



Health Scout



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FROM THE SUPERINTENDENT'S OFFICE

Physical Education Walking to get Healthy

By Mr. Hermelbracht

The David City Elementary Physical Education classes have taken the time to enjoy the nice weather of March. All of the classes of David City Elementary have been taking walks with pedometers for Physical Education. During a 40 minute class period most classes were walking around 3,000-4,000 steps (pending on stride length) or 1.5- 2 miles. Though, this seems like a large amount of walking, the recommended steps per day is 10,000.

There are many benefits to be gained from walking. Some benefits of walking are having more energy, deeper and more satisfying sleep, stronger leg muscles, less knee pounding than running, lower body fat, higher metabolic rate, and reduced stress. Many students who walk or exercise actually study more effectively and have better recall. Daily physical exercise may also reduce your lifelong risks for heart disease, cancer, stroke, and high blood pressure, and may even slow the aging process. While 30 to 60 minutes of walking per day is ideal, you can still benefit from just a little bit of walking.

Nowadays, our lifestyles have changed from the past through dependence on vehicles, labor-saving devices, sedentary recreation, and a fast-paced lifestyle that leaves little room for physical activity. One result of this has been a dramatic increase in the rate of obesity in America. The Surgeon General has recently established the "obesity epidemic" as the single greatest threat to the public's health with an estimated 65% of adults overweight or obese (National Center for Health Statistics, 2004).

Heart Attack Warning Signs

By American Heart Association

- Uncomfortable pressure, squeezing, fullness or pain in center of the chest that last more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath along with, or before, chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadness.

Call 9-1-1 if you see or have any of these symptoms. Treatment can be more effective if given quickly. Every minute counts!

Stress Management

Stress is a fact of life. While some stress is normal and even needed, too much of it can affect your quality of life and your health. There are two things you can do about stress:

1. You can find ways to lower the amount of stress in your life.
2. You can learn how to cope with stress that you cannot avoid.

What are the effects of stress?

Stress can have a serious effect on your health, especially if it lasts for a long time.

- Stress hurts your heart and blood vessels. It can lead to high blood pressure, abnormal heartbeat (arrhythmia), problems with blood clotting, and hardening of the arteries (atherosclerosis). It is also linked to coronary artery disease, heart attack, and heart failure.
- Stress hurts your body's defenses, or immune system. You may be more likely to catch colds, and injuries may take longer to heal. The symptoms of long-term problems may get worse because of stress. These problems include AIDS, chronic obstructive pulmonary disease (COPD), and asthma.
- Stress can affect diabetes. It changes how your body uses insulin. This can make it hard to control your blood sugar.
- Stress can cause you to tighten your muscles, leading to low back or neck pain.
- Stress can trigger asthma symptoms or make the symptoms worse.
- Stress can make you moody and anxious and make it hard for you to concentrate.
- Other time, stress can lead to depression, relationship problems, and trouble doing a good job at work or school.

How do you cope with stress?

Stress-related wear and tear can come from two sources: the stress itself and the unhealthy habits you use to respond to stress. Some people respond to stress by smoking, drinking alcohol, or eating poorly. It may feel like these choices help, but really they create even more stress. These and other lifestyle choices can make it hard for your body to cope with stress. For example, as you sleep your body recovers from the stresses of the day. If you do not get enough sleep or your sleep gets interrupted, you lose a chance to recover from stress. The next "Health Scout" will look at ways to lower your stress and ways to cope when you cannot avoid stress.