Welcome to week two. We hope you enjoyed the content from our first week.

This week we have another awesome workout from our friends at EXOS, another delicious recipe from our friends at UCLA Athletics, the next lesson in our nutrition series, and tips on keeping safe while distance teaching.

We would love to hear your feedback and suggestions - please email us at: sbsminfo@mednet.ucla.edu

Break a sweat. Change your life.

UCLA Health
Sound Body Sound Mind
RESOURCES FOR TEACHERS

Each week we will share with you our top three physical education resources. These items include resources for lesson planning and tips to implement in class.

Tools for Learning Fitness Knowledge (MS)

Essential Components of PE

Video sets for Workouts
Coach Julius from UCLA Health Sports Performance is back with another great workout for week two!

If you missed the video overview of our workout series you can view it here.

Click below to view this week's workout:
NUTRITION LESSON

Paige from UCLA Health Sports Performance is back with another nutrition lesson for week two!

If you missed last week's overview video on how our nutrition series will work, please click here.

Click here to view this week's nutrition video!
Lesson 2: Key nutrients – part one

**Carbohydrates**
Carbohydrates provide the body and brain with the energy and fuel they need to support academic, athletic and daily activities.

**Functions**
- Main source of energy for body and brain
- Fuels muscles during exercise
- Keeps digestive system healthy (via fiber)
- Keeps heart healthy

**Daily recommendations**
- 45-65% of total daily calories

**Best sources:**
- Whole grain cereal
- Instant oatmeal
- Wheat bread
- Wheat pasta
- Quinoa
- Barley
- Popcorn
- Sweet potatoes
- Lentils
- Oats
- Granola
- Wheat bagels
- Brown rice
- Wheat tortillas
- Couscous
- Potatoes
- Beans
- Wheat crackers

**Protein**
Proteins are the building blocks of your body. There are over two million different proteins in the body, each with a different function.

**Functions**
- Builds and strengthens muscle
- Repairs damaged tissue (from injury or exercise)
- Supports healthy skin, nails, hair and teeth
- Keeps immune system strong
- Transports and stores nutrients
- Provides some energy to the body

**Daily recommendations**
- 10-30% of total daily calories for teens ages 13-19

**Best Sources:**
- Fish
- Chicken
- Pork
- Tempeh
- Nuts
- Greek yogurt
- Cheese
- Whey protein powder
- Vegan protein powder
- Seafood
- Turkey
- Bison
- Beans
- Seeds
- Milk
- String cheese
- Eggs
- Beef
- Tofu
- Lentils
- Dairy
- Cottage cheese
Check out the next recipe below from our friends at UCLA Athletics!

**Power Parfait**

**Ingredients**
- 3/4 cup vanilla yogurt
- 1/2 vanilla protein powder
- 1/2 cup granola
- 1/2 - 1 cup strawberry halves
- 1/2 cup blue berries

**Instructions**
- Mix together protein powder and yogurt in a small bowl
- Slice strawberries in halves
- Pour yogurt into cup or small mason jar first and then add fruit/ granola on top
ARTICLES FOR TEACHERS

Tips on keeping kids safe, while schooling from home - UCLA Health Connect

The many benefits of a cardio workout - Cleveland Clinic

How families can support kids' mental health during the pandemic - Yes! Magazine