



Quarter One August 28th- October 16th 2019

My Healthy and Fit Lifestyle Part Two

(Wednesdays, 5-7 PM, Worner Center, Room 213)

August 28: Welcome activity and celebration of the new program year. Introductions of CC students, HVE students and second HVE Instructor, overview first quarter plans, review I-Pad use for weekly activities. I-Pad basics.

September 4: Review summer physical activities and vision boards created with Sarah Mann last May. Update/create health and fitness visions and goals for the school year, discuss student-led health/fitness activities, provide ideas and review outline for activities. Record vision and goals on I-Pads.

September 11: Class with special guest fitness instructor

September 18: Outdoor recreation activity and making energizing smoothies

September 25: Student-led health/fitness activities (TBD), nutrition lesson

October 2: Student-led health/fitness activities (TBD), creating nutritious snacks

October 9: Student-led health/fitness activities (TBD), nutrition lesson

October 16: Student-led health/fitness activities (TBD), creating a nutritious breakfast.