

**Practicing a Healthy and Fit Lifestyle**

**Quarter 1, 2018**

**1/31, 2/1 – Welcome back students!** Discussion of our loss of Peter and supporting each other. Overview of the upcoming quarter; students use their iPads to share photos and videos from winter break, and download the MyFitnessPal app.

**2/7, 2/8 – Personal fitness with guest Sarah Mann-** Week 1 of 2.

**2/14, 2/15 – Personal fitness with guest Sarah Mann-** Week 2 of 2.

**2/21, 2/22 – Personal Fitness Follow Up Plans/Fitness Apps-** Students will share their success and progress completing Sarah Mann’s workout at home (videos/photos), and we will review ways to use the iPad and other fitness apps to increase fitness time throughout the week.

**2/28, 3/1 – Fitness Buddies with DU Student Athletes**- Players from the DU Women’s Lacrosse team and other student athletes will be joining us to work in small groups to share their health and wellness habits; their favorite fitness and nutrition apps; and complete a short workout with students.

**3/7, 3/8 – Healthy Coping with Emotions-** Students will share emotions and work on activities focused on healthy identification, expression, and coping with emotions including: grief, anger, happiness, and jealousy.

**3/14, 3/15 – Healthy Nutrition Class-** Using the iPad to find and save healthy recipes and create a shopping list; Planning and Preparation of healthy snacks; Snack and Meal planning on the iPad; Hands on healthy snack activity; selecting recipes for the Karaoke party and saving them to the iPads.

**3/21, 3/22 – Healthy Snack/Dance Fitness Student Karaoke Party-** Students will prepare and bring a healthy snack to share at our student-only dance fitness/karaoke party.