

What's Up, Edison?

April 20 - 24 , 2020

What's up Hornets, Knights, Jaguars and Challengers? The MSNs are back for Week Five, so let's *dive* into our next topic for a **Healthier ME: Exercise and Fitness!**

It's time to not only *stretch* our minds but our bodies as well!

In fact, let's *hop, skip, walk, and run!* We think it will be a lot of fun! We will try and *pace* ourselves and *kick* around a few ideas. Let's get to it and *jump* into it, **EXERCISE!**

Stay safe and healthy,

Your Middle School Nurses,

Carol Martinez, RN, MS, CSN, HHMS

Jasmine Cromartie, RN, BSN, CSN, JAMS

Nicole Montilus, RN, BS, CSN, TJMS

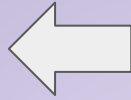
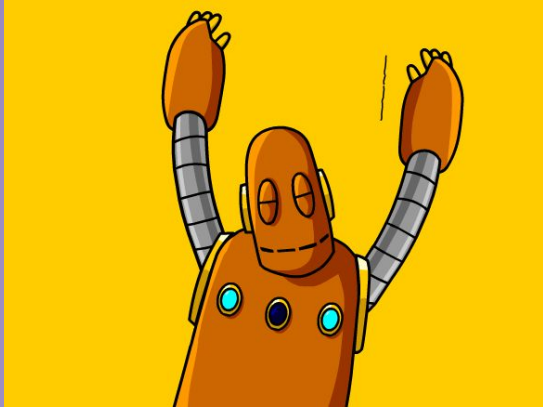
Roulla Fanik, RN, MSN, CSN, WWMS

Kristine Walters, RN, BSN, CSN, District Nurse

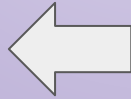


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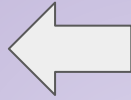
Check out this BrainPop video about Fitness and Exercise.



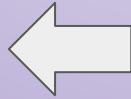
Click here and take the Brain Pop quiz to show how much you know about Fitness.

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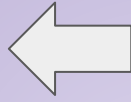
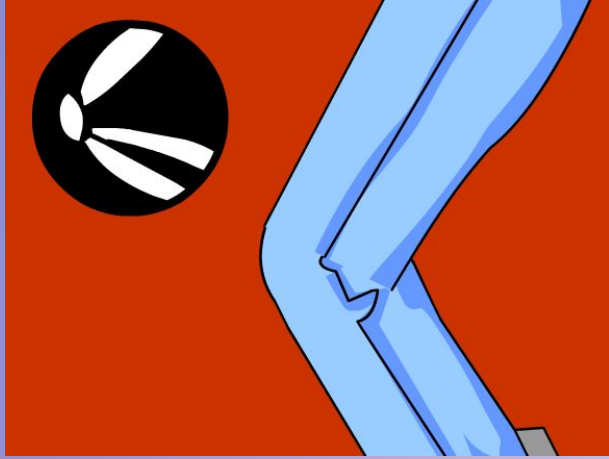
What will happen to your body when you start exercising regularly and why is it worth the effort? See what TEDEd has to say.



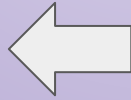
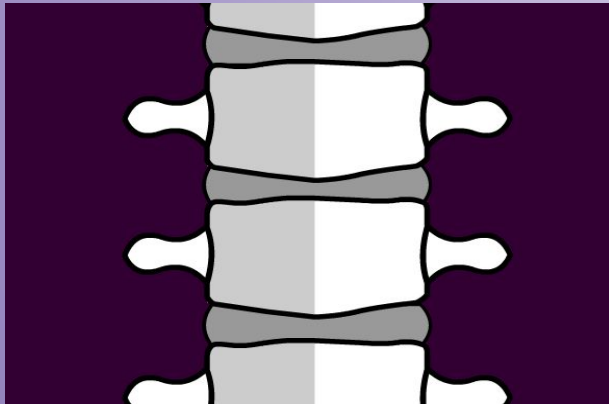
Get moving and lip sync along with Pharrell Williams! It will make you **Happy!**

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Since we are spending a lot of time in “our joints,” check out this BrainPop video about the joints that help us move!

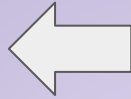


Here's the Brain Pop Joint quiz. You know what to do! Then reward yourself with another music video to get you moving!

<https://www.youtube.com/watch?v=otCpCn0l4Wo>

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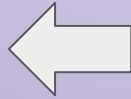
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To play sports or to not play sports, that is the question? But whether you do or don't, there is **NO** question - exercise is **IMPORTANT!**

<https://kidshealth.org/en/kids/no-sports.html?WT.ac=k-ra#catnutrition>

Watch these if you want to get pumped up about muscles!





Now that you're warmed up, let's get our bodies **MOVING** some more!

We hope you had fun.
See you next week!
We are really going to gross **YOU** out!

