

SHAPE Up!

Volume I, Issue VI

May 2010

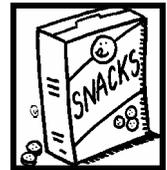
Fitness From A-Z!

- A **Alternate** stride jumps
- B **Balance** in the airplane position on each foot 10 seconds
- C **Cardio** exercise of your choice
- D **Dance**
- E **Exercise** your back. Do cat pose stretch 10 times.
- F **Fast** feet knee slaps 20 times
- G Strengthen **Gluteal** muscles with Donkey Kicks 10 times
- H **Hamstring** stretch (+20 seconds each leg)
- I **Inchworm** walk
- J 20 **Jumping Jacks**
- K **Karaoke** down and back length of yard
- L 10 **Leg Lifts** in forward or slide direction
- M 20 **Mountain** climbers
- N High **Knee** lifts (+10 each leg)
- O **Ohmmmm...**Your favorite yoga pose for 20 seconds
- P At least 5 really good **Push-ups**
- Q **Quick** skip in place
- R **Run** safely for a few moments
- S 10 really good **Sit-ups**
- T **Touch** your toes in the sitting position for at least 20 seconds
- U **Under** the knee clap for 20 times
- V **Vertical** jump (beat your personal record!)
- W **Wall** sit for 20 seconds
- X Sky write letter **X** by **Crossing** the midline or pretend to juggle
- Y **Your** choice
- Z **Zoo** animal walks of your choice in a zigzag direction



Try These Super Snack Ideas!

- Baby carrots and yogurt
- Cucumbers and low-fat cheese
- Applesauce and graham crackers
- Hard-boiled eggs and 100% juice
- Breakfast cereal and low-fat milk



Source: Parent Information—
www.planet-health.org



“Family Fitness Together: Helping Ourselves and Helping Others”

Family Fitness Night will be held at New Albany Elementary School on Thursday, May 20 from 4:30 p.m. – 7:30 p.m.

Health Fair will be held from 4:30 p.m. – 6:30 p.m. and will include: Lab for Cholesterol Profile and Blood Sugar, Height/Weight/BMI, Bone Density, Blood Pressure, Nutrition Education, Women’s Health, Men’s Health, and other education information.

Fitness Activities in the PE Building for families to play together showcasing equipment and supplies purchased through JD Bower and Carol White Grants.

Relay for Life Fundraising

Chicken Strip Dinners will be sold in the cafeteria for families to purchase and eat together. All proceeds will go to Relay For Life.

For more information, contact Tammie Reeder at 534-1840.

A Message from the Program Director

It is exciting to see another school year coming to a close. What is even more exciting is to see the progress our school district has made in the areas of physical education and health education. Our first year of grant implementation will come to a close June 30 and preliminary reports suggest that our district has been approved for Year 2 of Grant Funding beginning July 1. I look forward to another year where we can purchase needed equipment and receive valuable training. In times of budget uncertainty, the SHAPE Up! Grant has been a tremendous asset to our school district.

Ten of our staff members received Polar Health Heart Rate Monitor Training on April 13. These physical education teachers and school nurses learned how to incorporate Heart Rate Monitors into physical education classes. One of the main goals of the SHAPE Up! Grant is to increase the amount of daily vigorous activity for our students. It is important that our students know when they are exercising at a level that raises their heart rate. Our hope is that students will be able to recognize with what intensity they had to exercise to get their heart rates at a productive level while wearing the heart rate monitor and then be able to mimic that same intensity in their daily exercising when they are away from school.

The Carol M. White SHAPE Up! Grant sponsored a motivational speaker at NAHS and NAMS on April 21. Sheldon Gooch presented "Stepping Up & Defying the Odds", an autobiographical account of a young life caught in a rapid downward spiral, from self-destructive decisions and peer pressure, that gets turned around at the bottom, that overcame the odds, and is now, committed to making a difference with others. He discussed how good health choices will help improve our physical, emotional, and mental well-being.

Ron Price and I attended the PEP Summit held in Nevada April 22-24. We gained valuable information on successful grant implementation and how to further improve our physical education program.

Our last data collection period for this school year was the week of May 3. Students in grades 3-12 completed these surveys during class time, while K-2 students' surveys were sent home to be completed with parent assistance. We appreciate the students and the parents cooperating with us during the five data collection periods that were held this school year. We will continue these surveys next school year.

It is the hope of our school district that our physical and health education programs will lead to healthy, active lifestyles for our students and their families. I encourage students to be active and make healthy choices during the summer. May your summer vacation be healthy, safe, and enjoyable.

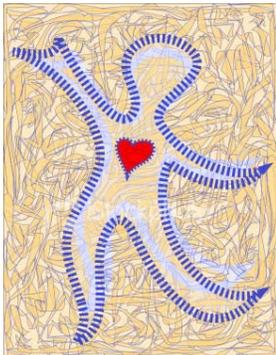
Lecia Stubblefield

Director of Federal Programs, Curriculum, & Transportation

Polar Health Training

The following teachers and school nurses completed Polar Health Heart Rate Monitor Training:

Rolandus Cox
Robbins Rogers
Jessica Gray
Joe Dan Roberts
Ron Price
Anne Christ
Don Reed
Jill Robbins
Melanie Shannon
Tammie Reeder



FROG-A-NANNY

5K RUN / WALK

New Albany Sportsplex
New Albany, Mississippi

\$25.00*



A suggestion was made during the Advisory Council Meeting held in February that we sponsor a 5K Race or Fun Walk as a community fitness event. The Carol M. White SHAPE Up! Grant has partnered with the Special Services Department to host the Frog-A-Nanny 5K Run/Walk which will be held May 14 at the Sportsplex. The pre-registration deadline has passed; for late registration, contact Kelly Coltharp at 534-1802.

*T-shirt included with pre-registration.

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www.newalbanyschools.us