



Health Scout



JANUARY 2008

FROM THE SUPERINTENDENT'S OFFICE

Physical Education

by Mr. Hermelbracht,

The David City Elementary Physical Education classes have recently finished up learning a wide variety of basketball skills and games. Ball Handling, shooting, and dribbling skills were all covered and assessed in the first two weeks back from Christmas break. The upper elementary classes learned how to play the game of PIG, one of the oldest games with a basketball. The Kindergarten classes came back from Christmas break to work on balancing skills. Everyday the Kindergarten classes were challenged with different obstacle courses made from 2x 4's. All classes are currently working on bowling skills and will be starting Golf and Tumbling in the near future.

Physical Education Students to do Jump Rope For Heart

by Mrs. Lentz

The Bellwood Physical Education classes will be doing Jump for Heart during PE class time on February 6th as part of a community service project and making students aware of the importance of knowing their family history plus learning about the leading causes of health issue for their age groups.

You might ask, "What is Jump Rope for Heart?" It's a jump rope special event program. It promotes community service by raising funds to support lifesaving heart and stroke research and educational programs while teaching physical fitness.

According to the American Heart Association heart disease is the No. 1 killer; stroke is the No. 3 killer and leading cause of serious disability.

Congenital cardiovascular defects are the most common cause of infant death from birth defects. Cardiovascular disease ranks as the No. 2 cause of death for children under the age of 15. Overweight and diabetes are increasing at an alarming rate among our nation's youth. How many of you have someone in your immediate or extended family that has heart disease, diabetes, and/or stroke? I am sure we have a large number of us that could answer yes to that question.

What is N-Lighten Nebraska?

In 2003, the Nebraska Sports Council began a team wellness program called N-Lighten Nebraska for participants with the goals of healthy weight loss and increased physical activity. The program was begun as an antidote to rising obesity rates in Nebraska and across the nation and to satisfy the Council's mission to promote healthy lifestyle choices. Fitness tips, designed to motivate and educate participants, are provided over a four-month period.

More than 1,200 participants lost 7,000 pounds in the first year. An accumulated activity division was added in 2004, when more than 6,000 Nebraskans registered for the program, logging more than 1.77 million activity miles and losing more than 16,500 total pounds. Participants came from 87 Nebraska counties and nine other states. For its success in making Nebraska healthier, N-Lighten Nebraska earned the 2004 NAHPERD 2004 Service Award.

N-Lighten Nebraska is a team wellness program conducted by the **Nebraska Sports Council**. This three-month endeavor (February 1-May 1) encourages Nebraskans to develop sustainable healthy physical activity and eating habits. The unique team format encourages teammates to work together toward the common goal of living healthier lives.

Nebraskans are encouraged to form teams of up to 10 people and get N-Lightened! Entry fee is \$20 per person or \$15 per person for online entries.

Recognize Achievement

1. Weight Loss

Each member of the team submits an "honor" weight online or to the team captain. Captains total the team weight, complete the team entry form and submit it. "Honor" weigh-ins will be repeated in March (midway point) and May (final). Winning teams are those that lose the highest percentage of weight over the three-month program.

2. Accumulated Activity

Teams track miles based on activity performed (see the **Activity Tracker**). Winning teams are those that average the most points per person over the three-month program. Captains may report total team points or team members may report their individual points online. Youth 18 & Under will also have an opportunity to take part, by joining the **N-Lighten Kids program**.

To learn more about this program go to:
<http://www.n-lightennebraska.com/> or
<http://www.nebraskasportscouncil.com>

