



Fitness for Fun and Health

Quarter Two 2017

4/5, 4/6- Introductions and getting to know each other- Distribution of step trackers and weekly step challenge tracking form

4/12, 4/13- Technology for Fitness- Apps for fitness; using technology for scheduling fitness; apps for tracking your steps

4/19, 4/20- Dance for Fitness- FitBit Step challenge check-in and dance fitness with local dance club

4/26, 4/27- Personal Trainer Sarah Mann Pt. 1- Local personal trainer and Down syndrome fitness expert Sarah Mann will be here to discuss personal fitness goals and plans, and walk the students through a specialized mini workout that they can complete at home.

5/3, 5/4- Personal Trainer Sarah Mann Pt 2- Local personal trainer and Down syndrome fitness expert Sarah Mann will be here to discuss personal fitness goals and plans, and walk the students through a specialized mini workout that they can complete at home.

5/10, 5/11- Guest Speaker: Dr. Barry Martin- Parents and caregivers are invited to join their students in class for this guest presentation on health needs and considerations specific to adults with Down syndrome, from local Down syndrome expert Dr. Barry Martin.

5/17, 5/18- Healthy Plate Activity- Visualization, discussion and practice using the healthy plate color coded nutrition/portion form.

5/24, 5/25- Healthy Dinner out! Putting the healthy plate activity to test out in the community!

FAMILY POTLUCK PICNIC on 5/27 at 2pm