



The WYHS

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BRAINSTORM

It's Time To Hear What's On Your Mind

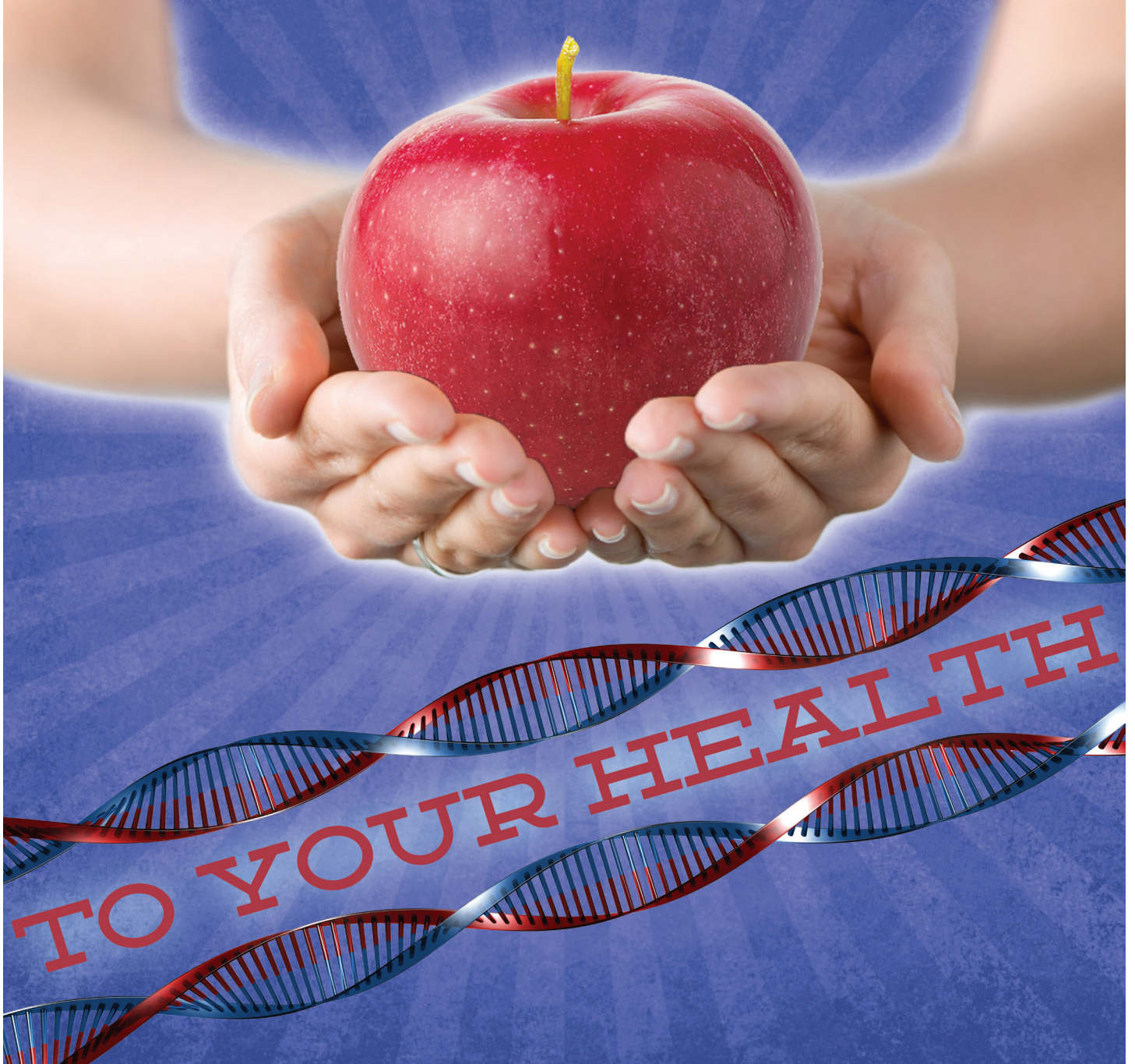


Table of Contents



Letter from the Editor 3



Deficits 4



Pediatrics 6



World Report 7



Politics 8



Reflections 10



Technology 11



Sports 12



Arts & Culture 13



Hashkafa 14



Field Report 16

LETTER FROM THE EDITOR

The WYHS BRAINSTORM

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Dear Reader,

Every day, media headlines are blaring new warnings about the state of healthcare in America, particularly in regards to children. Whether we are on the precipice of a crisis or in the midst of one is arguable, the statistics are alarming. For the general population, the numbers show that two out of every three Americans are overweight and one-third is obese. We spend the most per person on health in the world, yet we are ranked 37th out of 50 among industrialized nations based on the the quality of our care. According to the Centers for Disease Control, childhood obesity has more than tripled in the past 30 years. The percentage of children aged 6–11 years in the United States who were obese increased from 7% in 1980 to nearly 20% in 2008. Similarly, the percentage of adolescents aged 12–19 years who were obese increased from 5% to 18% over the same period. Strokes among teenagers are no longer unheard of.

This may be the biggest problem facing our generation, not only because of what may come next as we grow older, but also because we can barely pay for our healthcare today. We face a variety of challenges including radiation from cellphones, sleep deprivation, etc. The risks to our health are many, but the good news is there are solutions, and knowledge is the first step to making a difference. Proper nutrition and fitness can make a significant difference.

That is why we have decided to dedicate this Brainstorm edition to this important topic. We believe that each person must assume personal responsibility to maintain his or her health and the best way to do that is to be educated on the dangers to avoid and the opportunities for improvement. I hope you enjoy our in-depth reports and I encourage you to educate yourself beyond these pages. As Benjamin Franklin once wrote, “an ounce of prevention is worth a pound of cure.” *“V'nishmartem meod l'nafshoteichem”* (Deuteronomy 4:15); take care of the only body you have!

Sincerely,

Nikki

We genuinely welcome your feedback.
Please e-mail us at WYHSBrainstorm@wyhs.net

Three

Sleep Deprivation in High School: *The Student Sleep Deficit*

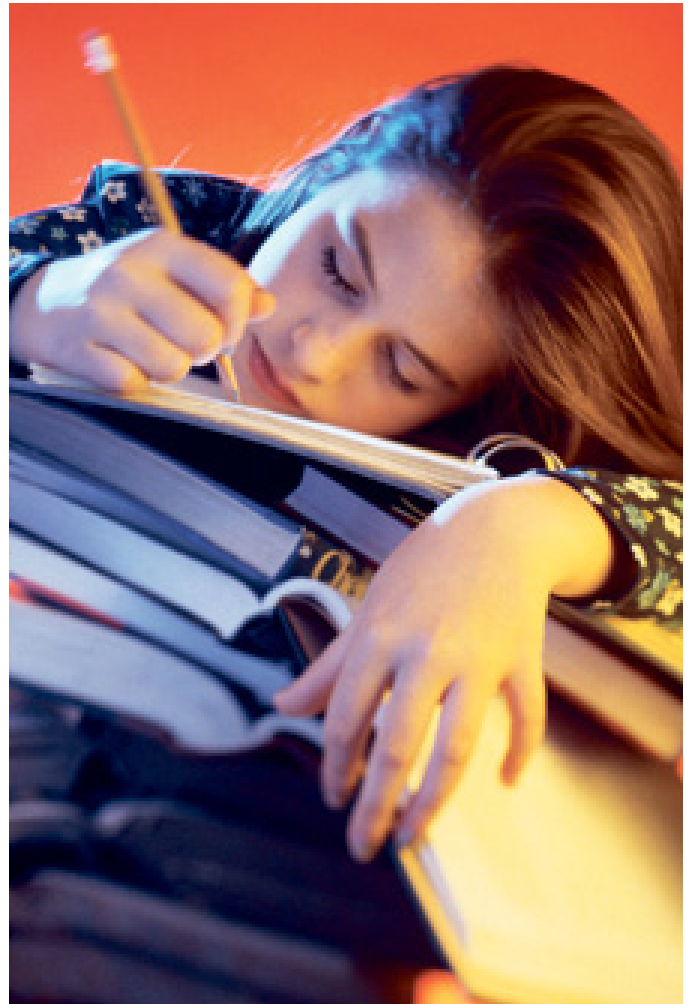
Jared Samilow ('14)

The confluence of new technologies, early school start times, and mounting quantities of schoolwork and extracurricular activities have prompted many questions regarding the impact of sleep deprivation on high school students. Across the country, educators, parents, and psychologists are examining the implications of sleep deprivation on high school students' academic performance, health, and safety.

“The correlation between achieving academic success and receiving adequate amounts of sleep has been apparent for some time.”

The correlation between achieving academic success and receiving adequate amounts of sleep has been apparent for some time. A 1998 study of some 3,000 students, conducted by Amy Wolfson Ph.D., and Mary Carskadon Ph.D., found that students who received 25 minutes less sleep than recommended, performed significantly worse in school than those who received an adequate amount of sleep—evincing a direct correlation between successful education and proper sleep. According to Dr. Carskadon, recent findings suggest that teenagers optimally should obtain 9.2 hours of sleep; however, the vast majority of high school students sleep no more than eight hours each night.

Researchers around the U.S. argue that early school start times—coupled with the fact that teenagers naturally tend to retire later than younger children—are in many ways illogical since students are not deriving much benefit from these early classes. Dr. Carskadon argues that by beginning the academic



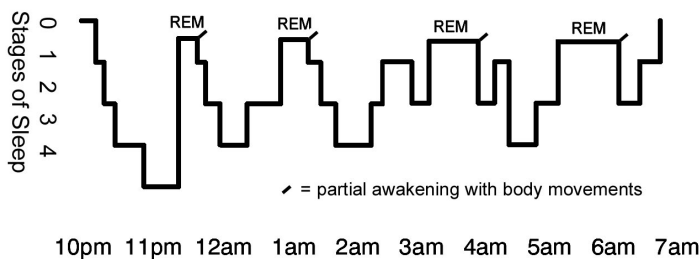
school day before 8:25 a.m., schools negate the educational value of early morning classes—as students may be in school, but “their brains are back on the pillow at home.” Furthermore, the mental health and normal development of many high school students may be compromised by the dictates of their schedules, which curtail available time for rapid eye movement (REM) sleep—the time when dreaming occurs. Findings such as these are prompting many schools around the country to introduce reforms that synchronize the bells of their hallways with students' alarm clocks.

DEFICITS

Statistics indicate that an overwhelming majority of middle and high school students either use a cell phone, a computer, or watch television during the hour before they fall asleep. The use of these electronics aggravates the “student sleep deficit.” A 2006 study conducted by the National Sleep Foundation (NSF) discovered that the use and accessibility of computers and television interfere with high school

firsthand the effects of sleep paucity: certain students occasionally slip out of consciousness into the ever so needed commodity of sleep. The “student sleep deficit” at WYHS is more pronounced than at many other schools because of the combination of a late dismissal time with long extracurricular activities and challenging homework and test preparation.

Sleep deprivation also can be dangerous. WYHS services students from areas outside of Boca Raton; consequently, many students either drive or ride in student-driven carpools to school. A 1998 study into the “motor” effects of sleep deprivation by the National Highway Traffic Safety Administration (NHTSA) in 1998 found that out of 100,000 drowsiness-related crashes in the United States, 1,500 involved drivers aged 15-24.



students’ sleep cycles by inducing them to fall asleep later in the night. In order to facilitate earlier and proper sleep, the NSF urges students to stop using these devices several hours before bedtime. The dependency of so many students on technology exacerbates the need for us all to work to ensure that electronic devices do not disrupt students’ sleep.

“The dependency of so many students on technology exacerbates the need for us all to work to ensure that electronic devices do not disrupt students’ sleep.”

The dilemma of sleep deprivation has important implications for WYHS educators, classes, and students. The WYHS dual curriculum and student body, which is composed of students from a wide geographic area, mandate an early start, large amounts of school work, and during the winter months, dismissal times

on Mondays and Wednesdays when the students leave school after sunset. In the early morning Judaic subjects, I have witnessed



In order to mitigate sleep loss, I would advise all students to realize the full potential of the sleep time that we do have, by falling asleep earlier and rising earlier—a method in stark contrast with the habits practiced by most of us (including myself). For instance, it is far more beneficial for our sleep cycles if we were to fall asleep at 9:30 p.m. and awake at 4:00 a.m., as opposed to falling asleep at midnight and awakening at 6:30 a.m.—though both periods yield the same quantity of sleep time. As suggested by the numerous studies, the WYHS school day and curriculum can somewhat interfere with an ideal sleep schedule. Consequently, WYHS administrators regularly strive to somehow integrate our rigorous curriculum with the sleep needs of its students.



Big Kids, Little Chairs

Aaron Zimmerman ('13)

Today's rising epidemic: childhood obesity. Growing at an alarming rate, obesity among adolescents is becoming very common. In fact, nearly 25 million children are obese or overweight today. America has bred a generation where obesity is a commonality by cutting nutritional education and physical fitness and by glamorizing fast food through advertising.

“Americans today place little emphasis on working out and staying in shape.”

Some may question if this “epidemic” is something that should actually cause major concern. However, recent studies indicate that even some extra weight can lead to serious consequences. Additionally, adolescent obesity usually leads to obesity in adulthood, which is the cause for over 300,000 annual deaths. Obesity has proven costly both in our physical and economic health, as it indirectly costs society over \$100 billion a year. Despite these ramifications, Americans have continued to ignore the potential detriments and have not taken adequate action to stop them. In fact, obesity rates in teenagers and children ages 2-5 have doubled in the past 30 years, while the rates for children aged 6-11 have more than tripled. Indeed, the progressive growth of obesity throughout the country presents a striking predicament that cannot be ignored.

So what can Americans do to ameliorate their nutritional habits? Healthy living is multifaceted. There are two primary focuses that America must recognize if we are to rectify today's childhood obesity dilemma: better eating habits and increased exercise and activity.

Fast food restaurants serve as the most convenient sources of meals both financially and time wise for

families nationwide, especially those who are living on a smaller budget in these difficult economic times. Less burgers, fries, and desserts, and more vegetables and fruits containing vitamins and minerals will certainly engender a healthier youth. Nonetheless, healthy eating is easier said than done. Taking small steps like substituting fruit for candy or sorbet for ice cream can help lead to a healthier America.

Exercise is a vital aspect of staying healthy. Americans today place little emphasis on working out and staying in shape. Schools across the country should fortify physical education programs. If school is not providing the physical activity necessary for the health of the child, parents should encourage activities like sports or going to the gym.

Despite the growing obesity rates, all hope is not lost. Organizations nationwide are persevering to edify Americans about the severity of childhood obesity and bolster American health habits. For instance, the Children's Aid Society raises money and awareness about childhood obesity to develop innovative programs about healthy living. Hopefully, Americans will “wake up, smell the coffee,” and then replace it with tea in an effort to develop a more salubrious lifestyle. Let's solve the problem in obesity today, so our children can enjoy a healthier tomorrow.



America's Unheralded Domestic Enemy

Danielle Sobol ('13)

Health: America's own worst enemy. Although the media publicizes various economic, political, and social dilemmas that threaten our nation, health issues seem to fall short of "breaking news." Nevertheless, growing health problems threaten Americans on an underrated scale.



A multiplicity of diseases constantly rampage our population. In today's times, cancer is most commonly associated with dangerous illnesses. Lung cancer specifically, according to the Mayo clinic, is the worst of all the cancers. Eating healthy, making sure to wear a hat or use sun block daily, and not smoking can help prevent cancer. However, even more threatening is the danger of heart disease, which is the leading cause of death in American men and women. Heart disease is a primary source of heart attacks and strokes; these potentially fatal problems result from a neglect of healthy living in general. For example, in today's times, processed foods and ar-

tificial supplements pollute our bodies moreso than ever before, as people fail to realize what they decide to ingest on a daily basis. Developing a diet that cuts out more fats and sodium as well as refraining from smoking tobacco products can dramatically reduce the risk of heart disease. While heart attacks are more common in males, the Mayo clinic lists strokes as the most common cause of death for women. Strokes too can be prevented by losing excess weight, exercising, and eating healthy. In addition, American respiratory diseases rank as significant health problems, which can be prevented by quitting smoking or not beginning in the first place. Alongside health risks lie the dangers of traveling, namely from motor vehicle accidents. The most efficient ways to try to prevent most motor vehicle accidents is to wear seatbelts, to drive safely, and quite obviously, not to drink and drive.



“Fast food restaurants, junk-filled supermarkets, and advertisements that encourage kids to desire soda, candy, cake, and any other types of junk food have put us at risk for various diseases and health issues.”

Alzheimer's is another leading health problem from which Americans suffer. Although doctors are still unsure of the cause of this mental illness, Alzheimer's has been linked with heart disease and head



The Politics of Nutrition

Ari Mazor ('13)

America finds itself facing the question: should the government take a stand on national nutritional issues?

Many argue that the responsibility of ensuring the health of the next generation falls on the parents, and that the government should focus its attention and efforts on more relevant issues. On the other hand, improving children's health and nutrition among children will surely result in a better, healthier, future for America. So the question remains: How involved should the government be in this issue?



So far, attempts by the government to take action towards lowering child obesity rates has been met with much resistance. In December 2010, President Obama signed the "Healthy, Hunger-Free Kids Act," which regulates the lunches and snacks children receive in public schools in order to give healthier options to students. This act was sharply

“Attempts by the government to take action towards lowering child obesity rates have been met with much resistance.”

criticized by both Democrats and Republicans alike for taking away the parents' freedom to decide what to feed their own kids. However, the passing of this act was merely an attempt by the government to try and help pave a healthier future for America. First Lady Michelle Obama, who has been actively advocating for this issue for over a year, expressed her support for this act. Mrs. Obama believes that not only is it the government's right to make decisions regarding child nutrition, but it is its responsibility, since "we as a nation have a responsibility to meet as well, and we can't just leave it up to the parents."

In response to this assertion, Democrats have turned around and showed their support for Obama's nutrition policies, whereas Republicans have remained reluctant to accept this act without first further investigating its consequences. Republican rep-





representative Erik Paulsen explained the Republican stance by emphasizing the effect this act has on the already tight national budget. According to Paulsen, “The new, costly, and unfunded mandate on school districts will add 11-25 cents to the cost of a meal while only reimbursing 6 cents. This difference will have to be made up somewhere, and will likely become an additional burden on families and schools that are already struggling.” With the United States being 14.8 trillion dollars in debt, this concern over the economic impacts of a healthier school lunch program is not unfounded.



While members of Congress continue to debate what the extent of the government’s role in children’s nutrition should be, both sides of the debate do agree that boundaries must be set within their positions on this sensitive topic. Republicans do acknowledge the importance of federal involvement in deciding what food public school kids should eat, and Democrats acquiesce that Obama’s plan does violate certain rights of American parents to choose what is best for their children. In the end-run, everyone is working together to try and make a better future for America, and that is of utmost importance.

**“So the question remains:
How involved should the
government be on this issue?”**



continued from page 7

injuries, as mentioned previously. As obesity rates have risen and Americans’ obsession with candy and sweets along with it, diabetes (particularly type 2, which is associated with kidney damage, heart disease, and blindness) has plagued Americans. The cure for this horrifying illness is almost too simple: a healthy diet, exercise and a consciously emphasis on daily health would minimize the number of people who develop diabetes.

**“A multiplicity of diseases
constantly rampage our
population.”**

While a plethora of diseases pose dangerous and seemingly inexorable threats, Americans’ health issues mainly stem from our inability to maintain a healthy lifestyle. Fast food restaurants, junk-filled supermarkets, and advertisements that encourage kids to desire soda, candy, cake, and any other types of junk food have put us at risk for various diseases and health issues. Unfortunately, our generation’s newfound neglect of healthy living has elicited numerous diseases that were not rampant in America’s yesteryears. If society can learn to appreciate the value of living a salubrious lifestyle, perhaps disease will no longer seem as prevalent in the years to come.



Journey to 13.1

Gabriella Sobol ('13)

When I made my decision to run the Miami ING Half Marathon in the upcoming Winter, I honestly couldn't pinpoint any real reason why I wanted to do it. It just seemed like a cool thing to do and a great way to exercise. I frankly didn't put much thought into why I would want to attempt such an endeavor. Truthfully, I did not fully realize how much work, effort, and commitment running a half marathon entails.

First off, there is the physical training. When school began, I decided that if I were going to actually complete this marathon, I should probably start my exercising routine. So, I got into my exercise clothes, put my running shoes on, plugged in my iPod, and began my jog. However, once I got outside I realized I had no idea what exactly I should be doing, so I chose to run two miles because I assumed it would be easy. I was wrong. About 15 minutes in, I was breathing so hard that I could barely see straight, and had to walk most of the rest of the way. I learned from this experience that running a marathon isn't something that you can just do. Instead, you have to pace yourself and learn how to train in increments to achieve success. This is a lesson that I can apply to other aspects of my life. I realize that I should not just try and bite off more than I can chew. Instead, I should do things slowly and properly so I can be successful. This is but one of the many lessons I have learned so far on my journey towards running the marathon.

ING 

 MIAH MARATHON
AND HALF MARATHON



The next week, I ran with my mom, who is a seasoned marathon veteran. She helped me pace myself properly and encouraged me when I wanted to give up. This helped me understand that a support team is essential when attempting to achieve a goal.

Having someone by your side to encourage you when the going is difficult is crucial to being successful.

A few weeks along in my training, I injured my knee. Obviously, I began to despair that my dreams of running the marathon were shot to pieces. However, I soon learned that with patience and caution I would be able to overcome this and continue with my training. Through this promise of determination, I was able to understand that in life there may be bumps in the road, but if you don't give up, you will still be able to follow your dreams.

When I first signed up for the marathon, my reasons behind my decision to attempt to accomplish this feat were mundane. Yet, now I can say that this experience has indeed been challenging, but has surely helped me learn everlasting life lessons. Who knows what can happen? Maybe by the time I reach the finish line, I'll have even more insight into my life goals.

**“You have to pace yourself
and learn how to train...
to achieve success”**

Cell Phones:

The Trend That's Spreading Like Cancer... Literally

Mathew Silkin ('14)

Confession time: I own a cell phone. It's not surprising, considering the fact that most of the world owns a mobile phone- whether it be an Android, iPhone or Blackberry. Over the years, the usage of cell phones has increased dramatically, which has provided countless benefits, including the increase of communication between people. However, although cell phones are very beneficial tools that have been an invaluable resource to the world at large, they have some dangerous side effects.



“To put it simply, cell phones are radioactive.”

Although some of the detrimental side effects of cell phones are quite obvious, cell phones have been a known cause of distracting teenagers while they are driving (not to mention while they are at school) and of sleep deprivation in teens. But although the external by-products of cell phone usage are quite apparent, there are internal effects that are not quite as clear, but much more dangerous.

To put it simply, cell phones are radioactive. The International Agency for Research on Cancer (IARC), on the National Cancer Institute's website, states that cell phones emit low-frequency radiation, which they have identified as carcinogenic. To understand the specifics, in 2010 they launched COSMOS, a study that will follow approximately 25,000 cell phone users worldwide (18 years and older, of course) for about 20-30 years, and measure the results.

Most teenagers are still growing. Our brains are still developing, and more and more neurological connections are made every day. This means that we are more vulnerable to diseases – especially cancer. And since most of us have cell phones, we are putting ourselves at risk every single day.

“Cell phones have been a known cause of distracting teenagers while they are driving (not to mention while they are at school) and of sleep deprivation in teens.”

continued on page 13



The NFL Tackles Child Obesity One Day At A Time

Jake Siegel ('12)

With all of the new technological advancements in the world today, it can be difficult for both kids and teens to turn their attention away from them. In October 2007, the NFL created a movement to help and encourage kids to become more physically fit in the world they live in. The NFL named this movement NFL PLAY 60. This movement emphasizes that it is important for kids to be physically active for a minimum of sixty minutes each day of the week. This program encourages kids to get off the couch and get away from TV screens and computers and back outside for physical activity. According to a study, 90% of today's children are predicted to be overweight or obese adults by 2050.

“The NFL is putting their foot down and are doing everything they can to prevent kids from becoming obese.”

The NFL is doing everything it can to prevent kids from becoming obese. The NFL has gone so far in supporting the NFL Play 60 that they have made several commercials about getting up and being active. So far, the NFL has donated over \$200 million dollars through NFL PLAY 60. NFL players are so dedicated to this cause that they have donated their time in their local communities. Tampa Bay Buccaneers Defensive Tackle, Frank Okam, is one of numerous NFL players who takes part in these activities. Okam told me, “Being able to give time and energy to hopefully affect someone in a positive way is all you can ask for. I enjoy participating in these NFL Play 60 events and hope to continue to attend more in the future.” In addition, NFL Network has also created a program to attempt to keep more kids in shape. Many schools today are abandoning their Physical Education courses for two main reasons.



After budget cutbacks, the school saves money by not hiring a Gym teacher and giving their students more time for their studies. Recent studies suggest unfit and overweight children also suffer academically. A 2004 study in California schools and a 2009 study in New York City schools both found that students who scored well on fitness tests scored much higher than unfit students on academic tests. NFL Network's mission states, “that every student should have the opportunity to participate in quality physical education. We've created Keep Gym in School to increase access to in-school physical activity and to teach skills needed to establish and sustain healthy lifestyles.” The NFL loves its fans, but loves giving back and helping out the community more. Through the programs of the NFL PLAY 60 and Keep Gym in School, the NFL is making kids more active in a heavily technological world.

Jake Siegel serves as an NFL Analyst with GB4K Sports & NFL Kids View. If you liked this article, please follow him on Twitter @NFLJAKESIEGEL for the latest NFL news and headlines.





continued from page 11

“Most teenagers are still growing. Our brains are still developing, and more and more neurological connections are made everyday. This means that we are more vulnerable to diseases—especially cancer.”

Fortunately, the IARC states that there are a plethora of options from which to choose to limit our high-frequency intake. We can limit our cell phone conversations and use land lines for longer talks. Or, we can take advantage of hands-free options, such as Bluetooth devices and speaker phone. But no matter what we choose, we will perpetually continue hammering away at the wall blocking us to solve the puzzle that is cancer, and there will always be a solution ahead of us.

Now if you’ll excuse me, I have an important call to make!



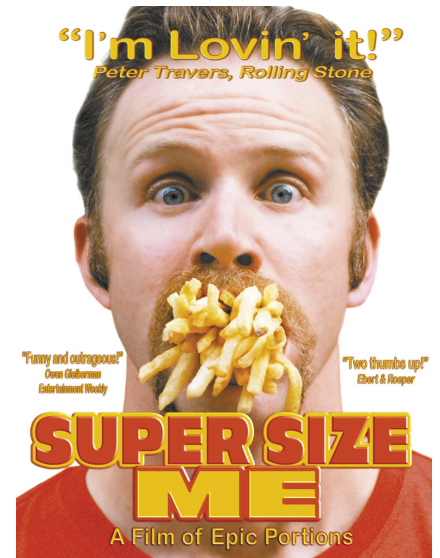
You Are What You Eat

Kimberly Kugelman ('14)

In the documentary *Supersize Me*, creator Morgan Spurlock portrays the severity of the issue of obesity in the United States. Through analyzing a lawsuit brought by two overweight teenagers against Mc-

Donalds, Spurlock’s question of who should be blamed for obesity is unavoidable. Is it the people who eat and drink the unhealthy food, or the companies that sell and advertise them? In an effort to prove that fast food restaurants can

indeed be detrimental to one’s health, Spurlock conducts an experiment, using himself as the guinea pig. He eats nothing but McDonalds products for every meal for thirty days. When asked what size fast food meal he wanted, he would respond to supersize it. The more Spurlock ate fast food, the more he craved it, thereby proving that fast food is a major addiction in the United States, perhaps comparable to the addiction to smoking. During the making of this movie, many of Spurlock’s friends warned him to stop his experiment out of grave concern for his well-being. This documentary illustrates the repercussions and dangers of fast food. The film should be shown in all schools in order to combat the growing problem of childhood obesity in the United States. So next time you’re in the mood for processed fast food, maybe you’ll think twice about supersizing it.





Fitness Is Next To Godliness

Leora Litwin ('12)

Humans are inherently inconsistent. As time progresses, trends develop sporadically, and people blindly adhere to these temporary fads. The female population of WYHS can attest to the statement that white converse shoes are hot, stripes are in, and TOMS are a necessity. Society dictates not only the way people dress, but also the manner in which they eat and maintain their health.



“We cannot strive to accomplish any other commandments unless we are in the right state of physical health”

The “ideal” body image and concept of a proper diet are aspects of humanity that have varied greatly throughout the years. To this day, my grandfather juxtaposes the current idea of beauty with what beauty meant to his generation many years ago. He reminisces that in his day, tracing back to the mid-1900s, “plump was pretty.” Back then, being plump suggested success, affluence, and respect. However in the 21st century, television advertisements, new products, and newly written works nationwide strive to persuade the public to trim down, as “slim is in.” As Jews living in a modern society that can easily guide us down paths contradictory to Torah philosophy, we must carefully consider the ramifications of our actions and ascertain whether the opinions we support are congruent with Jewish principles. Interestingly enough, the current emphasis on health and nutrition perfectly mirror the insightful instructions of the Torah to “safeguard your souls” (Deuteronomy 4:9).

The Rambam, our halachic explicator as well as a revered medical authority in his time, delves into the intricacies of this fundamental Torah commandment. We humble human beings are created “Be’tzelem Elokim-” “in the image of God.” As representatives of G-d, we are responsible to upkeep our physical wellbeing and maintain our health. In order to retain our inner spirituality, we are obligated to “avoid that which harms the body and accustom ourselves to that which is healthy and helps the body become stronger” (Rambam, Hilchot Deot 4:1). Making the right religious choices does not only apply to the more



“famous” mitzvot such as honoring our parents, donating charity, dressing appropriately or eating kosher. Deciding wisely before indulging in a meal is crucial: we must ask ourselves, “Will this specific food help or hurt my body?”

Rambam deems “safeguarding our souls” as not only



a mitzvah, but a prerequisite for all spiritual accomplishment. We cannot strive to accomplish any other commandments unless we are in the right state of physical health. In fact, living a salubrious lifestyle is prerequisite to devoting our time to learning Torah. Just like it is paramount to Jewish tradition to cook up lavish dishes for Shabbat and holidays, it is equally vital to gauge the nutritional value of these meals. The famous proverb that “you get out what you put in” applies both to efforts and consequences as well as personal health. When interpreting this proverb with the Rambam’s school of thought, we understand that we can only “get out” religious development if we “put in” beneficial things for our body.

But to what extent must we be crazed with this notion of being fit? If I see myself slightly out of shape,



must I call up the 1-800 number on my screen and order the latest diet craze that promises to help me drop

pounds instantly? Absolutely not! This is where the ideas of modern society and Torah diverge on this issue. We must understand the distinction that our corporeal bodies are simply the vessels that house our

“As Jews living in a modern society that can easily guide us down paths contradictory to Torah philosophy, we must carefully consider the ramifications of our actions and ascertain whether the opinions we support are congruent with Jewish principles.”

Godly souls. Healthy does not, by definition, insinuate obsessively thin or stick skinny. Healthy implies acquiring all of the proper vitamins and nutrients to keep the body running well, so that we can fill our lives with learning Torah and performing mitzvot.

Mitzvot are categorized into the ones that are between man and God, the ones that are between man and his fellow man,

and the ones that are between man and himself. The last of the three is generally not as well known because these commandments are not clearly outlined in the Torah. Nonetheless, the cornerstone of this group is to safeguard one’s soul. Man must be content with himself before he is able to embark on a journey seeking to forge relationships with others and God. Our society encourages us to keep ourselves concentrated on proper physical and nutritional habits. The Torah encourages us to create a healthy lifestyle that will safeguard our bodies so they can be used for spiritual purposes.



Burn, Baby, Burn!

Elliot Danis ('12)

“Elliot, you simply have to try P90x, my arms are looking huge!” exclaimed my good friend Andrew Wald. Andrew’s arms did seem more pronounced and I guess you could say he appeared ‘ripped.’ As I looked around, I noticed a revolution spreading through our school like wildfire- a revolution of personal fitness. People have discarded Milky Ways and Butterfingers for protein bars and vegetables. The boys strive for Herculean abs of steel by doing sit ups before bed instead of watching their favorite television shows. Workout videos such as P90X and INSANITY are breaking down the weighty barriers of laziness at Weinbaum Yeshiva High School, and the students couldn’t be happier. As these videos programs are passed from student to student in school, a new tradition of working out has begun.

One hot program is P90X, a dynamic workout that focuses on muscle confusion. The science of muscle confusion relies on the constant switching of workouts on different days throughout the program so that the muscles are always in motion and are constantly building. INSANITY focuses on a non-stop, heart-racing program where the body works at its maximum capacity for the entire painstaking 60 minute workout. These workouts are extremely demanding and require willful discipline of mind and body. But the results are staggering, as evinced by Andrew’s pumped-up biceps. Personal trainers are



another big hit amongst the students at WYHS. Kids are dashing to the gym as school concludes to get in an intense but pricey workout with somebody who is an expert on the body’s needs and abilities. The WYHS Health and Wellness Club, headed by the physically and mentally powerful duo of Eram Zaghi and Rebecca Saragossi, is at an all time high in attendance, as students are eager to learn more about healthy and nutritious lifestyles.

“A healthy philosophy is sweeping the hallways of WYHS and students are truly taking a positive step forward in achieving the muscle tone and endurance they simply cannot live without.”

I myself have hopped on the fitness bandwagon and begun to really push myself during Coach Yogev Berdugo’s brutal conditioning workouts, a time I now look forward to on Tuesdays and Thursdays. A healthy philosophy is sweeping the hallways of WYHS and students are truly taking a positive step forward in achieving the muscle tone and endurance they simply cannot live without. In a world filled with teenage obesity, our school genuinely stands out as a cultural anomaly in our modern society. All we have to do is keep those biceps pumping, crunch those abs even tighter, push ourselves even farther, and we will ultimately look better, and most importantly, feel better about ourselves.



INSANITY™