



Quarter 2, 2017 Week 2 Summary

After a review of last week's terms: exercise, physical fitness, goal setting and the pedometer use, we walked to the campus fitness center to meet with our guest presenter. We continued our physical fitness topic with the Assistant Director of the CC Fitness Center, Mitch Gardzalla.

Mitch's instruction alternated between classroom discussion, strength training and aerobic activities in the gym. His class instruction covered the basics of building strength for muscle and bone health, a description of calories and how they provide energy as well as the importance of balancing calorie consumption and activity level for a healthy body weight. Mitch utilized short video clips to demonstrate many of the terms and provided opportunities for students to assist him in demonstrating strength training exercises (plank, superman, squat, push-up, etc.). The aerobic activities in the gym included fun stretching routines and different ways to move their bodies for aerobic exercise besides simply walking or running. Mitch also had the students begin drafting their fitness goals. We will finalize the goals next week so the students can begin working toward their goal attainment. It was an engaging evening and the students fully participated in Mitch's activities. Mitch will stop by our class for a short visit later in the quarter for follow-up questions and to check in on our goals.

Students received their HVE@CC polo shirts tonight! Encourage your son/daughter to wear their shirt for class, if they'd like. I would like to get a fun group photo of the students wearing their shirts if everyone can wear them next week.

Also, a reminder of our yoga class next week- please have your son/daughter dress accordingly. We will begin our class in our classroom and walk to another location for the yoga class then return to Worner at 7ish. Please plan on meeting us on the main level of Worner after class.

Finally, there were a few questions/comments about the pedometer use. The pedometers will need to be reset every evening (After noting and recording the day's steps on the activity calendar along with the type of activity accomplished) by pressing and holding the reset button for a few seconds. Also, I've been informed some students are walking in circles or completing repetitive movements to watch the number of step increase. Please remind your son/daughter the purpose for wearing the pedometer is to monitor their activity level with physical activities they enjoy so they will be motivated to continue or increase those activity(s).

Photos from our hockey outing:

