



# What We do to be Healthy

## Douglas-8<sup>th</sup> grade

I go to church to be healthy so I can teach what I have learned about God. My family's country of origin/heritage is Spanish, Native American and African American. The family traditions that help my social health are our family get-togethers/dinners. I also like to eat healthy food and play basketball.



Basketball is healthy for you because it can help you socially. It gives you the opportunity to stay hydrated. In this sport, a lot of stress is on your body so stretching is a healthy thing to do. It also improves your hand-eye coordination and helps you lose calories (630-750 an hour) as you're running up and down the court, only stopping for fouls, timeouts, and end of quarter breaks. It can help you build character and teamwork as it is a team game and you have to play the game around others. Basketball also helps your body and muscle build up. These are just a few healthy benefits from basketball.

## 2017-2018 Student Health Council Members

Amari Jenkins, Douglas Thorne, Eriana Pitts,  
Joseph PonceFlores, Micah Pitts, Simeon Graves,  
Zoey Collier-Gooden

## Eriana-8<sup>th</sup> grade

I get a good night sleep! It is important to get a good night's sleep so I can focus in school. My mom's heritage is Great Britain, Nigerian, and Pacific Islander. My dad's heritage is Benin/Togo, Great Britain and South Asian. My family prays before we eat to stay healthy.



Praying is a healthy thing to do. It's helpful to pray because it reduces your stress level, which is one of the major risk factors for disease. A heart disease specialist at Harvard Medical School, Dr. Herbert Benson

discovered "the relaxation response," which occurs during periods of meditation and prayer. When we pray our body's metabolism decreases, blood pressure goes down, the heart rate slows and our breath becomes calmer and more regular. Research at the University of Cincinnati indicates that prayer boosts the immune system and helps to lessen the severity and frequency of a wide range of illnesses.

## Amari-7<sup>th</sup> grade

To be healthy, I practice good hygiene, which is important because I don't spread germs. My family heritage is Italian, Native American, and Black. For our social and physical health, on holidays, we play football.



I like to play football. Football helps you breathe and get your strength. You can bring up your calf muscles' strength. You can express your feelings and your anger. It teaches kids about sportsmanship and teamwork. Kids who play football are often better at school. You can learn life lessons that you can lose a game and still be confident about yourself.

## Micah-7<sup>th</sup> grade

To be healthy, I like socializing with my family. My dad's family is from Bolivar, Tennessee. Our tradition is that we all pray together during family events.



I like to walk with my dogs to be healthy. Walking helps you to maintain a healthy weight. Walking puts you in a good mood and helps keep you from getting heart disease. Also if you walk it makes your bones stronger. If you walk faster, and frequently it improves your coordination. Walking is a good way to stay healthy.

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## Joseph-7<sup>th</sup> grade



To be healthy, it is important to do my work, so I can practice what I learn. My family is from the country of Honduras, and my mom keeps our heritage alive when she makes tamales, and baleadas, also pupusas. We also say what we are grateful for and why.

I like to do math to keep me healthy. You have to know math to buy things at the groceries for the rest of your life. You just stand there and wait for the change, but have no idea how much it should be, or what amount of change you should receive. If you can't be able to do science, nursing, engineering, become a doctor or even get a business degree. Doing every kind of sport requires a basic skill of knowing distance and calculating. For me math is incorporated in my homework and that's a way that I stay healthy. Math is important to me because it is going to help me be a Surgeon when I grow up.

## Simeon-8<sup>th</sup> grade

I meditate to stay healthy. This is important because meditating helps you maintain your stress. My mom's family's heritage is German, Indian, Italian and I think Spanish. I don't know my dad's side. One tradition at holidays we have is that we play white elephant. I also play baseball.



Baseball demands you to use all of the major muscle groups in your legs. You are always moving, throwing and squatting down to retrieve a ball you have to use your glutes, quadriceps, hamstrings and calf muscles. Swinging a bat, throwing the ball and catching the ball are good ways to build arm strength and improve joint flexibility. The rotator cuffs of the shoulders get a good workout with the twisting motions required for swinging the bat and throwing a ball. The rotator cuff is a group of muscles and tendons that holds the shoulder joint in place. This is important for baseball because you need a strong and healthy rotator cuff so you can make the throwing motion.

## Zoey-8<sup>th</sup> grade

I go to the doctors regularly so I can stay healthy and live longer. I am not sure of our family's country of origin, but we celebrate several holidays at my house with a variety of foods that are unique and healthy. My parents also make sure that I stay on top of my school work and studies in order to become the best person I can be. I also go to church to stay on top of my spiritual health. Over breaks, I make sure to get a healthy amount of sleep and eat healthy foods.



I like to run track and it benefits me physically and mentally. Running track has several aids for health. Physically, it improves your cardiovascular fitness, resulting in decreased chances of strokes or heart attacks. Running is one of the most effective ways to strengthen your heart and it helps reduce body fat. Running also improves your teamwork skills. In track you often depend on others for you to win or advance. Mentally, track reduces stress, improves self esteem, fights depression, and enhances mental stamina. Running reduces stress by boosting the serotonin in your brain, which results in you having a more positive mood. Track can improve your self esteem because the more you practice, the more you accomplish. If you strive harder, you reach your goals and can set higher ones. The way running fights depression is by releasing beta endorphins from your brain, which can also lessen pain and boost your immune system. Your mental stamina is enhanced when running because running increases the circulation of the blood flow to your brain. Running track not only benefits you mentally and physically, it also makes you feel good about yourself in your appearance and causes a sense of freedom in your mind.

To hear us talk about what we do to be healthy, and learn more about what other students at Corryville do to be healthy, watch our videos! The Student Health Council: <https://youtu.be/ccZz6K3fpio> and our interviews: <https://youtu.be/Nd00+Wv5C9E>