

# Gym-NEWS-ium

Lawton Elementary

February 9, 2011

## February is American Heart Health Month

Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack (CDC).

Lifestyle choices can help reduce the risk of developing coronary heart disease while knowing the signs and symptoms to help with early detection can save lives!

Reduce your risk of heart disease....

### Diet and Nutrition:

- Choose lean meats without added saturated and trans fats.
- Choose low-fat dairy options.
- Try to eat less than 300 mg of cholesterol each day.
- Choose foods with lower salt and sodium

### Regular Exercise:

- Children and adolescents should get at least 60 minutes a day
- Adults should get at least 150 minutes a week of cardio and

- muscle-strengthening exercise.

Know the signs and symptoms...

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath

Source: CDC



## Did you know...

The adult heart pumps out about 5 quarts of blood each minute - approximately 2,000 gallons of blood each day - throughout the body

## This Month in PE:

### Dance Residencies:

- K/1st- Debbie Gilbert & Joanne Petroff
- 2nd-5th - Chris Daigre
- Continue with Fitness Testing
- Heart Healthy Activities

## MARK YOUR CALENDARS ~ Sunday, March 20

Come and join us at the Boardwalk 5K Run/Walk and Fitness Carnival at Husky Stadium and help raise money for the Lawton PE program! This annual event includes a 5K run/walk through the University of Washington campus, a free Walk of Champions around the Husky Stadium track, and a free Carnival of Activities. This is a great event for the whole family and 75% of all the proceeds raised through online registrations/donations will go directly to your specific school. If you can't attend on the 20<sup>th</sup>, YOU CAN STILL DONATE! Visit [www.schoolkidscomefirst.com/boardwalk](http://www.schoolkidscomefirst.com/boardwalk) for more information and to make a donation. Make sure you indicate that you are donating for Lawton Elementary by clicking on the Lawton Team page. Encourage friends and family to check it out too!

*“There is no better exercise for strengthening the heart than reaching down and lifting up another.”*

## New Dietary Guidelines Released

On January 31, 2011 the Department of Agriculture Secretary Tom Vilsack and Secretary of the Department of Health and Human Services Kathleen Sebelius released the 2010 Dietary Guidelines for Americans. The new guidelines has a stronger emphasis on reducing calorie intake and increasing physical activity because more than one-third

of children and more than two-thirds of adults in the United States are overweight or obese.

Some of the consumer friendly advice include the following:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate

fruits and vegetables.

- Switch to fat-free or low-fat (1%) milk.
- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

For the full press release, visit [www.cnpp.usda.gov/DietaryGuidelines.htm](http://www.cnpp.usda.gov/DietaryGuidelines.htm)



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