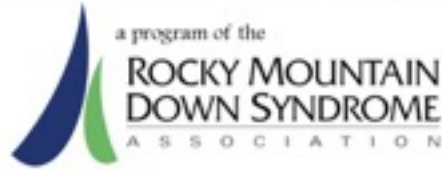


Higher Visions For Education



Health and Wellness: Nutrition and Fitness Quarter Two- 2017

****Community Activity: CC Hockey Game Saturday 10/28, World Arena- 6:07 PM**

10/25- Overview Nutrition and Fitness: What it is and why it is important: Discuss upcoming activities for the quarter, determine if the students want to participate in “Secret Santa” gift exchanges on 12/13. Physical fitness, exercise, nutrition, the benefits and how to make it fun and easy; complete fitness interest and goal worksheets, share goals with class.

11/1- Guest Presenter from the CC Fitness Center: Assistant Director of the CC Fitness Center will talk about the importance of physical fitness and conduct an exercise class for the students.

11/8- Guest Presenter Yoga Class: A CC Student and certified yoga instructor will lead a yoga class to provide another exercise experience. Students will learn each pose purpose and benefits.

11/15- Healthy Lifestyle Choices: Incorporating physical activity into daily routines, making small changes to improve health and increase fitness, use of tools and techniques to track and measure exercise, activity and progress. Health Bingo, combining nutrition and fitness- how they work together.

11/22- Nutrition: Eating healthy at home and in the community: Food choices activity, choosing healthy snacks and meals, using food guides/charts, plan for next week’s meal prep activity and dining out location on Dec. 6th.

11/29- Healthy Cooking Activity: Preparing and eating a meal together; safety, cleanliness, teamwork, sharing, and socialization, plan next week’s dining out activity.

12/6- Dining Out Together: Select healthy, delicious and affordable dinner choices, practice social etiquette and conversational skills, have fun! We will meet at a TBD restaurant.

12/13- Family Holiday Celebration and Potluck: During regular class time- Students and families bring in a simple dish to share, possible secret santa gift exchange.

****Quarter 3 Self-Care: Home, Health, Hygiene begins 1/24**