend to be more physically active.

December is National Read a New Book Month and Universal Human Rights Month