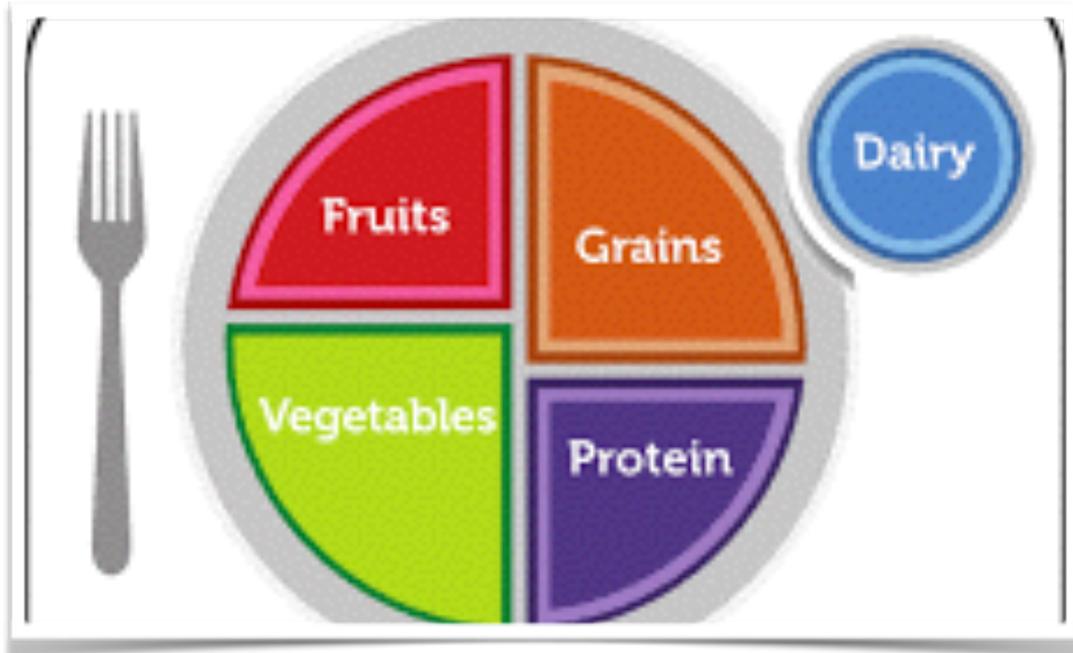


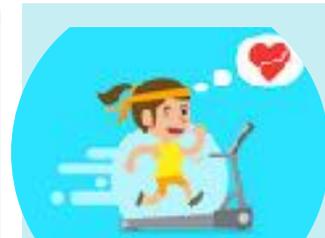
Whitnall Health News



Physical Health

By Matt Fedewa

In today's modern world, physical health is more important than ever. Lots of people in today's world do not want to exercise because they do not have the willpower to do it. This needs to change. Your physical health is one of the most important aspects of your health triangle. Without physical exercise, your body is more prone to diseases, and you won't be able to fight off those diseases if you get them. Being healthy has many other benefits too. When you run, or workout, it can relieve stress and cause you to feel really happy. Working out doesn't have to be hard too. Even just going for a light jog everyday can help improve your physical health. Doing little things like this can help you live a much longer, and happier life. Having good physical health improves the other areas of your health triangle too. If you are fit, and in shape, it can help you to feel confident in yourself and might help you to be more outgoing. Being physically fit can also help you with the social side of your health triangle. While you work out, or go for runs, you can meet new people and make a lot of new friends that can push



you to be the best as you can, while still being encouraging. Also, liked mentioned before, if you feel more confident in yourself then you might be willing to take more risks and be more outgoing in making new relationships with friends. All in all, your physical health can benefit not only just your body in a physical way, but also in a mental or social way as well.

Weight Loss and Dieting

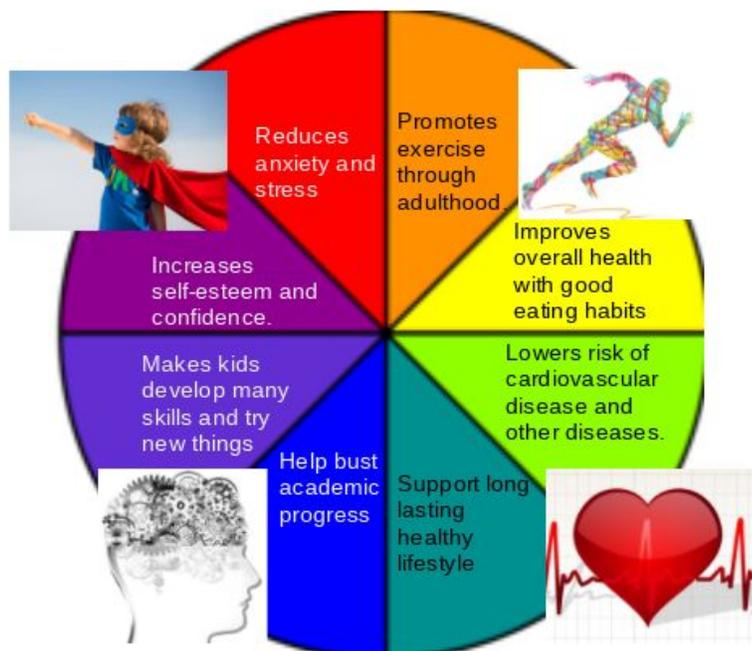
by Cole Hill

Weight in America is becoming a more pressing issue. From the questionnaire that was sent out late last week information has been gathered about what individuals thought about weight in America.

The majority of people thought that 40% of American adults are obese which is correct and that 30% of American children were obese, but in actuality it was

20%. The questionnaire also asked how much money Americans spend on commercial weight loss programs. This one was answered the most incorrect. Americans spend BILLIONS of dollars a year on these diets. It was also believed that the cause of obesity was the food we eat, and lack of education. Many also thought that there is not a cure for obesity, while others said

Benefits of Physical Activity for Children



CHECK OUT THIS GRAPHIC

Jessica Vallier created this graphic to explain the benefits of being physically active. Read it to learn about how you can benefit from healthy

education. The word education seemed to be the most popular answer for these questions. However, there are units in schools that teach kids the danger of foods and this can be found in practically every health magazine. What they actually do is blame it on the food industry, and it's partially their fault, but we can't blame others for our choices or lack of caring because that falls back on the consumers for choosing to fill their bodies with processed nonsense that you can only google to have a slightest idea of what it is. Now, some people can't afford to eat these foods, but with advancements in technology it's only becoming easier. As the food industry has a very tight grip around our government's neck, there isn't much they can do. So it falls on us the consumers. If we all just stop eating and start avoiding these foods that cause these issues, the food industry will have no choice but to change and start making healthy foods so that their companies can survive. Only then will we have solved one cause of obesity. Eating disorders, lack of control, improper understanding, and people just not caring, all can cause obesity. The point I'm trying to get across is that just about anything can cause a problem, but you need to find the right solution to fix it. Whether that is therapy, a good wake up call, or dieting in a proper way. You're going to need one thing for whatever you choose, that is determination. You need to follow through with what you do or you're going to be right back at the start reading articles about how to get in shape.

Do you have a Healthy Lifestyle?

by Emma Lisota

If you maintain a balanced diet and make healthy food choices your health will be improved. Eating foods with minerals and vitamins is very important. Vitamins help heal wounds and protect your body from infection. Minerals help make your bones, teeth, hair, and skin strong. Some foods that include vitamins and minerals are vegetables, fruits, whole grains, and dairy. Eating food with protein is also very important. Proteins help grow and repair tissue. Calcium and potassium play an important role in your diet as well. Calcium helps build bones and keeps teeth strong. Potassium helps maintain normal blood pressure.

Healthy dieting improves your health. A low-fat, plant-based diet that includes lots of whole grains, beans, fruits, and vegetables could prevent disease and increase your years of living. It can prevent/lower your risk of cardiovascular disease, low blood pressure, Type 2 Diabetes, high cholesterol, and more. Also, did you know a healthy diet can help with preventing cancer and that 60% of cancer cases are linked to diets? A healthy diet also gives you more energy to accomplish everyday activities. Eating healthy foods also decreases the level of stress and level of fatigue. Eating healthier foods gives you energy to play sports, do homework, do work, etc.

Here are easy ways you can make healthier choices that will improve your health:

Instead of using sour cream on baked potatoes use fat-free yogurt.

Instead of using whole milk use skim milk.

Instead of eating ice cream eat fat-free frozen yogurt.

Instead of using butter use fat-free soft margarine.

Instead of eating white bread choose whole grain or whole wheat bread.

Another healthy choice is to eat breakfast every morning. Did you know that when you don't eat breakfast you lack nutrients and won't perform as well in school (according to Centers for Disease Control and Prevention)? Not eating breakfast will decrease your focus, make you tired and distracted as well. Having a healthy breakfast full of nutrients gives you energy to start your day. Examples of a health breakfast are oatmeal, greek yogurt, bananas, strawberries, eggs, etc.

Eating healthy foods can also help you lose weight. Below is a list of easy healthy choices that help with weight loss:

Limit sugar, salt, and refined carbohydrates (white bread or white rice).

Limit smoked or pickled foods (they usually have a big amount of salt and nitrates).

Eat small portions.

Eat lots of vegetables, fruits, and whole grains (at least 2 cups of fruit and 2 ½ cups of vegetables per day, and 3 ounces or more of whole grains).

Eat nutrient-dense (large amount of nutrients for the number of calories) foods: ⅔ of plate with vegetables, fruits, whole grains, and beans, and ⅓ or less with meat and dairy).

Drink water or drinks with a small amount of sugar.

Have nutrient dense snacks which include carrot and celery sticks, unsalted nuts, apple and orange slices, raisins, herbal tea, water flavored with lemon or lime.

Healthy weight loss is important because obesity can cause serious health problems like heart disease, strokes, cancer, etc. Another way to lose weight is to exercise. Some examples are playing sports, running, and jogging. Exercise is very important. Some studies have shown that not exercising plays a major role in weight gain and obesity. Another example is that exercise lowers the risk of chronic disease. Did you know that the primary cause of chronic disease is the lack of exercising? Exercising will decrease blood pressure and will lower the risk of type 2 diabetes.

Making healthy food choices and losing weight in a healthy way will improve your health.