

April Newsletter

Volume 1, Issue 8

# The P.E. Pep Talk

Cupertino Union School District, Elementary PE Program

## Fitness Factoids

### 4<sup>th</sup> & 5<sup>th</sup> What's Coming:

- Soccer
- Fitness Log
- Dehydration

### 4<sup>th</sup> & 5<sup>th</sup> Recap:

- Fitnessgram Testing
- Nutrition Log
- Goal Checking

### Important Dates:

- Track Meet 5/7

The focus for this month is to examine some of the country's gym options for children. Parents are always looking for new ways to keep their kids active and healthy, and many have chosen to get their children involved in kids' gym programs. While fitness centers previously only catered to teens and adults, more and more businesses are offering equipment and activities for younger members.

#### Children's Gym Equipment

One of the major issues for having kids at the gym is the availability of equipment to fit their small frames. Adult weightlifting and cardio machines are not suited for kids, and children who use them are at a high risk of injury. Because of this, companies like Pro-Maxima have created full lines of children's gym equipment. While many of these machines are targeted for fitness centers, some also offer kids equipment for home purchase. Among the offerings for kids gym equipment are down-sized treadmills and elliptical for smaller frames.

#### Kids Only Gyms

While many fitness centers offer programs for both adults and children, a few franchises have decided to open gyms exclusively for kids. One of the leaders for children's gyms is Fitwize 4 Kids, where kids ages 5 to 15 can participate in a range of fun fitness activities.

#### Personal Trainers for Kids

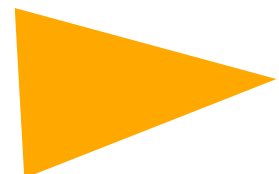
Personal trainers are also seeing an increase in young clients. In the past, only serious child athletes saw such professionals for private sessions. However, now even average kids are signing up for personal training sessions to get fit and lose weight.

There are plenty of other options for kids to get in shape without hitting the gym. Sports teams, home gyms, active video games, and outdoor play are all great alternatives to a fitness center. However, when these alternatives fail, the gym seems to be the best solution.

## Family Activity Time

Spring Break is a couple of weeks away and many students will be traveling with the family. Look into opportunities where you can go for a hike and see the beauty of that area you are traveling to. If you're staying local take a day and go for a hike up in Big Basin and enjoy the beautiful redwoods that California has to offer.

Your child will also be working on their soccer skills this month. Take a ball to the park and have them show you the fun things they are learning in class.



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## Eat Well, Be Active!

Here are some of the great things that eating well and exercising regularly can do for you!



### Put a check by the things that are important to you:

- feeling good about myself
- being healthy
- growing as tall as I'm supposed to be
- doing better in school
- sleeping better
- having more energy to do all the things I want to do

	9-11 year-olds	12-18 year-olds
Milk	3 cups	3 cups
Fruits	1 ½ -2 cups	2 - 2 ½ cups
Vegetables	1 ½ -2 cups	3- 3 ½ cups
Grains	5-6 ounces	7-10 ounces
Meat & Beans	4-5 ½ ounces	6-7 ounces

### What do you think healthy eating means?

Eating well means enjoying all kinds of foods from all of the food groups represented in the MyPyramid chart (above). Each food group supplies different vitamins, minerals and other nutrients that keep you healthy. Eliminate a food group and you lose those nutrients!

**Move your body!** Instead of watching television or playing video games try to trade some of your free time every day to do things that get your body moving. Playing sports, dancing, riding a bike or walking to a friend's house will help keep your mind sharp and your body healthy.

### Bone up on calcium!

If you're like most teens, you're probably getting nowhere near the calcium you need to look and feel your best. You can't see it on the outside, but right now your skeleton is undergoing major construction.

Between the ages of about 11 and 20, you'll build up more than half your total adult bone calcium supply.

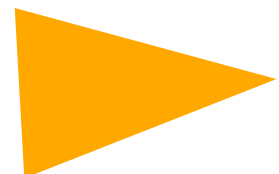
You need calcium to build and maintain strong bones. Dairy foods, such as milk, provide protein, vitamins A and D, calcium, magnesium and potassium – all of these help make

### Here's what you can do to eat better!

Put a check by all the things you will try. Tell a friend or your mom or dad what you plan to do. They can help you stick to a plan.

- I will listen to my body and eat when I'm hungry and stop when I'm full.
- I will eat regularly. I will start off my day with breakfast and try to eat three meals a day, plus some nutritious snacks.
- I will try to eat many different foods from all of the food groups, including milk, cheese, fruits, vegetables, breads, cereal, rice, pasta, meats, beans and nuts. I'll even treat myself to sweets and desserts sometimes.
- I will eat with my family and friends more often.
- Whether I feel sad, lonely, upset or happy, if I'm not really hungry, I'll find something else to do instead of eating.

Dairy Council of California



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## Monthly Theme: Importance of Physical Education

Physical education plays a vital role in the students' development and growth. According to recent medical studies, physical well being of a student is directly related to his or her performance whether in class or in the office. The article will give you reasons to agree.

### 1. It's a link to good health.

The value of physical fitness can never be overstated. It's only in physical educational classrooms that students learn the value of taking care of themselves thru proper grooming, healthy eating and regular exercise.

### 2. It's a preventive measure against diseases

Many doctors today agree that obesity is a serious health risk. Without any form of diet management and control with the numerous processed food students intake everyday compounded by a sedentary lifestyle, a student's health can easily be at risk to many diseases like chronic heart disease, hypertension and diabetes. Physical education in school is a preventive measure to teach students the value of regular exercise.

### 3. It's a program for muscle strength and fitness.

Physical education develops the students' motor skills and hand-eye coordination. It also develops the upper body muscles through activities like doing push ups as well the lower body muscles through stationary jumping jacks, 3min running and jumping exercises. Programs usually have core training exercises also like doing abdominal crunches.

### 4. It promotes academic learning.

Physical health allows students to function even better in classrooms. A good cardiovascular system developed from regular exercise promotes excellent blood and oxygen circulation. This means more nutrients circulate through out the body, which includes the brain. This circulation produces longer attention span during classes allowing longer concentration and absorption.

### 5. It builds self-esteem.

Students who are active in physical activities like basketball, volleyball, martial arts and running just to name a few are more confident with themselves according to most social school studies. It's probably because of the self-discipline and dedication to excel in a sport that brings out the best in students. In school, the physical education program introduces these sport activities to students allowing them to make choices to which sport areas they want to get involved in.

### 6. It develops cooperation, teamwork and sportsmanship skill.

Most physical education programs are holistic. The program allows student to interact together to a common goal and that is to win and excel physically. It brings out the competitive sides of students working both body and mind but also promotes sportsmanship.

### 7. It promotes a physically active lifestyle.

The purpose of physical education is to instill in students, at an early age, the value of self-preservation and choosing a lifestyle that is good for both the mind and body.