

# Higher Visions For Education



## Fitness for Fun and Health Quarter Two 2017

### Week 3 Summary

Students did an excellent job filling out their step calendars this week; well done everyone! After sharing our daily counts, we discussed all the different ways students can increase their daily step count, and graphed our week of daily steps in order to have a visual representation of our progress. We then put the dance fitness app Jamo up on the projectors as a fun example of staying fit, and students also set new fitness and step goals for the week. They should continue tracking their daily steps on their calendar.



Next week, we are so excited to have Sarah Mann, PT come for her first of two weeks of fitness presentations. In preparation for Sarah's visit, students should gather and bring healthy, motivational pictures (either real or cut out from magazines) to class next week. Photos can be of fitness, exercise, healthy eating and overall healthy lifestyle choices; the most important thing is that they are motivating to the student. Once again, students should come dressed ready to move. :)

The updated dates and details of our HVE summer life skills and overnight program will be sent out today in a separate email. Please contact Sally if you do not receive that email by the end of the day.

**Please save the date for our Spring Potluck Picnic for all HVE families and friends!**

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