

FIT & fabulous

My fitness journey

by senior Hailey Elder

Food is not the enemy. Exercise is not a punishment. Health is not a chore.

My relationship with diet and exercise has been a roller coaster. I've been that overweight thirteen-year-old who found herself eating excessively, and I've been that freshman in high school who thought being fit meant restricting calorie intake and exercising obsessively. My experiences from both sides of the spectrum have taught me one crucial thing: a healthy body is not defined by a scale or a mirror.

I like to move it, move it

For me, finding a way to make exercising enjoyable was a challenge. Forcing myself to run on the treadmill until I burned off that brownie I convinced myself I didn't deserve made working out dreadful.

H I I T
[high • intensity • interval • training]
noun

it's **short, intense bursts** of exercises [in forms of intervals] with short rest periods. It's perfect if you don't have a lot of time to workout, plus it increases the pace of activity.

With a change of heart, I began forms of exercise that I looked forward to. I found that finishing a HIIT workout made me feel accomplished. I found that lifting weights made me

feel empowered. No matter what, I had to make sure I was moving AND loving it.

Running on empty

I used to count calories like it was my job. I have been twenty pounds lighter than my current weight, but not nearly as healthy. I had a love-hate relationship with food. These days, the word "diet" makes me cringe.

Here's why: As the weight was getting harder to lose, the number of calories I would allow myself to consume would drop. First, it was 1,600, then it was 1,400, when I eventually was trying 1,200, I had enough. My body still didn't look Photoshopped, and I felt defeated.

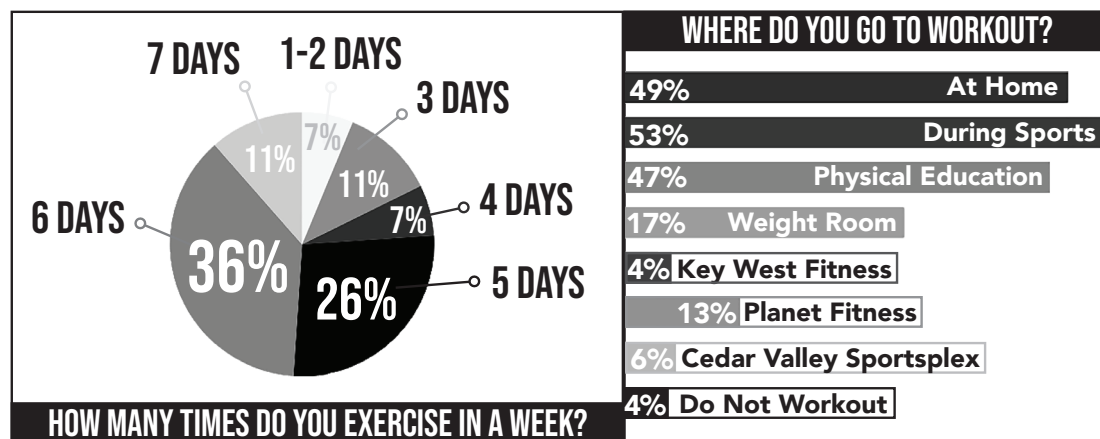
Somewhere over the rainbow

Everything changed when I found that it isn't about how much I was eating, but rather what I was eating. When I started paying attention to my macronutrients (proteins, fats, carbohydrates) instead of the number of calories I was eating or the number on the scale, suddenly the girl in the mirror was exactly who I wanted her to be.

All I had to do was quit focusing on what I shouldn't eat and start focusing on what I should eat. The result: a stronger, happier, and healthier me.

Just the way you are

From all of this, I learned balance is key. Eating nutritious meals is good, as long as you allow yourself a treat in moderation. Exercising is good, as long as it's for your well-being and not because you ate that brownie. Being healthy is not as complicated as we all make it. So stop torturing yourself to reach an impossible goal. Get moving, and love yourself.



Gettin' JAZZY with it: My day in the life as a jazzerciser

by senior Aubrey Gronoski

Are you looking for a way to get your heart-rate up and dance with some of your best friends, all the while getting a great workout? If so, Jazzercise is for you!

Jazzercise was a lot different than I thought it was going to be. When I first walked in with my soccer teammates on that Saturday morning, we were greeted with a friendly staff. We were then given a tour to ensure we felt comfortable, welcome, and free to dance like no one was watching.

Jazzercise is free, at any time, to girls ages 16-21 at the Waterloo location. This was perfect for us. It was exciting to me because as a high school student athlete, I'm not exactly raking in the money for gym memberships.

I was shocked that there wasn't more of a young demographic because it

seemed like it was the perfect environment for teens. The majority of women at the class were in their 40s or 50s.

Before we started dancing, the instructors filled us in on everything we would be doing.

When we began, I loved how comfortable I felt. The music was upbeat, playing contemporary songs that I could sing along with, including artists like Bruno Mars and Meghan Trainor. The workout truly got my heart rate up, but it was still tons of fun.

All in all, I feel as if Jazzercise is the perfect workout for anyone looking to relieve some stress by dancing and having fun with friends.

THE GYM: CROSSFIT KILO



photo by sophomore Brooke Busch

Freshman Ethan Vogt trains at CrossFit Kilo three nights a week with the XL Sports Acceleration Program. In the **CROSSFIT XL SPORTS ACCELERATION PROGRAM**, he does speed and agility drills, cone drills, box jumps, vertical jumps, and he runs on the treadmill. Said Vogt, "It is going to make me **FASTER** and more agile which will help me be a better running back and defensive back."

PLANET FITNESS



photo by sophomore Harley Schley

"It is an **INEXPENSIVE** alternative to other gyms."

-sophomore Natalie Poppe

HUDSON WEIGHT ROOM



photo by sophomore Harley Schley

"I like working out in the Hudson weight room because it is **CLOSE** to the school."

-junior Caleb Koelling

THE FACTS: HYDRATION

Hudson family doctor Greg Selenke shares the importance of staying hydrated.



Dr. Greg Selenke

- How much water should people drink a day?**
"People should drink] 13 cups of water a day (eight ounce cups each)"
- What are signs of dehydration?**
"Dizziness, thirst, high blood pressure, dark urine, and/or the inability to urinate."
- Why is it important to stay hydrated?**
"It maintains flow to the brain, removes waste and lowers blood pressure."

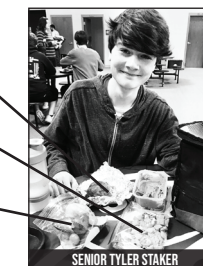
HEALTHY LUNCH CHOICES- OR NOT?

by senior Aubrey Gronoski and sophomore Klaire Krapfl

With 60% of HHS students packing their lunch, The Pirate Press decided to see how healthy their lunch choices are. The results: 1 in 4 students lack a fruit or vegetable option, but 50% of students did have water to drink with their lunch. Here is what some had in their lunchboxes:

Nutrition Facts
Amount Per Meal
Calories 520

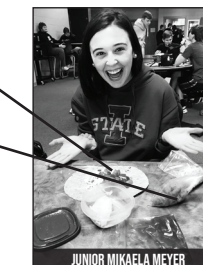
Calories	520
Calories From Fat	100
Total Fat	20g
Protein	30g
Carbohydrate	60g
Sugar	20g
Sodium	1000mg
Total Fiber	10g
Calories	210
Sugar	20g
Protein	20g
Dietary Fiber	10g
Total Fat	10g
Calories	210
Sugar	20g
Protein	20g
Dietary Fiber	10g
Total Fat	10g



SENIOR TYLER STAKER

Nutrition Facts
Amount Per Meal
Calories 345

Calories	345
Calories From Fat	100
Total Fat	20g
Protein	30g
Carbohydrate	60g
Sugar	20g
Sodium	1000mg
Total Fiber	10g
Calories	210
Sugar	20g
Protein	20g
Dietary Fiber	10g
Total Fat	10g



JUNIOR MIKAELA MEYER

Nutrition Facts
Amount Per Meal
Calories 404

Calories	404
Calories From Fat	100
Total Fat	20g
Protein	30g
Carbohydrate	60g
Sugar	20g
Sodium	1000mg
Total Fiber	10g
Calories	210
Sugar	20g
Protein	20g
Dietary Fiber	10g
Total Fat	10g



FRESHMAN HANNAH TJEPKES

IT'S TIME TO GET FIT

WATCH OUT

"(It) helps me measure and scale my WORK OUTS."
-senior Austin Owens

1ST APPLE WATCH SERIES 1

1ST FITBIT CHARGE HR

"Having a step goal every day makes me want to be MOVING as much as I can."
-junior Morgan Kegebein

73% OF STUDENTS DO NOT OWN A FITNESS BAND

photos by sophomores Lexi Bergmeir and Tara Jochumsen

FITNESS APPROVED

by sophomore Klaire Krapfl

CHARITY MILES - LIVESTRONG

FREE
"It gives incentive to run more than just feeling better because you know your running is going to a **GOOD CAUSE**."
- senior Andrew Oleson

Charity Miles is a fitness tracker as well as a fund-raising app for charities. The more you run, walk, or jog, the more money you raise.

RUNKEEPER

FREE
"I like how it shows my average pace, distance, and time. They are the three main things I care about when I **RUN**."
- junior Austin Kahler

Run Keepers is an app that helps track workouts, set goals, follow a plan, stay motivated, and view your progress.

SAMSUNG HEALTH

FREE
"Samsung Health counts my steps, tracks my sleep, and is **EASY** to use."
- freshman Dillon Haddeman

Samsung Health is an app that helps track your wellness, your intake, and follows your lifestyle.

Recommended by Fitness Magazine

NIKE + TRAINING CLUB

FREE
"The Nike app because during cross country it **TRACKED** how many miles we ran."
- sophomore Ali Jochumsen

Nike Training Club is an app with more than 160 free workouts. This app includes personalized workouts and flexible training plans.

photos courtesy of the App Store