



Links to exercises!!!

Living Room Workout

<https://blog.myfitnesspal.com/no-equipment-living-room-workout/>

HIIT Workout (High-Intensity Interval Training)

<https://www.health.com/fitness/a-10-minute-hiit-workout-you-can-do-anywhere>

Winter Exercise??? It is easier to get than you think!!!

As we have moved into the winter months and the holidays have passed I am sure many of us are enjoying being inside and spending time with family. However, during this time many people set unrealistic expectations for exercise and while they set up goals for the New Year, often times they forget or give up by the end of month. Here are some goals you can achieve to help you exercise:

1. Start small (10-15 minutes/day)
2. Set Realistic Goals (3x/week, 20 minutes/day)
3. Use variety (mixture of cardiovascular and muscular exercise)



Physical Education

ALL students in grades 9th and 10th have or will be completing their mid-year fitness assessments. These assessments allow for us to determine how physically fit we are as a school and focus on areas of improvement individually and as a whole. The 11th and 12th grade students will be continuing various units and using the fitness center.

Please remember that ALL students should bring a change of clothes for Physical Education class. Students should be in athletic clothing that allows them to demonstrate maximum effort. Students are not permitted to wear school uniforms or boots. If students are unprepared they are required to complete an alternative assignment in class and submit it to their teacher for partial credit and then can stay after school to make-up the class.

DID YOU KNOW?!?!

The Fitness center is open every Monday and Wednesday after school for students, just report to the after-school program and take the bus home at 4:30. It is a great way to get exercise!

Health News

We are halfway through the school year. Our 9th and 12th grade students just finished a grant-based curriculum called "4 What's Next" dealing with stress and finding healthy strategies to reduce stress through positive coping strategies.

Our 10th grade students are also moving into a mental health unit while our 11th grade students will be starting their certification for CPR/First Aid/AED in the upcoming months!!!