

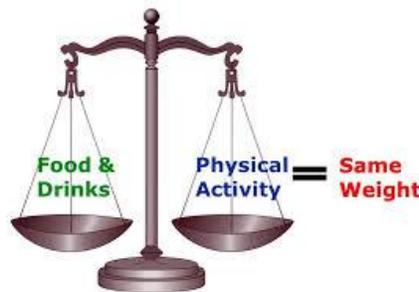


At this point we all just need to stay active, whether that means doing some dryland exercises, swimming while tethered in your backyard pool or simply taking a bike ride or walk around the neighborhood. Do your best to create a habit by doing it the same time every day! Create a habit of activity. Develop a schedule between your school work, home chores and some kind of an exercise activity.

Some Storm Senior II Athletes got a little Tik Tok bored today 😊!

**DIET & EXERCISE!** This week I would like to focus on nutrition with some of my own simple thoughts, but as well with a few short articles and videos! First of all, no matter what type of diet plan you may follow, a diet is a person's sum of food and drink that they consistently consume. This must be in comparison to the amount of activity a person engages in.

food source consumed is 100% fat, an equal amount of activity. is recommended in this age of fad vegan, Mediterranean or even gluten-content is almost as important than activity. Check out this quick article you can't drink whole milk by itself, easier way of maintaining a healthier home. Read this [article](#) written by and supported by the Mayo Clinic on shopping the perimeter of the grocery store! Also included is a [video](#) explanation! Lastly especially when making diet or nutritional changes, think small steps and keep it all in perspective and moderation. This article sums up some very simple [diet ideas for athletes!](#)

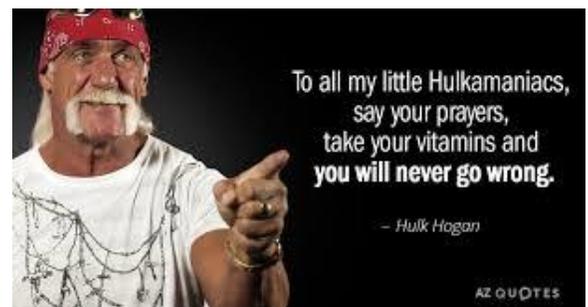


Simply put it doesn't matter if your sugar or protein, you must maintain. Although obviously a balanced diet diets such as paleo, low or no carb, free diets I believe a balance of the balance of food vs. physical on the importance of [whole milk!](#) If why not try some [chocolate milk!](#) An diet is to not have any junk food at

**Nerd Workout!** Actually it's a series of home workouts with no equipment needed all in one spot! Plus a section to help you build your own workout with lots of different exercises! [Check it out here!](#)

**Annual Storm Survey!** Last week I sent out the 2019-2020 Annual Storm Survey. Please take a few minutes to complete, it should take no longer than 3 minutes! Access it through Survey Monkey [HERE!](#)

**Think Positive:** Over the next fews days and or weeks I hope we start to hear positive news about Arizona and our country re-opening! Please focus on the positives and try to minimize the negatives! Be Safe and Healthy! Stay Strong and remember what the "Hulk" would say!



If you do have any questions or just need to talk feel free to contact me at [tim.manley@supriseaz.gov](mailto:tim.manley@supriseaz.gov) or call 623.222.2264

Coach Tim

**Time Out 2020 – Week 7**