

Wyandanch Union Free School District

Wellness Warriors Newsletter

June 2021

Interview with Mr. Joseph Marro, High School Wellness Champion

1- What inspired you to lose so much weight? I wanted to be healthy. I had many health issues resulting from being overweight which I wanted to take care of before they got worse.

2-How do you feel now about the “new you”? It feels great to no longer have to worry about health issues and concerns that I had in the past. It feels great to be healthy!

3-What advice would you give to anyone who wants to lose weight? A weight loss journey takes time. It has its ups and downs. It was important to me to make gradual changes so that the changes would be sustainable. These changes that I made turned into habits. Once these habits were developed, they naturally became a part of my daily life.

4-What’s your best exercise advice? To start out finding exercise that you enjoy doing if you don’t have an exercise plan. For me, once I found exercise that I enjoyed doing, it became a part of my weekly routine. Now, I exercise at least five times a week. I currently exercise using strength-based training and cardiovascular-based training weekly.

5-What’s your best nutrition advice? To incorporate healthy foods that you enjoy eating into your weekly diet routine. My diet is based upon macronutrient percentages on a weekly basis. Understanding nutritional labels on the foods you eat is important as well. My greatest weight loss came when I cooked my own food rather than order food from restaurants.

6-Is there someone who helped you with the weight loss/diet-nutrition/exercise, and how did you meet them? Yes, I had a large support system. Many people in my life were very supportive of what I was trying to accomplish. I also worked with fitness instructors to help me accomplish my goals.

7- How are you managing and maintaining your ideal weight? What are the challenges, rewards? Generally speaking, I stick to a specific amount of calories a day and have a specific amount of grams of carbohydrates, fats and proteins.

8- What’s next for Mr. Marro, weight loss champion? Do you have any other personal goals/challenges you’re working on? I am working towards building muscle at the moment. I try my best to help inspire others who struggle with weight loss.

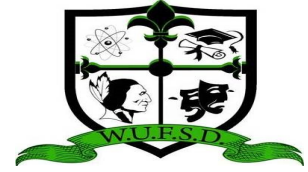
9- What’s your favorite thing about being a teacher in Wyandanch? Being able to impact students’ lives through music in a positive way. I find that many students tell me that some of their most favorite memories in high school are made in their music classes or music events that they participate in.

10– How could you play a more active role as wellness champion in Wyandanch? I would like to become a guest speaker throughout various events and support people with their wellness initiatives.



Creating Healthy Schools
and Communities

CHSC effective June 1, 2021



This Summer at the Plaza

Stay Tuned for Scheduled Activities at
Delano Stewart Plaza this Summer

MLK and MLO Gardens

Both Gardens are flourishing under the watchful eye of Laurie Farber. MLK 3rd grade students are planting and watering pumpkin, watermelon, tomatoes and beans.

Composters available for Town of Babylon residents through the Good Earth Good Gardens Project.

Contact Laurie Farber at 516-938-6152 or
info@starflowerexperiences.org



Contact: DRhodes@wufsd.net

MGranger@wufsd.net



Circles of Care

Saturday, June 12 10:30 am—noon, Wyandanch Park

[Please Register](#)

Nutrition Chats provided in [English](#) & [Spanish](#) on Zoom during the month June—by
SNAP-Ed New York

