Sierra Vista

Physical Education Newsletter

Friday, May 13, 2016

Good morning. Another awesome year of PE is in the books. Thank you so much for all of your support this year and please enjoy the information below. Have a great summer!

Caldwell Health Fact

Did you know the human body obtains essential vitamins and minerals through food? I am a big believer in using "food as your supplement" instead of taking tons of pills to get your nutrients. Most supplements are made from low quality ingredients and most people can't absorb their supplements because of gut issues. Spend your money on high quality, clean foods. For example you can get your vitamin C from drinking pulp free orange juice, vitamin A from eating pastured eggs, Vitamin D from goat milk, and calcium from either dairy or bone broth.

Health and Nutrition Articles to Get You Thinking

I am always learning as a teacher and health practitioner. Each month I post different articles and topics to get you thinking more about exercise, nutrition, and health. The articles this month cover topics such as the "Orthopedic Perfect Storm and Skin Care Tips."

Orthopedic Perfect Storm



Skin Care

http://www.ewg.org/enviroblog/2016/03/potentially-toxic-chemicals-plummet-teens-after-switching-safer-

<u>cosmetics?inlist=Y&utm_source=201603EWGNewsletter&utm_medium=email&utm_campaign</u> =201603EWGNewsletter

Physical Education Happenings

Mr. Caldwell (nealcaldwell@iusd.org or 949-936-6649)

The past few weeks we have really focused on health and nutrition along with focusing on "personal trainers in training." It is very important to me that when they leave my class they have a basic understanding of how to eat right, hydrate properly, the power of sleep, positive thinking, the basic health benefits of team and individual sports, and the skills to walk into any gym and know how to work-out and work-in properly for their needs.

Lastly your son/daughter learned the basics of badminton, team handball, and some of the skills of softball.

Personal Trainers In Training

http://caldwellpe.com/personal-trainers-in-training-part-2/

Workout Of The Day(WOD)

http://caldwellpe.com/workout-of-the-daywod/

Crossfit(WOD)

http://caldwellpe.com/crossfit-wod-2/

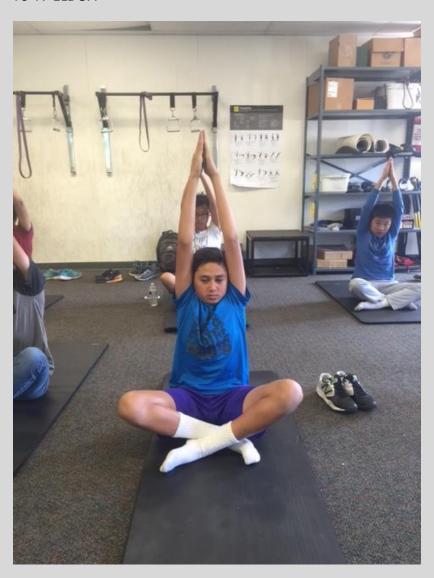


After School ELDOA Class

The past 6 weeks I have been teaching an after school ELDOA class. ELDOA is a great way to combat the "Orthopedic Perfect Storm" and keep your spine healthy and your fascia supple! I will probably offer this class again in September. Click on the links to learn more about ELDOA. http://caldwellpe.com/after-school-eldoa-week-5/

http://caldwellpe.com/eldoa-info/

T6-T7 ELDOA



Lunchtime Sports

Lunchtime Ultimate Frisbee Champs. Each player took home nice Billabong/RVCA belt as a prize!



To learn more about Physical Education at Sierra Vista, go to www.CaldwellPE.com. Please feel free to contact me anytime. Thanks for your support!

Sincerely,
Neal Caldwell