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## Move it Titans week keeps Tesoro students fit and trim

### Tesoro High students learn about staying fit and eating healthy during "Move it Titans" week.

By MARK EADES  
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Hip-hop aerobics routines, kick-boxing, talks by fitness experts, walking and fruit carts were the order of the week at Tesoro High for its annual "Move it Titans" health and fitness week.

The week was sponsored by Tesoro's PTSA.

"We think it's important to tell students how important fitness and eating right is to them," said Liz Davis, chair of the Move it Titans committee.

"Girls care what they look like," said Kristy Nielsen, 17, a student at Tesoro.

"There is pressure on guys," said Graham Woolsey, 16, of Coto de Caza. "There are guys that always look good and you want to get up to their standards."

The PTSA brought John Spencer Ellis, a fitness and health expert, in to motivate the students to eat right and stay fit.

"People who are doing the dumb things now, won't look good 10 to 20 years from now," Ellis said.

During lunch period students could buy fruit from special fruit carts, and were given different fitness demonstrations in the gym, including hip-hop aerobics and watching some of Tesoro's teachers learn how to kick box.

Teachers and staff also took part in a walking competition during the week. The 40 participants completed a total of 2,238,779 steps. Carey Edge won the walking competition with a total of 149,813 steps and received a gift certificate to the Pacific Whey Café in Ladera Ranch.

Davis said the week was a huge success, and plans on holding it again next year.

