



# Newton South Wellness Newsletter



WORK PLAY REST



From the desk of...  
Alan Rotatori  
Wellness Director

**Wellness** is an active process of becoming aware of and making choices toward a healthy and fulfilling life. “A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” – The World Health Organization

**Welcome to *Issue #3*** of the Newton South Wellness Newsletter! The goal of this periodic publication is to educate, motivate and communicate the values of living a wellness lifestyle. Our department is dedicated to helping students, faculty/staff, and community members understand the effects of daily decisions and their impact on overall health and well-being. The newsletter is divided into three sections: wellness dimension focus, wellness in the news, and tips for living. Let’s get started!

**Wellness Dimension Focus – Physical Wellness** – *A healthy body maintained by good nutrition, regular exercise, the avoidance of harmful habits, informed and responsible decisions about health, and medical assistance when necessary.* **Physical wellness** requires a well-balanced diet, plenty of physical activity and exercise, proper weight maintenance, sleep, avoidance of risky sexual behavior, limited exposure to environmental contaminants, and restricted intake of harmful substances.

([https://www.ndsu.edu/wellness/about\\_us/seven\\_dimensions\\_of\\_wellness/](https://www.ndsu.edu/wellness/about_us/seven_dimensions_of_wellness/))

Reaching your optimal physical wellness will require creating a personal wellness plan that includes a self-evaluation, education, and setting goals. Start by asking yourself these questions;

- **Stress** - Do I have ways to reduce stress in my life? Am I able to make decisions with a minimum of stress and worry?
- **Sleep** – Do I get consistent and adequate sleep?
- **Weight** – Am I happy with my current weight? Do I feel good about how my body looks and feels?
- **Diet** – Do I eat a variety of healthy foods? Do I drink enough water? Do I avoid processed and junk Foods? Do I eat plenty of vegetables?
- **Healthcare** – Do I know important health numbers, like my cholesterol, weight, blood pressure and blood sugar levels? Do I get annual physical exams? Am I pretty healthy overall?
- **Strength** – Is my body strong and resilient? Can my body easily handle the physical demands that I place on it? Can I lift 50 pounds without a problem?
- **Endurance** – Can I run a mile? Do I get my heart rate up for thirty minutes a day at least three times a week? Do I get out and walk regularly?
- **Positive Life Choices (i.e., Drug, and Alcohol Free)** – Do I avoid abusing drugs and alcohol? Am I a non-smoker and avoid second hand smoke? Do I practice safe sex? (<https://static1.squarespace.com/static/56074c89e4b053dd4651d6e2/t/56b67ca8ab48de85f21a7d95/1454800043780/PhysicalWellness.pdf>)

Wow, that is a lot to think about! The key is to not overthink and just pick one thing to change. Maybe you are drinking soda on a regular basis. Replace the soda with a healthier choice, water, low-sugar fruit juice, milk, green tea, coffee, etc. and you are on your way!

## Wellness in the news – Metabolic Conditioning, One to One Fitness Center

The term Metabolic Conditioning has become very popular in the last decade. A comprehensive review of Metabolic Conditioning would include explanation of advanced exercise physiology and biochemistry principals that go beyond what most lay people need or want to know. A Metabolic Conditioning workout is simply one that uses multiple bouts of very high intensity (and thus short duration) exercises separated by recovery periods.

This type of training has been implemented by competitive athletes (both endurance [aerobic] as well as strength [power or anaerobic] athletes) for many decades, even though it has not been referred to as Metabolic Conditioning. Metabolic Conditioning has gained popularity within the fitness community because in more recent years there has been a popular recognition that this type of training can promote many of the physiological adaptations that fitness enthusiast seek, including increasing muscular strength, tone or size, reducing body fat, and improving cardiovascular health. While building muscular strength has long been associated with strength (anaerobic) training, most lay people have associated fat loss and cardiovascular fitness as products of lower intensity, sustained (aerobic) activity (such as Jogging, walking, bike riding, dancing, etc.) However, many studies have now shown that Metabolic Conditioning can result in greater fat loss than aerobic training, while also producing gains in muscular strength and cardiovascular fitness. (see the rest of the article, <http://1to1fitness.com/2015/12/22/metabolic-conditioning/> )

**Tips for living** – “There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered.” – Nelson Mandela



”GOOD PEOPLE”





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Alan Rotatori  
Wellness Director



**Newton South High School  
Wellness Department**



***”GOOD PEOPLE” Program***  
***Fostering community one act of kindness at a time!***

**What’s it about?**

The “*GOOD PEOPLE*” program was created to recognize members of our community for their random acts of kindness. These acts are not behaviors or actions that are considered typical or expected but a sincere effort to help others. Holding a door for someone, picking up a piece of trash in the hallway, or saying “good morning” to someone are all very polite and nice gestures but are considered expected behaviors in our community. Volunteering to help at a soup kitchen, tutoring another student who is struggling academically, and supporting someone who is in crisis are acts of kindness that deserve recognition and help strengthen our community.

**What do I do?**

It’s easy! Complete the form below, save it, and send me a copy. [alan\\_rotatori@newton.k12.ma](mailto:alan_rotatori@newton.k12.ma). Make sure you put “GOOD PEOPLE” in the subject box.

**What happens after I nominate someone?**

I will be displaying all nominations on the “*GOOD PEOPLE*” wellness board. The board is located in the field house lobby, just look for the large smiley face! Each month I will choose recipients of the “GOOD PEOPLE” of the month award. This award will give recognition to one faculty/staff and one student.

**Your Name:**

**Name of nominee:**

**Reason for nomination:**

**\*See attachment for “*GOOD PEOPLE*” nomination form**



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## Newton South High School Wellness Department



**Well U** is a list of opportunities and/or resources for students, staff, and community members to enhance their health and well being. The list will be updated each time the Newton South Wellness Newsletter is published. If you have information on a wellness program or resources that would be beneficial to add to the list, feel free to contact me [alan\\_rotatori@newton.k12.ma.us](mailto:alan_rotatori@newton.k12.ma.us). Please put **Well U** in the subject box.

### ***For the students***

- Badminton Club, Thursday J block, throughout the school year.
- Fitness Center, open for students, Monday-Thursday after school.

### ***For the faculty/staff***

- AM Faculty Basketball, Tuesday and Friday, 6:15am to 7:15am, throughout school year.
- Fitness Center, open for faculty before and after school.

### ***For the community***

Newton Wellness Coalition, <http://www.gettoknownewton.com/introducing-the-newton-wellness-coalition/>

Dionysia's Massage Studio, <http://www.dionysiastudio.com/>

(Well U Program is a work in progress!)