

Healthy Prisons

Huston-Tillotson University

A body is a terrible thing to waste

In prison today weight lifting is something that all inmates use to relieve stress so that they can clear their minds of stressful things that could be going through their head. Also weightlifting is away that can teach discipline , Also away that inmates set goals that they can work toward while they are serving time.

Lifting weights can reduce health risk most inmates that lift weights build a strong immune systems that keeps inmates healthy from many health related problems that are in the prisons. Many diseases that are in prison system transmitted. In many cases inmates can develop character through athletics. In prison inmates participate in many in many different sports such as Basketball, Soccer, Softball, and flag football. Many of the sports consist of cardiovascular sports that consist of a lot of



running so the prisoners can have a greater anti- depression effects. In many cases prisoners have a very high depression stage were they could care less if they live or if they die. Many prisoner today are very active in the activities that they participate in today. Weight lifting is a big part of the activities that inmates are

involved in. Much of they weight lifting comes in when inmates are trying to protect them self from harm. When inmates are lifting weights prison guards have to be very care that inmates do not hurt themselves through lifting weights are if they would find something that they could use for as a weapon.

Information about lifting weights in prison

In prisons there are many different facts that are handled in many situations. The National Recreation Association has a Position Statement strongly supporting the use of weight lifting in Correctional settings.

There are many different weightlifting programs are funded by money generated by offenders through commissary store funds an vending machines. In prisons today younger inmates do not lift weights as frequently as the

older population. Many prisons where having problems with gang wars in prison and the inmates using the weights as weapons. Many of state has banned weights such as free-weights and they allow machine weights.

Personal Fitness for the world by: Barry McDonald
March 2005

Inside this issue:

A body is a terrible thing to	2
Information about lifting weights	2
Cardiovascular Fitness	2
Eating to gain muscle	3
Carbohydrates	4
References	5
	6

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that pro-

motes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also

"To catch the reader's attention, place an interesting sentence or quote from the story here."

profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose

and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.



Cardio Vascular Fitness Edited by : Barry McDonald

Cardiovascular activity is an activity, that elevates your heart rate above it's normal resting level an sustains it for specific time It is an important component of fitness .

Cardiovascular activity could be running, walking, skating, bicycling, hiking or even jumping rope is easy and fun, and all you need is a jump rope. The rope be long enough to reach from armpit to armpit . Rope jumping is effective in trimming, legs thighs, and hips. It exercises the upper body it also helps to improve your balance . Stamina and endurance are improved with cardio vascular activity.



Sit-ups is a way to form strong abs .

Eating Healthy To gain muscle: Barry McDonald

There is a large percent people that weight train , so that they can develop strength and to increase their stamina . A people that weight train are people that are trying to develop improvement in there body. One of the main reasons that people exercise is so that they can live a healthy life. Having a healthy life mean that you have to have a strict diet , a strict diet consist of not eating a lot of food that contains calories, calories is a big part of

the diet that put extra weight on the body that is considered weight that is not good for the human body. The human body needs protein so that it can build muscle, Having a muscular diet is 50% diet and 50% exercise . Protein can be used as a growth to the muscle , it also can be used as a fuel. Not only does it repair the body tissue it also can be used as , But it also serves as a major component of enzymes, hormones, and antibodies.

Every cell in the body contains protein. There is least one – thousand proteins in the world today.

Carbohydrates

Carbohydrates provide a major part of energy for the body and are used to power muscular contraction and as a fuel for the central nervous system. There are three kind of carbohydrates monosaccharide, disaccharides and, polysaccharides. Are called complex carbohydrates.

The simple sugars are fructose (fruit Sugars) sucrose (table sugar) lactose (milk sugar) and maltose (grain sugars) Complex carbohydrates the liver converts them

into glucose which is blood sugar. Some glucose is stored in the liver and muscles as glycogen, some is used as energy and some is converted in fat .



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Organization

Practice winning everyday



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This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.



Back Page Story Headline



Caption describing picture or graphic.

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of

readers. You can either compile questions that you've received since the last edition

or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a

biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.

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