



John Dewey High School Pre-Med and Health Academy

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Heart-Smart: Get Active, Vigorously Active

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Photo by Olivia Augustin

The [U.S. Department of Health and Human Services](#) and the [American Heart Association](#) say that we should get 60 minutes or more of physical activity every day. But now a new study of 12- to 17-year-olds states that only vigorous physical activity (like teams sports and other things that leave you breathless) can really help your heart.

I shared this news with some John Dewey High School students, then I asked them about the types of vigorous activities they do. Their most vigorous activities included playing on the school lacrosse team (Go, Dewey Dragons!), riding a bicycle, dancing, and playing basketball with friends.

To learn more about how important vigorous physical activity can be for your heart, read the news about this new study on the [University of Exeter website](#) or check out the study in the [International Journal of Cardiology](#).

Service Matters: Check out the potential volunteer opportunities in these three Brooklyn-area hospitals: **NYC Health + Hospitals/Coney Island** (nychealthandhospitals.org), **Maimonides Medical Center** (health.maimonidesmed.org), and **New York-Presbyterian Brooklyn Methodist Hospital** (nyp.org/brooklyn).

To learn more about how you can serve outside of school, **talk with your school counselor**.

Scholarships: Start searching for scholarships right now at studentscholarships.org.