

WHITEHALL HEALTHY REPORTER

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Teachers exercise for their hearts

Whitehall teachers work out to help their heart.

They walk, dance, and use gym equipment for an aerobic activity. It's an exercise that you do for a continuous period of time, according to the Centers for Disease Control and Prevention.

Special issue on heart health

Aerobic activities also include bike riding, soccer, and swimming.

"These type of activities demand lots of oxygen and really get our heart pumping," according to according to the FitKids, Healthy for Life website, (www.kspfitkids.org). "Aerobic exercises are good for our heart and help keep us strong....Aerobic activities like running, playing soccer and roller skating, may make one tired at first, but if you keep with it, over time, you'll be able to play longer without getting tired."

Mrs. Hoskins, the school principal, said she participates in aerobic activities so she can get "quiet time" and "thinking time." Walking is the easiest exercise for her to do regularly. She usually walks in her neighborhood after school, often visiting her daughter who lives nearby.

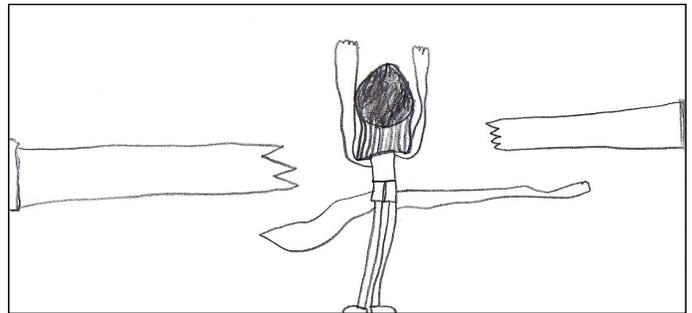


Illustration by Gabriella Garcia

She said she exercises to help her heart stay strong and to maintain a healthy weight. Mrs. Hoskins also said she likes to dance at her house when no one is looking. She dances in the winter when it is cold and dark outside. She likes to dance to rock and roll music.

Mrs. DiMartini, the school nurse, said she takes aerobic classes at the YMCA. She said she knows that she is getting a good workout exercise because she can feel her heart rate speeding up. In the class, one exercise involves making fists and punching the air.

*(Please see **Be active** on Page 2)*

Nutrition mission

Hummus receives mixed reviews

Baked pita chips received high marks from the *Healthy Reporter* staff during a recent taste test of a healthy snack. Only half the staff recommended the hummus served with the chips.

The staff tried the snack because the chips and hummus don't have cholesterol. Cholesterol is a fat-like substance. If people eat too much cholesterol during their lives, it can lead to heart attacks and other health problems, according to KidsHealth.org.

Ten of the staff members recommended the baked pita chips and only five suggested that other people try hummus.

The chips were round, gold, and crunchy. They smelled like bread. The hummus looked like peanut butter and smelled like vegetable dip.

"I would recommend both the hummus and pita chips because the pita chips don't have a flavor and the hummus was soft and chewy," said Gabriella.

"I would recommend the chips and hummus because I like crispy foods," said Ninette. "I would eat it for a snack. It is not a big meal."

"I would not recommend people to try the hummus. It is not tasty," said Manny.

"I would like to recommend the chips but the hummus was not my type," said Brian. "It didn't have much flavor."

—By Healthy Reporter staff

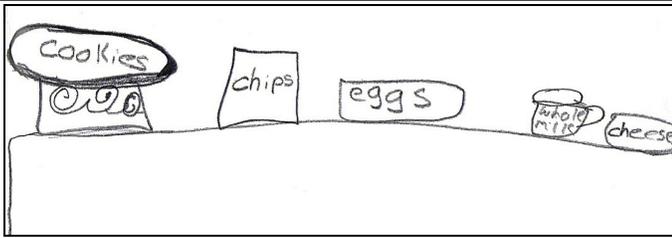


Illustration by Gabriella Garcia

Cholesterol can be found in many different foods.

It can be good or bad What's cholesterol?

You may have seen the word *cholesterol* on a cereal box or heard it on TV.

It's a big word to describe a fat-like substance, according to KidsHealth.org. The body needs cholesterol so the skin, brain, and other organs are in good working order. People also consume cholesterol in the foods they eat such as whole milk, cheese, eggs, and meat, the website says.

Too much cholesterol can harm the heart. It also can lead to chest pains and heart attacks, Dr. Walter Tsou, past president of the American Public Health Association, said in a video on the Healthy NewsWorks website.

People need to be aware of what food they eat so they don't consume too much cholesterol, according to Dr. Tsou. They need to develop good eating habits when they are young to help keep them healthy throughout their lives, he said.

There are two types of cholesterol — HDL and LDL, KidsHealth says. LDL is considered the bad cholesterol because it can clog blood vessels. HDL is considered the good cholesterol because it helps the body get rid of cholesterol.

If you want to know if you have high cholesterol levels in your blood, you should go to your doctor who may send you for a blood test, Dr. Tsou said. He encourages children to eat healthy foods such as fruits and vegetables, stay away from junk food, and to exercise regularly. —By Healthy Reporter staff

In my opinion

Find ways to stay healthy

It is important to stay healthy.

If you want to stay healthy you should exercise and eat nutritious foods like fruits and vegetables. Drink water instead of soda and get enough sleep.

You can get fresh air if you play outside. It gets your body going all day long. A healthy snack will give people a boost between meals. —By *Quadirah Wise*

Healthy Reporter starts 6th year

Welcome back to the *Healthy Reporter*!

We are third and fourth grade reporters and we feel privileged to produce this school newspaper. Our editors is school librarian Mrs. Martin.

We would like you to participate in the *Healthy Reporter*, too. One way would be to write a short essay between 75 and 200 words. The topic: How do you help make your home, school, or community a healthier place? Please send it us, and it may be published in a future issue of the *Healthy Reporter*.

Also, mark your calendar for Saturday, Dec. 14, when Barnes & Noble in Plymouth Meeting, Pa., will host a Bookfair and book-signing event in support of the *Healthy Comet* and Healthy NewsWorks. Check out the details at www.HealthyNewsWorks.org.

We are always eager for your ideas and feedback!

Be active for your heart

(Continued from Page 1)

For children who want to participate in an aerobic exercise class, she suggested "start out slowly and work your way up." She added, "have fun."

Mrs. Crim, a fourth grade teacher, said she works out on the elliptical machine at her YMCA. She works out two or three days a week and knows that she is getting stronger because she checks her heart rate. She likes this workout because it keeps her in good shape and gives her more energy, she said.

"Working out to music is very fun," she said.

Taking Zumba classes with other Whitehall teachers makes exercise fun for Mrs. Gillespie, a first grade teacher. Mrs. Hetrick, a music teacher, said she runs as an aerobic activity three times a week. She knows she is giving her heart a workout because her heart rate increases.

—By Healthy Reporter staff

Whitehall Healthy Reporter

A publication of the Whitehall Elementary School in the Norristown Area School District in Norristown, Pa.

Student staff members include Guadalupe Andrade-Tellez, Ninette Anorve, Gabriella Garcia, Andre Groce, Jaden Jones, Ashley Kelly, Manuel Lopez, Alejandra Luna-Hernandez, Brian Sanchez, Quadirah Wise, and Gianni Young. Mrs. Martin is the newspaper's faculty advisor.

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