Higher Visions For Education

a program of the

ROCKY MOUNTAIN DOWN SYNDROME ASSOCIATION

Fitness for Fun and Health

Quarter Two 2017

Week 2 Summary

Spring is in the air!

This week, we started with a quick check-in on everyone's step tracking devices and apps, and handed out a step count tracking calendar (which can be downloaded here). Homework this week is to fill in your daily step count on the calendar each night before bed.

In addition, we broke into small groups and used the HVE class iPads to explore and use some free fitness apps featuring fun exercise such as dancing and meditation. They were a hit. If you would like to check them out, the apps we used were:

- Calm (Meditaiton app)
- Headspace (Meditation app)
- Jamo (dance fitness app)
- ViVa Fitness (dance fitness app)

Next week, we will be doing dance fitness, so students should wear comfortable clothes and shoes appropriate for exercising.

HVE Summer Life Skills Program Dates

The HVE summer life skills program will take place on Thursday evenings, 5:30-7:00pm, from June 8 to July 13. The overnight trip will take place on July 15. We will send an email with registration and tuition information in the coming weeks.

Info on step trackers:

Last week, we handed out new bracelet step/sleep trackers. The trackers pop out of the rubber wrist band and can be charged in any USB port (laptop port, phone charger etc.). For accuracy, they can be linked to the app called LETSFIT (free in the App Store or Google Play store). Several students downloaded the app and linked their trackers. If additional students would like to do this next week, feel free to send them with the device they'd like to use, as well as the password for their app store/play store account. The app is free, but the student needs to be logged in to download it. If students prefer, they can use their own step trackers, or the basic battery powered step trackers that we handed out last year.

Also please save the date for our Spring Potluck Picnic for all HVE families and friends!

Saturday May 27, 2:00pm
Observatory Park, Denver