The members reviewed the training topic “Physical Activity and Nutrition” with Petal, Oak Grove, Hattiesburg and Long Beach High School and Bayou View Middle School. The discussion topics reviewed include the following:

- What Do Different Exercises Do for My Body?
- Zumba Aerobics (Zumba exercise video)
- Good Nutrition
- How Much Energy Does it Take?

The students were excited to take a break from academic work to try the new Zumba dances, playing kick ball, trying to hula hoop and jump rope. They stated that the exercises provided enough energy to get through the rest of the school day!
A Day on, Not a Day Off!

The Martin Luther King Jr. Day of Service is a way to transform Dr. King’s life and teaching into community service that helps empower and strengthen local communities. We provide tools and resources for organizations and individuals to become engaged in service activities to honor Martin Luther King Jr. on the federal holiday, including grants to organizations to support volunteer projects across a state or a multi-state area. Please see the opportunities below to see how you can get involved.

What is the MLK Day of Service?

Dr. Martin Luther King Jr. once said, "Life's most persistent and urgent question is 'What are you doing for others?'"

Each year, Americans across the country answer that question by coming together on the MLK Holiday to serve their neighbors and communities. TRIAD AmeriCorps members served at the Edward Street Fellowship thrift store, assisting with sorting and putting out donated items for sale.
Tobacco Lesson: Health Consequences

The best way to protect against the health risks of smoking is never to start. For someone who does smoke, quitting can make a big difference. Here is what happens when a smoker quits:

- After 20 minutes, a person’s heart rate drops.
- After 2 weeks, the lungs begin to work better.
- After 1 year, the risk of heart disease is half that of a smoker.
- After 2-5 years, the risk of stroke falls to about that of a nonsmoker.
- After 10 years, the risk of lung cancer decreases.
- After 15 years, the risk of heart disease is that of a nonsmoker.

Monthly Tip
Saying no to smoking is one of the best things you can do to protect your health and life!

For additional information www.cdc.gov/tobacco or www.smokefree.gov.
Members Getting Healthy

The members have been working diligently to get familiar with the HealthMatters curriculum. Learning and reviewing the curriculum lessons firsthand plays an important role in providing the best possible health education training to others. The members enjoy assisting each other and have become pretty competitive. As part of the health education training preparation, the members work together to create fun physical activities such as relay races, copycat exercise, Zumba, kickball, hula hoop and other fun activities.

If you have information or news you would like included in the next newsletter, email information to jin.mcclendon@usm.edu by February 10.

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