



HEALTHY HINTS

Eating too many fatty foods (like fried potatoes, fried meats, pies, and pastries) is not so good for your body. Although we need some fats to get all the nutrients we need, it is better if we don't eat too much and get knocked off balance. If you have a high-fat lunch, see if you can have a low-fat dinner at home.

This week we learned about: **EXERCISE & BLOOD PRESSURE**

- It is important to set your own individual fitness goal for building **SUPERPOWERful** muscles! Focus on making your own number bigger than it used to be (10 push ups today is more than 5 yesterday).
- **New Vocabulary:** “**Synergy**” means two things together are more powerful than either one alone. For example, healthy food + exercise create synergy for our bodies.
- **New Vocabulary:** “**Aerobic exercise**” is anything that makes your heart pump faster (cardio). Examples include running, playing sports, swimming, etc.
- Why is aerobic exercise important? It decreases your **blood pressure**, which is a measurement of how easy or difficult it is for your heart to pump blood throughout your body. It also trains your heart to boost your endurance, so that you are able to run and play without getting tired quickly!

NEXT TIME (11/1/19):
Major Nutrients!

