

# Twist and Shout

Students and staff are finding ways to stay active while staying at home.

by sophomore Madison Michael

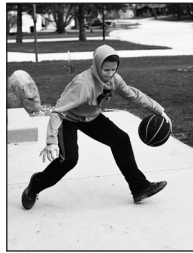


"I like to go for a walk every afternoon when it's nice because it makes me disconnect from my laptop. The physical activity and sun really boost both my energy and my mood."

-high school English and journalism teacher Joletta Yoder

"I like to use my extra time during this self-isolation period to improve my basketball skills and run so that I am better for my future athletic seasons."

-8th grader Tanner Michael



"I like to run in the morning and do a workout at night. At night, I do 5-10 minutes of ab work then move on to legs. A few days I week throw in arm exercises, too. Keeping active has helped me to get outside and burn all this extra energy."

-sophomore Addison Grady

"Weight lifting helps me stay focused and active."

-freshman Trevor Koelling



"Staying active keeps me healthy, and also helps my general attitude. Getting out into the fresh air and moving helps to break up the monotony of being at home all day and gets me away from screens! I was always in sports growing up (volleyball, cross country, track, tennis) so I enjoy exercising much more in a

"team/group" setting. I prefer workout classes, like NLXF (Next Level Extreme Fitness) or OrangeTheory Fitness so that I have others motivating me!"

-7th-12th grade band teacher Nicole Davis

"In an attempt to promote physical activity and personal wellness, I've asked the students to post pictures or videos on Twitter using the hashtag #piratesmoving in hopes of motivating others to do the same." "Physical activity, now more than ever, is vital. Now, your house is stocked with groceries, all workout facilities are closed, you have a lot more time on the couch and near the fridge. Your activity level is probably down. Your food consumption is probably up."

"While everyone worries about the virus, many are also letting other parts of their health deteriorate and are setting themselves up for other health issues. High levels of stress and anxiety can cause changes in your weight and weaken your immune system."



photo courtesy Sean Leonard

High school PE teacher Sean Leonard and wife welcomed their second child, Charlie Parker was born on April 14th.

"I hope everyone is finding time to take care of themselves. There are several health benefits of a simple, daily 30 minute walk. Burning calories and losing weight, improving digestion, boosting immunity, and improving sleep are just a few. In addition, depression and anxiety symptoms often improve with exercise. Take advantage, people!"



Sophomore Izzy Jorgensen used Leonard's suggested hashtag to tweet about her run with senior Lexi Bergmeier and freshman Josie Bergmeier.

America is the land of the free. We hear and see this saying everywhere, from political rallies to 4th of July celebrations. But while we may be free, we are NOT invincible.

Amid this COVID-19 outbreak, there are a lot of freedoms we have had to give up. I understand that it may be a difficult task - but it's not impossible. So please... STAY HOME!

## Get Back

by junior Jetta Colsch

It may have begun overseas, but this

global pandemic has exploded in the U.S. with case numbers rising above Italy and even China.

With a population less than 24% of China's (as of 2017), it seems nearly impossible for our case numbers to somehow be over triple those of China - 735%, to be exact.

In theory, we should have a much lower number of infected people, yet the number of U.S. cases has skyrocketed.

Read more about Jetta's perspective on Coronavirus at [www.hudsonpiratepress.com](http://www.hudsonpiratepress.com) **piratepress.** ONLINE

## Day Tripper:

A day in the life of the Selenke family

by senior Sophie Selenke



	Greg Selenke	Sherri Selenke	senior Jackson Selenke	senior Sophie Selenke
	sleep	sleep	sleep	sleep
6 a.m.	TV			
7 a.m.	get ready	TV		
8 a.m.	go to work	breakfast		Snapchat
9 a.m.	work	TV Twitter		get ready
10 a.m.		get ready laundry		breakfast
11 a.m.	walk dog	run	breakfast	run
12 p.m.	lunch	lunch news	homework	workout
1 p.m.	go to work	sit outside	work in the garage	lunch
2 p.m.	work		lunch	sit outside
3 p.m.		clean	work in the garage	social media
4 p.m.		cook	motorcycle ride	homework
5 p.m.	walk dog	walk	work in the garage	walk
6 p.m.	dinner	dinner	dinner	dinner
7 p.m.	TV	clean	workout	shower
8 p.m.		TV laundry	gaming	TV
9 p.m.	sleep	TV		Youtube
10 p.m.	TV	get ready for bed		get ready for bed
11 p.m.		TV		sleep
12 a.m.		sleep		