



**Quarter Four: March 30, 2019 - May 15, 2019**

*My Healthy and Fit Lifestyle*

**(Wednesday, 5-7 PM, Worner Center, Room 213)**

**\*Please note: The first week of class this quarter will be held on Saturday, 3/30 1-3 PM. Natural Grocers, 1216 W Baptist Road, Monument.**

**March 30:** Nutrition Class at Natural Grocers Demonstration Kitchen. Students will participate in a hands-on class taught by a Certified Nutrition Coach to learn more about health eating and general good health. The students will create a healthy plate with a variety of food choices, enjoy a healthy snack and participate in a tour of the store to compare and select foods, learn about what, why and how to select from the same categories.

**April 3:** Review of last week's activity by watching a video of the nutrition class and activities. View food labels and identify important information to determine the healthy indicators. View interactive video on healthful eating.

**April 10:** Nutrition Scavenger Hunt at CC. Students will visit the campus cafes and vending machines at Worner to identify healthy and unhealthy options for snacks and meals. Afterward, they will complete an interactive nutrition Bingo game.

**April 17:** Create a healthy snack from campus food selections. View nutrition and eating habits apps. Students identify the app they want to download to use for healthy eating reminders and tracking. Practice using the applications. Participate in a dance fitness activity to prepare for fitness lessons.

**April 24:** Making fitness fun. Students will learn about the basics of fitness and how it leads to general good health. They will participate in an interactive session on the "why" and "how" of fitness to include trying out fun fitness and recreation apps.

**May 1:** Fitness class with CC Fitness Instructor in the CC Fitness Center. Dress for physical activity.

**May 8:** Review fitness apps, session with instructor and student preferences. Design an individual fitness routine with each student to continue through the summer.

**May 15:** End of the year picnic- Healthy picnic dinner and recreation activity in the park with students and families.