

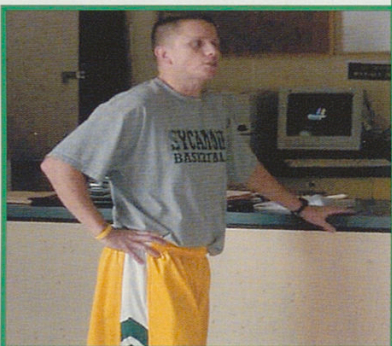
MELANIE WEGNER, 9, TAKES the flag from **Negin Fallahi, 9**, bringing her team the victory. Rollerblading was only one of the many different activities that students did in fit for life classes. "Rollerblading is really fun and gets my heart pumping," said **Wegner**.



MR. DAN BUCHANAN'S FIT for life class works hard on an activity quiz. Playing games was not all that fit for life classes did; there was also a classroom portion. When students were in the class room they learned about living a healthy life and staying in shape.



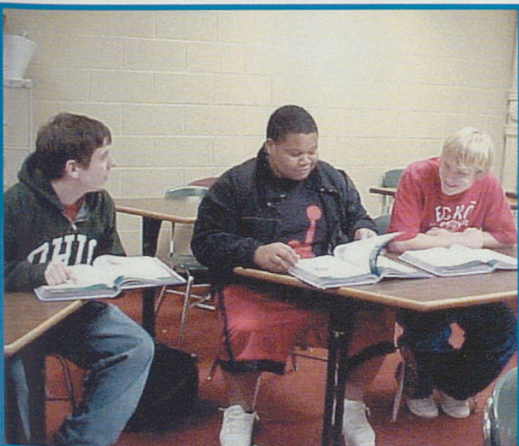
MR. DAN BUCHANAN watches his students take a push up test. This tested their endurance and the strength in their arms. Taking fitness tests was a good way of finding out which sections of students' bodies needed improvement.



THE LIFEGUARD TRAINING class warms up before starting the difficult task of back-boarding. Lifeguard training was one of the many physical education courses that was offered. Students learned to save lives in and out of the water. They also received certification as lifeguards, CPR, first aid, and using an AED machine.



WORKING IN health class, **Matthew Summerlin, 11**, **Aaron Smith, 9**, and **Jonathon Roberts, 9**, help each other understand an article in the textbook. All health classes used the same text, and it was a very important part of the class. Group work, as seen here, was also highly valued.



Health taught me a lot about being safe and responsible when I am driving in a car.
-**Jeri Salter, 10**

students learn life's **Lessons**

By: Staci Tauber

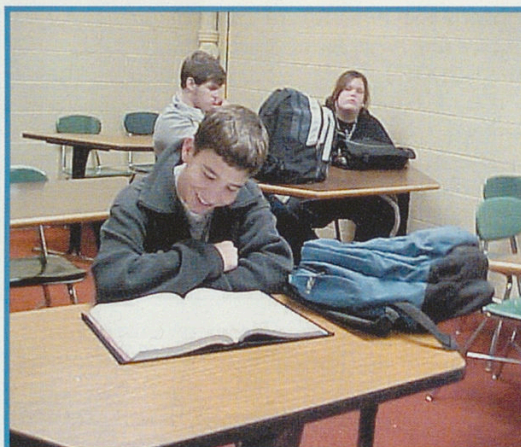
All students took health class before graduating from high school. Most took it their freshman or sophomore year, as recommended, but sometimes they took it during summer school. Some even waited until senior year to take the class.

"Health was a lot of fun. We got to play a lot of interesting games and to learn about life," said **Maria Borisevich, 10**.

The class examined how to live a healthy lifestyle. The topics ranged from physical health, to how to drive safely. Some of the specific topics included: drug education, sex-ed, and dietary guidelines. One of the highlights of the class was watching "Supersize Me," a movie about a man who ate nothing but McDonald's for one month. This was obviously used as an example of what *not* to do.

"I did learn a lot about things I didn't know about life," said **Melissa Long, 11**.

Health class was exciting and fun to take, even though it was a requirement.



JACOB HIUDT, 10, studies his vocabulary words for a health test. He, like many others, preferred reading from the book over using flash cards. Vocabulary was a very important part of health classes.

Health is the most interesting class I have taken because we are learning about life as opposed to learning academics.

-**Derryl Pierce, 11**

when did you take health?



1. Freshman Year **46%**
2. Sophomore Year **32%**
3. Summer **22%**