

Exercise Edition

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President's Corner

By Shivi Goyal



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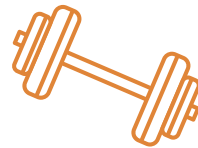
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TIPS JVP has had such a profound impact on me. I joined back in 2011 at the age of 6 when the organization just formed, and I have grown along with it. I learned the meaning of volunteering and how important it is to me to help out in my community. I love attending all the activities and getting to know all the members. Over the years, we have all become a family. TIPS JVP is now back after 2 years! We kick started the organization in March where we made Easter baskets and have continued the monthly projects. I'm very excited for the upcoming year for new events and expanding our organization. I have many things planned as president. We will be reintroducing our leadership labs such as communication and public speaking. The core and officer teams are also trying to have more than one project in a month to get more hours for our members. Lastly, like our motto "we lead", we want our older members to mentor the younger ones by being role models and encouraging them what to and not to do at our various activities.

We understand how busy students are these days with extra-curriculars and school, but we wanted to show the importance of exercise in our daily lives even if it means taking a 10 minute daily walk. I hope you enjoy the newsletter!



Interview with Mr. Phil Rodgers



By Neel Mittal and Rusham Goyal

Phil Rogers, is an athletic trainer at Saint Mary's Hall. He completed his degrees at Midwestern State University and Texas Tech University. Here is what he had to say about some questions pertaining to student health in sports.

What type of exercise program would you set up for a student in high school who is busy with schoolwork?

Try to make it as simple as possible which doesn't take over 30 minutes. Start off with a cardiovascular exercise, treadmill or elliptical, for about five minutes at least three days a week. Have days in between for muscle recovery. Then, do a low weight routine with heavy repetition because lower weights don't hurt themselves. Exercises should balance out the body: front muscles, back muscles, hamstring, quadriceps, shoulders, hip strength, and feet. There is an increased rate of injuries in those areas because of muscular weakness.

What is the best way to get active during school?

Find a club to put yourself into. In your off period find an administrator in the athletic department or go jogging on the track when it's not hot. It doesn't have to be a long period of time - if you have five minutes, get active! Getting yourself in better shape is a priority. Take two laps around the track or find a place to do pushups or planks.

How do you treat a sport related injury?

There's two types of injuries. Chronic injuries slowly develop over time and acute injury happens suddenly. An example of acute is when somebody comes off the field and sprains their ankle. Whether it's chronic or acute, the body has to go through its natural process of swelling and healing, so the first step is to do nothing. We may ice the injury, give pain medications for compression for swelling, and elevate the injury. After, we have to work to get that functional range of motion and increase strength to get back to the sports functional exercises. It is important to start off slow and then doing more intense exercises to get back into the sport.

What if the student is not interested in sports?

You don't have to be interested in a sport to stay in good cardiovascular shape. The better physical shape that you're in means better cardiovascular shape and muscular tone. You can also jog a little bit. Exercise is such an important aspect of life, and it only needs 15 mins! Mentally, you also do better in the classroom.



Benefits of Exercise

By Arya Shah



Today, many people face diseases such as type 2 diabetes, osteoporosis, high blood pressure, and obesity. Although the chances of these can be greatly reduced through physical activity, only 24% of children from the ages six through seventeen meet the recommended amount of exercise. According to the CDC, children should do at least sixty minutes of vigorous physical activity every day to stay healthy while being in a sedentary lifestyle like school.

However, exercise is not only crucial to physical health, but also mental health. Research has been done proving that exercise helps the brain regenerate brain cells faster. This shows how keeping active when one is young can help them to maintain jobs once they are older. Additionally, it has been proven that moderate or intense workouts help students have more energy. Although intense workout may be a bit more beneficial for your physical health, moderate ones help your mind be more focused while not making you too tired. Exercising sharpens your mind and is shown to have immediate effects of improving people's moods.

Physical Activity Facts:

<https://www.cdc.gov/healthyschools/physicalactivity/facts.htm#:~:text=The%20Physical%20Activity%20Guidelines%20for,to%2Dvigorous%20physical%20activity%20daily.>

Exercise Increases Productivity:

<https://www.brookings.edu/opinions/exercise-increases-productivity/#:~:text=Physical%20exercise%20stimulates%20the%20development,brain%2C%20boosting%20your%20mental%20output.>

Head for the Cure 5K Run

By Pavit Kesar September 24, 2022

This past September, TIPS JVP volunteers assisted in the 5K Head for the Cure marathon, a marathon held every September to raise awareness, hope, and funding for patients who are battling with brain cancer and inspire positivity among their friends and family. Everyone who came to run at these events were there to support the cause and advocate for their own family or friends. Motivated runners require a lot of strength and energy to complete the 5K run. TIPS JVP helped out by handing water bottles to runners when they completed and gave out medals to congratulate everyone on their run. The volunteers helped boost morale and courage of runners helping the cause. I witnessed a smile on every single runner as they received their water and medal. Because of TIPS JVP, all the runners earned a sense of accomplishment. Thank you to those who helped out at the event!

