

# INTENSE.

The cheetah is renowned for its speed, and for good reason. This slim cat can go from 0 to 60 in just seconds. **But the cheetah is a sprinter, not an endurance runner;** it alternates bursts of intense, hard running with longer periods of light activity and rest. **We can learn from the cheetah.** It seems that the most effective (and time efficient) exercise for good cardio health for people is **alternating short, cheetah-like bursts of intense activity with longer periods of easier effort.** So-called “high intensity interval training” starts with a few minutes of warm-up, then the fun begins: **30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for 10 minutes to a half an hour.**



the big number

# 25

In one study, 25 minutes of interval cycling 3 times a week provided the same training benefit as 3 steady-pace sessions of 90-120 minutes.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This newsletter is provided as a wellness resource by our school system's School Meals Program*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"INTENSE"

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### KALE

New varieties of "baby kale" make this nutritional powerhouse more user-friendly. Good thing, too -- kale is high in fiber, iron, omega 3 fatty acids, and vitamins A and K, and it's low in calories and has zero fat. Kale is one of the "super foods", so give it a try!



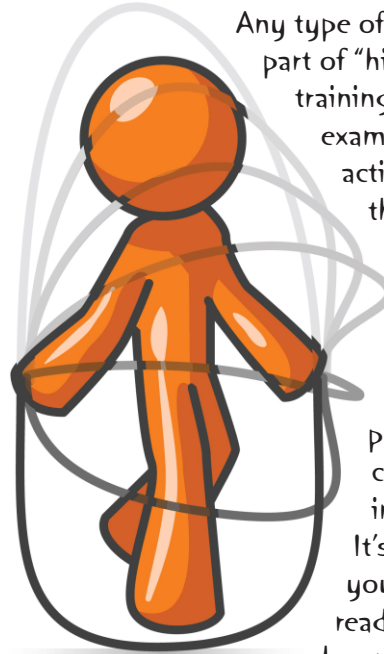
Kids learn best at home when they have a regular place to study and do homework, with room to spread all their stuff out -- a big desk, maybe, or a dining room or kitchen table, or even just an inexpensive folding table!

## LIVE HEALTHIER



Need another reason to eat healthy? Eating 3 or more servings of fruit per day may lower your risk of age-related macular degeneration, (the major factor in vision loss in older adults) by 36%.

## PLAY HARDER



Any type of aerobic exercise can be a part of "high intensity interval training" -- jumping rope, for example -- or any other activity that you can push to the max for brief periods. "HIIT" also encourages your body to burn more fat for longer after you exercise, keeps your heart healthier, preserves muscle while controlling weight, and increases metabolism. It's not boring either -- you're working too hard to read a book or chat, but it doesn't take very long!

First things First



**BREAKFAST @SCHOOL**  
For first-class learning!



Featuring Healthy Fruits & Grains!

**School Meals**  
We serve education every day.

Over the last two school years, we've put in place a number of changes to make our lunches and breakfasts (in schools that serve breakfast) even more nutritious for our customers. We'll continue to use the Wellness Newsletter this year to keep you posted on these changes!



**DON'T GET!**  
Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!



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